

4 FORMAS DE PREVENIR LOS INFARTOS CARDÍACOS



El estrés, la mala alimentación y el poco tiempo para hacer deportes son factores que juegan en contra de nuestro corazón.

La buena noticia es que cuidar nuestra salud cardiovascular es más sencillo de lo que creemos.

1 LLEVA UNA DIETA SANA

Evita los alimentos con un alto nivel de colesterol. También es conveniente disminuir el consumo de sal, ya que esto incrementa la presión sanguínea. Se debe limitar también las carnes rojas, los embutidos y la comida chatarra.



2 HAZ EJERCICIO, ES PRIMORDIAL

La actividad física fortalece los músculos del corazón, mejora el flujo sanguíneo, regula la presión arterial, disminuye los niveles de azúcar en la sangre y el peso corporal.



3 DEJA EL TABACO Y EL ALCOHOL

Esto debido a que deterioran las arterias.



4 CUIDA TU SALUD BUCAL

La boca es portadora de gran cantidad de bacterias que pueden beneficiar o dañar nuestros vasos sanguíneos. Por eso, acude regularmente al dentista.



Como Preveniry Tratar El Infarto

Daniela Niemeyer



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