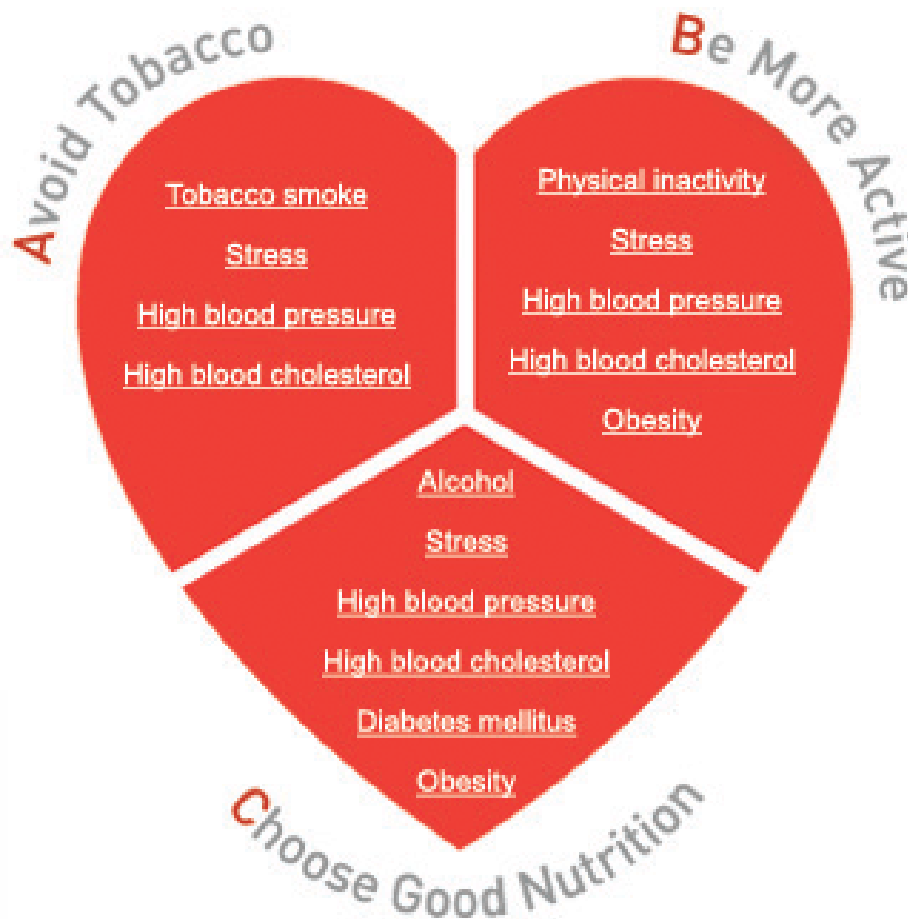


## American Heart Month

**Heart disease** is the number one cause of death and stroke is the number three cause of death. They are also the leading cause of disability in the American workforce. More than 870,000 Americans die from heart disease every year. Smoking causes nearly 400,000 deaths a year and is the number one preventable cause of death. Studies show that lowering blood pressure and cholesterol can reduce the risk of developing heart disease. Reduce your risk of heart disease by avoiding tobacco use, being physically active, and eating a healthy diet that is low in saturated fat and high in fiber.

### Reducing Heart Disease Risk:



**It's never too late to improve your health! Start the new year by adapting a heart healthy lifestyle.**

### Controllable Risk Factors:

- Smoking
- Being overweight/obese
- Type 2 Diabetes
- High blood pressure
- High cholesterol
- No regular exercise

### Uncontrollable Risk Factors:

- Family history of heart disease (before age 55)
- Age (male over 45 and female over 55)
- Personal history of heart attack or coronary artery disease

## Heart Healthy Foods and Drinks

- Apples
- Carrots and celery sticks
- Green pepper sticks
- Broccoli Spears
- Unsalted almonds and walnuts
- Frozen fruits
- Low-sodium tomato or vegetable juice
- Cherry tomatoes
- Plain, low-fat, or fat-free yogurt
- Whole grain breads
- High fiber, unsweetened cereals
- Unsweetened canned fruit
- Fat-free milk
- Water



This newsletter is a monthly publication of HealthSTAT, Inc., for its clients and their employees. It is for informational purposes only, and is not intended to replace medical advice.

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