

My life with  
**Heart disease**

**English**



## What is a heart disease

A heart disease is often a narrowing or a block of the veins that supply the heart with blood. The narrowing may cause pain around the heart, an embolus in the heart and sudden death.

Symptoms of heart disease often occur due to physical exertion or if you are exposed to cold. You will typically show breathlessness, rapid heartbeat or chest pain often radiating into the left arm. Swelling legs can also be a sign of a heart disease.



## How do I live with a heart disease

A heart disease is often acute. Insecurity and uncertainty are common factors you have to live with. Thus, relatives should keep a close eye on the signs of complications. It may be stressful. Information about symptoms and the impact may reduce the nervousness and stress.

After a heart disease it is normal to feel that you cannot cope the way you use to. Often, you will have to reconsider your life while coping with family and work. It is normal to feel that you suddenly cannot cope with the whole situation.

There are a lot of factors influencing the disease. Your diet, smoking, stress, your blood pressure, whether you are overweight, suffer from diabetes and how much you exercise. It is important that you take the medicine prescribed by your doctor.



## Daily exercise

Daily exercise reduces the risk of a heart disease and gives you energy and a feeling of well-being. The physical activity should be increased by 30 minutes per day on average. It can be any type of exercise and it can easily be done in small steps. Hiking, gardening, walk up the stairs or cycling are some of the activities that gradually can be incorporated in everyday life. It is important that the activities are incorporated as an integral part of your everyday life.



## Stop smoking

Avoid smoking. Smoking is the biggest risk factor for developing a heart disease. Nicotine replacement therapy courses can help you stop smoking.

## Eat healthy

- Eat a varied diet and aim at eating three meals and three snacks.
- Eat lots of vegetables and 2-3 fruits a day.
- Eat many dietary fibres such as vegetables, wholemeal bread and legume.
- Eat and drink sugar-free drinks – avoid juice, sugary squash and soft drinks.
- Use less salt.
- Keep a standard weight. Overweight may cause increased blood pressure and heart disease.



## Take the medicine prescribed by your doctor

You must remember to take your medicine if you are in medical treatment. You must get to know the signs of high blood pressure.



## Involve the family

Talk to your family, their support is crucial. The whole family should change their lifestyle and diet.

The possibilities of carrying through the changes in your lifestyle are optimal if you:

- Set minor goals step by step.
- Have a good cooperation with your doctor.
- Seek support from your family and friends.



## **What should I keep an eye on**

Take care of your life. This is especially important if you get a heart disease. It is important that you take your diagnosis seriously and take responsibility for your well-being.

See the doctor if you have symptoms of a heart disease. With the right medicine, you can live long and prevent complications. It is your life and disease. Contact your doctor if you experience changes.

## **Cooperate with your doctor**

It is important that you go to regular check-ups at your doctor's where you will receive an optimal treatment of your heart disease through a close cooperation and a good dialogue with your doctor.



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