

# THE PULSE

EnRICHing lives and keeping a pulse on healthcare integration at RBH



## GET TO KNOW YOUR HEART BETTER

In the United States, every year about 695,000 people die from heart disease. Heart disease is the leading cause of death in the United States. The term **"heart disease" is often used interchangeably with the term "cardiovascular disease" which generally refers to conditions that involves narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke.** Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. Many forms of heart disease can be prevented or treated with healthy lifestyle choices. **Risk factors for developing heart disease includes age, gender, family history, smoking, poor diet, high blood pressure, high blood cholesterol levels, diabetes, obesity, physical inactivity, stress, and poor hygiene.** Complications of heart disease include heart failure, heart attack, stroke, aneurysm, peripheral artery disease, and sudden cardiac arrest. **Seek emergency medical care if you or someone you know is experiencing chest pain, shortness of breath, and/or fainting.** Heart Disease is easier to treat when detected early, so talk to your doctor today.

For more information visit the Center for Disease Control and Prevention (CDC) website at <https://www.cdc.gov/heart-disease/php/heart-month/index.html>.

# Healthy Hearts in 2025

Heart Disease is the leading cause of death in the United States, but it is often preventable. Below are some lifestyle changes to help with your heart health in 2025.

## Healthy Eating Habits

- Having a balanced eating plan can help lower blood pressure.
- Pick foods low in sodium and without added sugars.
- Whole fruits, low-fat yogurt, dry fruits, unsalted rice cakes, and raw vegetables make good healthy snacks.
- Try incorporating meatless meals twice a week.
- Maintaining a stable blood sugar level is vital for heart health because having too much glucose in your blood can cause heart problems.

## Controlling Cholesterol

- High cholesterol increases the risk of developing heart disease.
- Triglycerides should be less than 150 mg/dL.
- HDL cholesterol should be above 40 mg/dL in men and above 50 mg/dL in women.
- Limiting alcohol consumption can improve cholesterol levels.
- Maintaining a healthy weight can help lower cholesterol

## Practice Self Care

- Daily acts of self-care can benefit your overall health.
- Try meditation and focusing on positivity.
- Try going for a walk outside.
- Explore wellness programs or apps.
- Remind yourself daily of things you are grateful for.

## Controlling Blood Pressure

- Healthy blood pressure is less than 120/80 mm Hg.
- Alert your doctor if your blood pressure is consistently higher than 130/80 mm Hg.
- High blood pressure can cause serious health problems.
- Use a blood pressure tracker to help monitor your numbers.
- If you are pregnant or plan to be, it is very important to keep your blood pressure under control to avoid Preeclampsia.

## Be More Active

- Physical activity can help lower your risk of heart disease and stroke.
- Adults should spend at least 150 minutes each week doing physical activity.
- Try taking the stairs instead of the elevator.
- Try muscle-strengthening activities like lifting weights or doing yoga.
- Try some low impact exercises like marching in place or taking a walk around the block.

## Healthy Sleeping Habits

- Getting poor-quality sleep can increase the risk of having high blood pressure and heart disease.
- 7-9 hours of sleep each night is ideal.
- It is important to go to bed and wake up at consist times each night to set a good sleeping schedule.
- Avoid caffeine and nicotine.

# Don't forget your Flu shot!

The CDC recommends getting a Flu shot every year. The Flu is a contagious respiratory illness. Millions of people in the U.S. get the Flu each year. Don't forget that the RICH Recovery Clinic provides a wide range of immunizations for it's clients. This includes Pneumococcal, Tetanus, Measles, HPV, Shingles, Hepatitis A & B, Meningococcal, Influenza/Flu, and COVID 19!

**For more information have your Case Manager send an email to [rich.clinic@rbha.org](mailto:rich.clinic@rbha.org) today!**



## RICH Peer to Peer Group

The RICH Peer to Peer group is a weekly group facilitated by RICH Recovery Clinic peers with lived experience with Mental Health and/or Substance Use challenges. The group discusses resources and activities in daily living for anyone in any stage of recovery. The group meets every Wednesday at noon in room 199c on the 1st floor of the 107 S. 5th St. location. The group discusses various topics including sober living, healthy relationships, peer support, living skills, coping skills, positive self-talk, wellness tools, etc.

**For more information, contact Peggy Page CPRS  
(804) 659-1408**

**[peggy.page@rbha.org](mailto:peggy.page@rbha.org)  
107 S. 5th Street Richmond**



# FEBRUARY CLIENT RESOURCES...

- **Virginia Career Works: Job Club**
  - February 25th from 2:00 pm - 3:00 pm
  - 121 Cedar Fork Rd. Henrico
  - Job Club is a networking group that connects you with other job seekers in the community, while also teaching you valuable job search skills
- **Salvation Army Inclement Weather Shelter**
  - Location: 1900 Chamberlayne Avenue
  - The shelter opens each day at 5 a.m. and closes at 8 a.m. the next morning beginning November 15th 2024 through April 15th 2025.
  - The overnight stay includes two meals, a cot and access to a bathroom.
  - Space is available on a first come, first served basis for 60 men and 40 women.
  - The men's entrance is at the back of the building, which faces Sledd Street and the U.S. Post Office, and the women's entrance is at the side alley of the building.
- **EmpowerNet Hotline**
  - Domestic and Sexual violence hotline
  - If you or someone you know needs immediate help, text or call the EmpowerNet hotline at any time.
  - Services available for non-English speakers
  - 24/7 call or text: 804-612-6126
  - [www.ywcarichmond.org](http://www.ywcarichmond.org)
- **Help1RVA**
  - Help with housing, food, childcare, employment, and more.
  - [help1rva.org](http://help1rva.org)
- **Housing Resource Line**
  - Help navigating housing needs
  - Monday - Friday from 8:30 am to 4:30 pm
  - 804-422-5061
  - [pharva.com/the-housing-resource-line](http://pharva.com/the-housing-resource-line)
- **AliveRVA Warmline**
  - Sunday - Saturday 8:00 am - 12:00 am
  - Call 1-833-4PEERVA (1-833-473 - 3782)
- **988 Suicide and Crisis Lifeline**
  - The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.
  - English and Spanish available
  - Just dial, text or chat 988!