

Keep Your Beat Safe from the Heat

Heat warnings have been issued for the Alberta and Calgary area this week. Are we headed for a hot weather heart attack?

CALGARY, ALTA, CANADA, July 7, 2017 /EINPresswire.com/ -- Calgary's Heart Fit Clinic is the leader in cardiovascular health and we want to ensure that the people of Alberta minimize their risk for heart disease during the hot summer months. While it is important to get a healthy dose of vitamin D and keep active, be sure to practice safe heart health in the heat.

"The summer heat can spur on heart attack and strokes in individuals who are at risk of heart disease. Therefore, it is important to keep your heart safe when the temperature rises" says Diamond Fernandes, director of the Heart Fit Clinic.

Exercise is medicine. However, it is important to take proper precautions to ensure safety when heading out in the heat.

First, it is important to understand cardiovascular risk. Most people are aware of keeping blood pressure under control, eating healthy, and exercising. "Most heart patients think they are healthy even the week before they have a heart attack, and that is why prevention is key." Fernandes says. The Heart Fit Clinic has the most accurate screening tests to detect the risk of a heart attack or stroke in the next five years. "We now have the ability to tell someone there is an accident about to happen, so we have to take the heart healthy highway", Fernandes says. Obtaining an exercise stress test is a good start, however, this test will miss a third of people with heart disease. That is why it is important for people to understand the risk with the Heart Fit Clinic's accurate screening tests.

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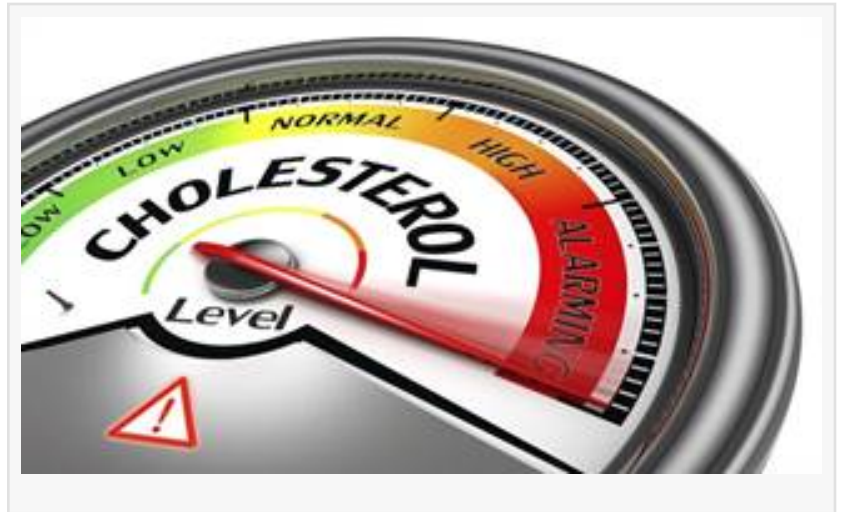
Diamond Fernandes



Second, ensuring that fitness levels are up to par. Most people think they can just jump into any activity. Take the proper precautions to ensure people build their exercise capacity and when it is hot outside ensure a proper warm up and cool down from

activity.

People who have increased weight, diabetes, high blood pressure and/or have heart disease have to understand the effects of medications and how they can increase the body's response in the heat and potentially interfere with heat regulation. Heart medications and/or blood pressure medications can deplete essential electrolytes leading to quicker dehydration, blood pressure changes and/or heat exhaustion or stroke.



Lastly, it is important to dress appropriately wearing loose fitting clothing, hat and sunglasses. Drink plenty of water and avoid activity at the hottest point of the day. Slowly ease into exercise and cool down properly after activity. Many times our heart rate can stay elevated post exercise and stay at risk of blood pressure fluctuations. “When people experience heat exhaustion, it makes people’s hearts weaker and may result in rapid pulse rates. This puts them at risk of a heart attack.” Fernandes adds. People can also experience fast and shallow breathing, muscle cramps, and/or dizziness and nausea.

For more information please contact the Heart Fit Clinic at www.HeartFit.ca

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