

Lifestyle changes may include limiting fat (saturated fat); eating more fiber, fish, and fresh fruits and vegetables; exercising regularly; quitting smoking; and drinking in moderation to prevent pulmonary edema.



Don't smoke.

If you smoke and can't quit on your own, talk to your doctor about a strategy or program to help you quit.

Smoking can increase your risk of cardiovascular disease and pulmonary edema. Also, avoid secondhand smoke to help prevent pulmonary edema.

Low-fat dairy products; and limiting salt and alcohol can help prevent pulmonary edema.



Take a look at your cholesterol levels.

Cholesterol is one of several types of fat that is important for health. But too much cholesterol can be too much of a good thing. Higher-than-normal cholesterol levels can cause fatty deposits in the arteries, blocking blood flow and increasing the risk of vascular disease and pulmonary edema. But you can often keep your cholesterol levels low by making lifestyle changes.

Pulmonary edema is not always preventable, but the following measures can help reduce your risk of developing pulmonary edema.

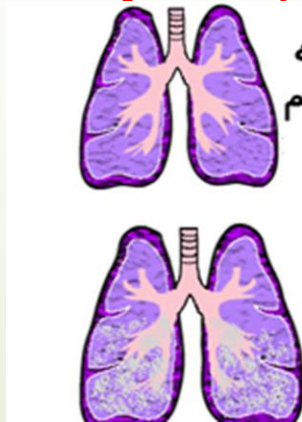
Prevention of cardiovascular diseases
Cardiovascular disease is the leading cause of pulmonary edema. You can improve your risk of developing a variety of heart problems and prevent pulmonary edema by following the suggestions below.

Control your blood pressure.

High blood pressure (hypertension) can lead to serious conditions such as stroke, cardiovascular disease, kidney failure, and pulmonary edema. In many cases, you can lower your blood pressure or maintain healthy levels by: exercising regularly; maintaining a healthy weight; eating a diet rich in fresh fruits, vegetables, and whole grains;



Prevention of pulmonary edema



Approved and approved by:
Ms. Dr. Masoumeh Sheikh-ul-Islami

Subordinate:
**Qaem Superspecialty Hospital
Education Committee**

Last revised:
Farvardin 1404

It also helps prevent pulmonary edema.

Exercise regularly.

Exercise is vital for heart health. Exercise is also essential for preventing pulmonary edema. If you don't exercise, start slowly and gradually. Make sure you get your doctor's approval before starting an exercise program..

Maintain a healthy weight.

Even a little excess weight increases your risk of cardiovascular disease and pulmonary edema. On the other hand, losing even a small amount of weight can lower your blood pressure and cholesterol, reduce your risk of diabetes, and help prevent pulmonary edema.

Stress management

o reduce your risk of heart problems and pulmonary edema, try to reduce your stress levels. Find healthy ways to minimize or cope with stressful events in your life.

Eat a healthy diet.

To prevent pulmonary edema, eat a healthy diet that is low in salt, sugar, and solid fats and rich in fruits, vegetables, and whole grains.

Limited salt

If you have heart disease or high blood pressure or pulmonary edema, it is especially important to eat less salt (sodium). In some people, left ventricular function is severely impaired; excess salt may be enough to trigger congestive heart failure. Control your blood pressure and cholesterol and maintain a healthy weight. If you don't exercise, start exercising slowly and gradually. Make sure you get your doctor's approval before starting an exercise program. If you have a hard time cutting back on salt, it may be helpful to talk to a dietitian. He or she can point you to low-sodium foods and also suggest ways to make a low-salt diet interesting and tasty.