



“HEALTHY HEART”

presented by

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Objectives

1. Definition
2. Triggers
3. Management
4. Ways to ensure a healthy heart





Definition

A healthy heart is determined by your **heart rate**, a measure of how fast your heart beats and is also an important indicator of good health.

Maintaining good heart health from **young adulthood** to **middle age** is associated with:

- better psychomotor speed
- executive function
- verbal memory in midlife

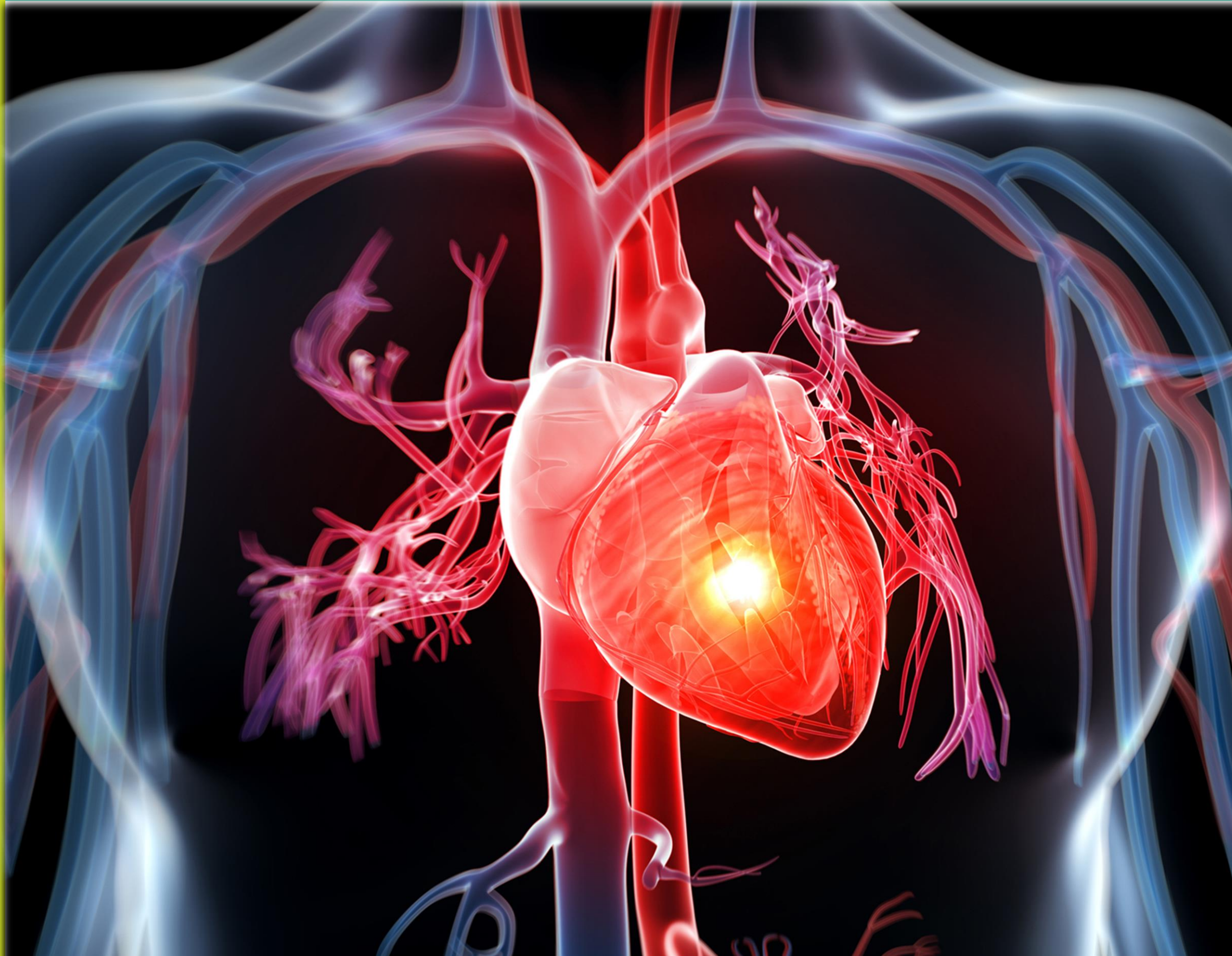
Successfully maintaining a healthy heart is known to significantly reduce the risk of developing a range of health conditions later in life.



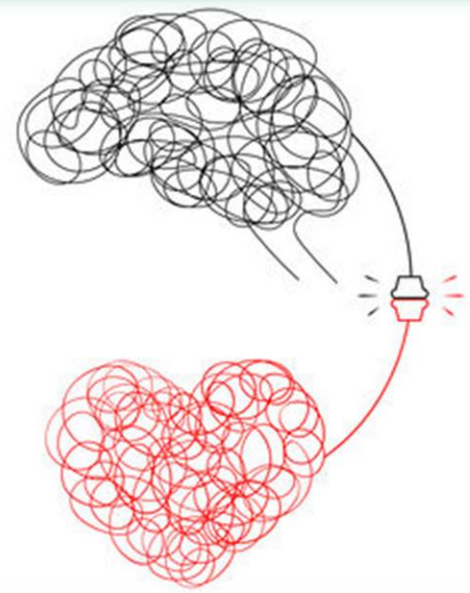
-Heart rate by age range

Table. Heart Rate by Age Range	
Approximate Age Range	Heart Rate (beats per min)
Newborn	100-160
0-5 months	90-150
6-12 months	80-140
1-3 years	80-130
3-5 years	80-120
6-10 years	70-110
11-14 years	60-105
15 years or older	60-100

