

Let's be well



Love your heart

The month of Valentine's Day is the perfect time to take note of American Heart Month. Heart disease is the leading cause of death in the United States and is the cause of almost one in every four deaths. Take steps today to lower your risk of heart disease.

Prevent heart disease by:

- Eating healthy
- Being physically active
- Staying at a healthy weight
- Quitting smoking
- Drinking alcohol in moderation
- Managing stress
- Controlling your cholesterol
- Keeping track of your blood pressure

How do you keep track of blood pressure?

Your blood pressure plays a vital role in how your heart and circulation works throughout your body. A blood pressure reading of 120/80 mmHg is considered optimal. Unfortunately, there is often no way to know whether your blood pressure is high or low without having it checked. Getting your blood pressure checked regularly by your health care provider is important so you can take steps to control it if needed.

How do you manage your blood cholesterol?

Cholesterol is a waxy substance that comes from two sources: your liver and the foods derived from animals. For example, meat, poultry and full-fat dairy. There are two types of cholesterol — HDL (good) and LDL (bad). Too much of the bad kind can lead to blood clots in the arteries causing a heart attack.

Ways to manage and reduce your cholesterol are to:

- Eliminate trans fats
- Eat foods rich in omega-3 fatty acids
- Increase soluble fiber
- Reduce saturated fats
- Exercise 30 minutes a day, five times a week

To check, change and control your cholesterol use this American Heart Association calculator:

ccccalculator.ccctracker.com

For more information visit:

heart.org