

# Lethbridge cardiologist launching book on heart health

Local cardiologist Dr. Sayeh Zielke and author Naomi Lewis are helping the community further its heart health and lowering blood pressure with the launch of her new book “One Heart, Five Habits” and an app to accompany it.

Zielke is the medical director of Chinook Cardiology, as well as the medical director of Lethbridge Heart Function Clinic at Chinook Regional Hospital and the Cardiac Rehabilitation program of the Alberta Healthy Living Program.

“I wanted to be able to make a difference in my patients, to empower them to make good lifestyle decisions and to be able to help control one of the major risk factors of heart disease and I am hopeful that it will have an effect,” said Zielke. “I want to see people make good changes for a healthier lifestyle because it does make a difference. Even if you were given genes that would increase your blood pressure as you age, having a healthy lifestyle makes the difference, and I hope people get empowered to make these changes and understand the reason why they need to make those changes.”

Readers will be able to learn about which foods to introduce into their diet and which ones to avoid. Zielke says there is a lot of information on the internet regarding lowering blood pressure, some of it is true, but there is some that is not, and part of her goal for the book was to give a clear guide to the proper lifestyle changes that need to be made for successful heart health.

Taking educational reading to the next level, Zielke worked with a team to not only write the book in a way for people to easily understand, but also with an interactive app to help people as they work toward making healthier lifestyle changes.

“We made an app to track some of the habits that lead to high blood pressure and we are really excited to launch it and I hope that people will find it useful and something concrete that they can relate to,” says Zielke. “The app works as a log for the blood pressure, it will register that, but it also provides a way to track some of the habits that are relevant to blood pressure, so it will help track your weight, what you eat, exercise, mood, triggers for stress, alcohol and sodium intake, and we have also included water intake as well.”