Triggers



1. Chronic stress
2. Hypertension
3. Overweight
4. Poor mobility
5. Smoking
6. Poor diet
7. Alcohol
8. Diabetes
9. Anemia
10. Hyperthyroidism
11. Family history



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Normal vital data limits:

- Normal blood pressure
(120 / 80 mmHg to 140 / 90 mmHg)
 - Hypertension
(> than 140 / 90 mmHg)
- Pulse: 60 – 100 bpm
- Bloodsugar:
 - 4 – 7 mmol/l
- Cholesterol (t):
 - 125 – 200mg/dl



Management to ensure a healthy heart

“Life’s Simple 7 Trusted Source” (AHA)

- a. Maintain a healthy blood pressure
- b. Control cholesterol
- c. Reduce blood sugar
- d. Be active
- e. Eat better
- f. Lose weight
- g. Stop smoking

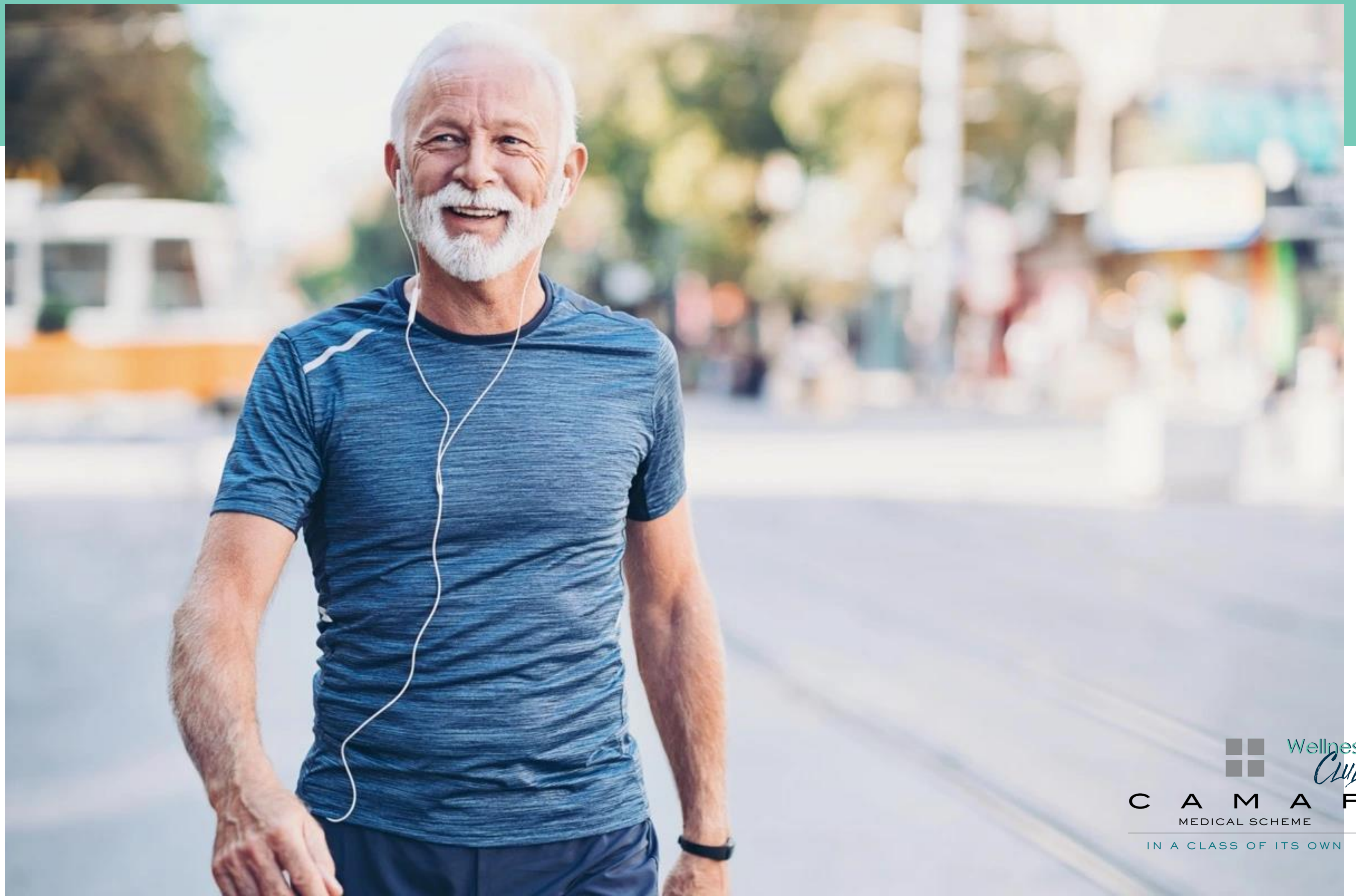


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Superfoods for a Healthy Heart

Garlic
Oats
Broccoli
Blueberries
Eggs
Spinach
Cacao nibbles
Kale
Almonds
Salmon
Water



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Resources:

1. Newman, T. (2017). A healthy heart today means a healthier brain later in life.
2. Shaikh, J. (2022). What Is a Good Heart Rate for My Age?
3. Varma, A. (2021). What should my cholesterol be at my age?
4. Will, (nd). Top 10 Superfoods You Should Really Be Eating. The Gousto Blog.
5. The JCN Clinic Podcast Show



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Questions?



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Thank You

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