

Heart Health in the Holiday Season

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The Holiday Heart Attack

- › The holiday season is a risk factor for death in those with and without cardiovascular disease
 - Researchers are unable to determine a specific reason why
 - › There are several factors that could contribute to a holiday heart attack
 - Poor diet
 - Increased alcohol consumption
 - Family stress
 - Financial stress
 - Travel
 - Entertaining
 - Smoke inhalation from wood burning

Warning Signs

- › Other symptoms include
 - Chest pressure
 - Indigestion like symptoms
 - Tooth pain
 - Sweating
 - Exhaustion
 - Symptoms may come and go



Manifestation of A Holiday Heart Attack

- › Heart disease develops slowly over many years
- › Holiday heart attacks present suddenly
 - The increased workload of your heart is likely the cause of a sudden onset of symptoms
- › Contributing factors include:
 - Cold weather
 - Poor eating
 - Stress

Prevention For Those Without Heart Disease

- › Stress management is key
 - Set realistic expectations this holiday season
 - Limit processed foods and added sugar
 - Reduce the amount of time spent on social media
 - Limit social engagements

Prevention For Those With Heart Disease

- › Take medications as prescribed
- › Keep follow-up appointments with your doctor
- › Complete a cardiac rehabilitation program
- › Manage risk factors such as weight, diabetes, and blood pressure
- › Create a strong support system

Red wine is good for your heart right?

HOLIDAY WORKOUT



...and repeat

Healthy Recipe: Veggie Wreath

Wreath Ingredients:

- 8c broccoli
- 3c brussels sprouts
- 2 c green beans
- 1c sugar snap peas
- ½ bunch curly kale
- 2 c cauliflower
- 9 cherry tomatoes

Dip Ingredients:

- 1 ½ c plain nonfat Greek Yogurt
- 2 Tbsp finely chopped shallot
- 1 tsp dill
- 4 Tbsp white-wine vinegar
- 1 tsp garlic powder
- ½ tsp ground white pepper



References

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