

News Release

For Immediate Release

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Care for Your Heart

This February for Heart Health Month, Southwest Nebraska Public Health Department (SWNPHD) is encouraging everyone to learn how to care for their heart and prevent heart disease. Heart disease is one of the top two causes of death in southwest Nebraska and is the leading cause of death in the United States.

“There’s a lot you can do to prevent heart disease,” explains Lori Rowley, Public Health Nurse at SWNPHD. “Taking time to care for your heart can be challenging as you go about daily life. But it’s easier than you think to show your heart the love it deserves each day. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart.”

Research shows that self-care can help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke. You can improve and protect your health when you:

- Get a daily dose of physical activity, such as a brisk, 30-minute walk.
- Cook meals that are low in sodium and avoid unhealthy fats.
- Take your medications as prescribed and keep your medical appointments.
- Sleep 7-8 hours a night.
- Manage stress with meditation, yoga, a warm bath, or quiet time with a good book.
- Try to reach or stay at a healthy weight by moving more and having snacks like fruits and veggies ready to grab when hunger hits.

“The trick is to plan ahead and build heart-healthy activities into your daily routine,” continues Rowley. “Get your friends and family involved to help support your goals too. Having positive relationships and feeling connected to others helps our blood pressure and our overall health.”

Another part of self-care is knowing your health status. Get your blood pressure, blood sugar, and cholesterol levels checked regularly. Talk to your health care provider about your heart health and what preventive tests they recommend for you.

For more information about heart health contact Lori at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. The website swhealth.ne.gov contains many resources and additional information helpful to prevent disease, promote and protect health. You can also follow us on Facebook, Instagram, and YouTube.

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