Pass the code:
5-2-1-0-0

Heart disease still ranks among the top killer diseases. We must put cardiovascular disease (CVD) at bay and prevention is still the cheapest alternative.

We call on everyone to take action now. Take charge of your heart health.

Reduce heart diseases by 25% by 2025. Just pass the code: 5-2-1-0-0.

This daily 5-2-1-0-0 strategy is simple enough to follow—FIVE servings of vegetable and fruits; maximum of TWO hours of screen (computer/video) time; ONE hour of moderate physical activity; ZERO soda or sugar-sweetened drinks; and ZERO smoking.

One can never go wrong with the 5-2-1-0-0 code but for it to be truly effective, you must do the numbers. Make it a daily routine with your family members, relatives and friends. Take on the challenge as it will add healthier years to your life. It may be difficult at first and may seem like an ambitious target, but it can be done.

Parents, especially mothers, hold the key to a healthy heart. Following the fundamentals of a healthy lifestyle is just the same as adhering to house rules and its other dos and don'ts.

In this age, working mothers are a growing breed. However, “not enough time” should not be an excuse. If a healthy lifestyle has been part of your family’s lifestyle, there is no reason why a working mother cannot continue it. If a healthy lifestyle has been taken for granted, now is the time for change and do the 5-2-1-0-0 code every day. All it takes is will power, time management and commitment from every member of the family to be involved with this lifestyle change. What is the life-course approach to CVD prevention and control? It means that the pathway to health is a road that begins in fetal development and continues throughout one’s lifetime.

Every last Sunday of September, the PHA, with the support of the Department of Health, World Health Organization, Heart Foundation of the Philippines and our industry allies, joins at least 200 World Heart Federation-member societies from 150 countries in observing the global simultaneous event. And every year, the WHF members painstakingly think of better ways to stir interest and create greater awareness on CVDs and ways of preventing it.

For this year’s traditional Heart Fair, we partnered with the Metropolitan Manila Development Authority. On September 26, a team of heart doctors, medical technicians and pharmaceutical people conducted lay lectures on healthy lifestyle and cardio-pulmonary resuscitation with emphasis on the hands-only CPR, free risk factor screenings (BP body mass index taking, cholesterol and FBS tests, ECG) with consultation of at least 400 field personnel of the MMDA at their headquarters in Orense, Makati City. The results of the screenings will be incorporated into the PHA’s work-in progress Heart Fair registry.

Despite numerous obstacles, we are taking on the WHF challenge to work on the 2025 Goal: To reduce premature cardiovascular death by 25 percent with the daily pass code 5-2-1-0-0 as our battle cry.

More than being clinicians, we are staunch advocates of healthy living. We harp on the wisdom of practicing a healthy lifestyle day in, day out.

Heed the WHD 2013 theme: “Take the Road to a Healthy Heart” and make the 5-2-1-0-0 code a life-long habit.

True or False:
The PHA strongly prescribes the daily “pass code” of FIVE servings of vegetable and fruits; maximum of TWO hours of screen (computer/video) time; ONE hour of moderate physical activity; ZERO soda and juices; and ZERO smoking.

Email your answer and/or suggest a topic of interest for our column to heartline.phlheartassoc@yahoo.com and get a chance to win a brand new Merck Manual of Medical Information-Home Edition.

Congratulations to Benjamin Gajudo for correctly answering our previous trivia question.

Dr. Eugene B. Reyes is the current PHA president. He is a heart doctor who is involved in Medical education, Cardiovascular research development and Advocacy projects that target the grassroots. His hospital affiliations are UP-Philippine General Hospital and Manila Doctors Hospital. Heartline is an initiative of the PHA with global healthcare company MSD in their shared commitment to raise awareness on heart diseases and related illnesses. For more information, visit the PHA website at www.philheart.org.

By Eugene B. Reyes, MD