Top tips for looking after your heart this winter

Keeping well over the winter months can help relieve some of the extra pressure the heart is under.¹

- Keep curtains open during the day to let sunlight in and keep the space in front of radiators clear to allow heat to circulate the room.

- Maintaining a healthy and balanced diet is important for heart health throughout the year and especially during the winter.²

- You may find it useful to use a hot water bottle or an electric blanket for extra warmth at night.⁴

- When heading outside, wear lots of thin layers instead of fewer, heavy ones and if it is especially cold wear a hat and scarf too.³

- When staying inside, it is important to make sure you wear enough clothing to stay warm and heat your home to at least 18°C (64°F).⁴

- Try to minimize cold draughts by fitting draught excluders around the letterbox, doors and window frames.

- Staying active by following heart-friendly exercises indoors helps maintain fitness levels and stay warm. Speak to your healthcare professional for advice on suitable activities.⁵

- Keeping your heart well-fed with hot, regular meals and drinks gives your heart energy to help keep up with the extra workload during cold weather.⁵

- You might find it useful to use a hot water bottle or electric blanket for extra warmth at night.⁴

- Be aware of the early signs of cold and flu.
  - A fever, feeling feverish or having the chills
  - A cough
  - A sore throat
  - A runny or stuffy nose
  - Muscle or body aches
  - A headache
  - Fatigue or tiredness
  - Vomiting and diarrhea

Speak to your doctor or nurse as you may be eligible for a flu vaccination, which minimizes your risk of catching the flu.⁵

References

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