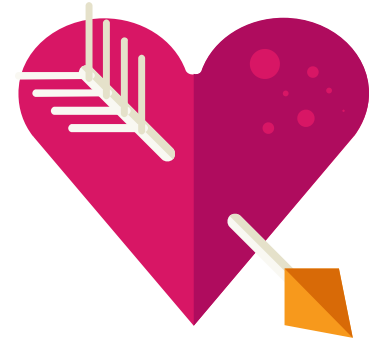


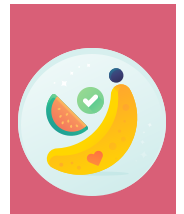
# February is American Heart Month



**Heart disease is the #1 cause of death in the United States.** Did you know that lowering blood pressure can help save your life? Follow these tips for a heart-healthy lifestyle and diet. A combo platter of high blood pressure and an elevated lipoprotein could put some at risk for heart attacks, strokes, and death due to heart disease, according to new research.

#1

Follow the DASH diet. Include plenty of fruits, vegetables, whole grains, lean protein, and low-fat dairy products in your diet.



#2

Reduce sodium in your diet by cutting back on fast food, processed food, cured meats, salty snacks, and convenience foods.



#3

Cut back on foods high in saturated fat, including fatty cuts of beef and pork, fried foods, whole milk dairy products, and high-fat desserts.



## 5 More Important Steps:

1. Know your **numbers**. Get blood pressure and lipoprotein (a) levels checked regularly.
2. Take **medication** as prescribed to control blood pressure and lipids.
3. **Exercise** regularly to manage **weight, stress, and blood pressure**.
4. Limit **alcohol consumption**, as too much raises blood pressure.
5. Get **adequate sleep**.