



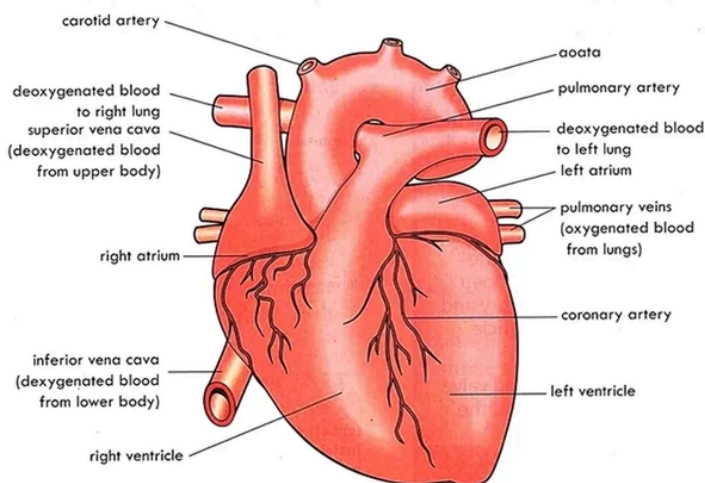
Heart Health



Importance of Heart Health

Your heart is the powerhouse of your body and is responsible for pumping blood, oxygen, and nutrients to every cell and organ in your body. Here are some reasons that heart health is essential:

- Vitality
- Energy
- Longevity
- Mental and Emotional Health
- Overall Health and Wellness
- Proper circulation and oxygenation



Supplements of the Month

The following supplements are **15% off**:

CoQ10: This is an amazing antioxidant to protect our heart. It is also recommended if you are on a statin or red yeast rice.

B-Complex: Our B-complex features B-vitamins in their active form, including the methylated form.

EGCG: This is a great all around, active anti-oxidant found within green tea.

HTN 180 Px: A great supplement for mild to moderate hypertension.

Immune IV: We are going to feature this month due to all of the respiratory illnesses we have been seeing recently.

Examples of Cardiovascular Diseases

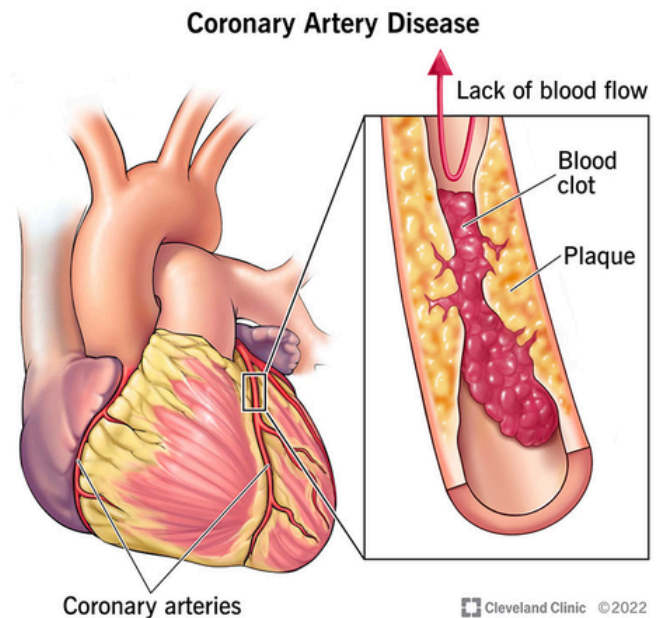
Coronary Artery Disease (CAD):

Narrowing of the arteries that supply blood to the heart, increasing the risk of heart attacks.

Hypertension (high blood pressure): A silent condition that can damage the heart and blood vessels over time.

Atrial Fibrillation: An irregular heart rhythm that increases the risk of stroke.

Congestive heart failure: A condition where the heart cannot pump blood effectively to meet the body's needs.



Lifestyle Modifications to Support the Heart

1. **Heart Healthy Diet:** healthy fats (olive oil, avocados, nuts, and seeds), lean proteins, Omega-3 fatty acids, limit added sugars, such as the Mediterranean or Paleo Diet
2. **Daily Physical Activity:** Our body's need to move daily and regularly
3. **Stop tobacco:** Eliminate tobacco use such as cigarettes, cigars, vapes, smokeless tobacco, etc. Smoking is a major risk factor for heart disease.
4. **Stress Management:** Chronic stress negatively impacts the by heart by increasing inflammation, cortisol, epinephrine and norepinephrine increasing the risk of an MI.
5. **Sleep health:** Aim for 7-9 hours per night and develop a consistent sleep routine. Poor sleep and sleep apnea is linked to an increased risk of heart disease.
6. **Limit alcohol intake:** Excessive alcohol consumption can raise blood pressure, contribute to obesity, and damage heart tissue.
7. **Proper Hydration** supports overall cardiovascular function by maintaining blood volume and proper circulation.
8. **If at high risk for cardiovascular disease we recommend running more extensive cardiac labs and imaging such as a Coronary Calcium Score.**

New Service: Cosmetic Acupuncture

What is it?

A minimally invasive procedure that involves the insertion of very fine needles to stimulate circulation, encourage collagen production, and release tension in facial muscles

Benefits:

- 1.Improve skin tone and texture
- 2.Reduce fine lines and wrinkles
- 3.Lift and tighten the skin
- 4.Brighten the complexion
- 5.Stress Reduction
- 6.Safe alternative to cosmetic surgery or injections

What can I expect during a session?

During the treatment, tiny needles will be inserted into points on the face, neck, and body to address both aesthetic concerns and internal imbalances. The session typically lasts about 60 minutes.

How many sessions will I need?

Depending on your individual goals, a series of 10-12 treatments is often recommended, with noticeable improvements in skin tone, elasticity, and appearance after just a few sessions.

If you are interested in an informational meet and greet and would like to schedule your appointment, please call our office at 623-643-9598!

Videos from our Doctors



Dr. Huynh discusses the importance of comprehensive diagnostic testing and tracking for the assessment of heart health and disease.



Dr. Nguyen discusses the importance of doing a CT Calcium Score as a preventative measure. This scan is a great tool in assessing blockage of the arteries.



Listen to Dr. Rada's video as she goes into further details about our new service, cosmetic acupuncture.