



## How Your Personal Finances Affect Your Heart Health

February is Heart Health Month, and the perfect time to evaluate your overall health in terms of your diet and exercise. But did you know that your heart health may be affected by something else – your finances?



Research suggests a loss of wealth is linked with an increased risk of heart problems. According to studies from Brigham and Women's Hospital in Boston, lower wealth is a risk factor that can change over a person's life and can influence a person's cardiovascular health status. A decrease in wealth and financial stress have been linked to fewer healthy behaviors and less exercise.

In addition, financial stress can lead to anxiety and depression, debilitating conditions that make it hard to focus on work, spend time with family, and manage a household. The stress of having too much credit card debt, college loan payments, or medical bills can weigh on a person's mind and cause multiple health problems, including an increased risk of a stroke and heart attack.



Be good to your heart! Eat well and exercise often but if you are experiencing financial stress, consider working with a financial counselor to help you manage your money and budget. Knowing that you are on the road to financial recovery will help improve your financial health and your physical and mental health too.



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