

BE HEART HEALTHY

*Did you know?:

- Heart disease is the #1 cause of death in men and women in the United States
- Heart disease was the cause of 50% of all deaths in women in 2006.
- 11.8% of adults in the United States have been diagnosed with heart disease

Risk factors for heart disease:

- High cholesterol
- High blood pressure
- Diabetes
- Cigarette smoking
- Overweight or Obesity
- Poor diet
- Physical inactivity
- Alcohol use



Tip for healthier living:

- Stop smoking
- Cut down on salt intake
- Eat healthier
- Reduce or eliminate alcohol use (limit to 1-2 drinks)
- Get active (30 minutes most days of the week)

What can your pharmacist do for your heart health?

- Administer blood pressure tests
- Monitor for risk factors for heart disease
- Help you manage medications for blood pressure, diabetes, and cholesterol
- Provide more information and tips for healthier living

Talk to your pharmacist about ways to be heart healthy!

* According to the Centers for Disease Control and Prevention

Brought to by this pharmacy and the National Community Pharmacists Association



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