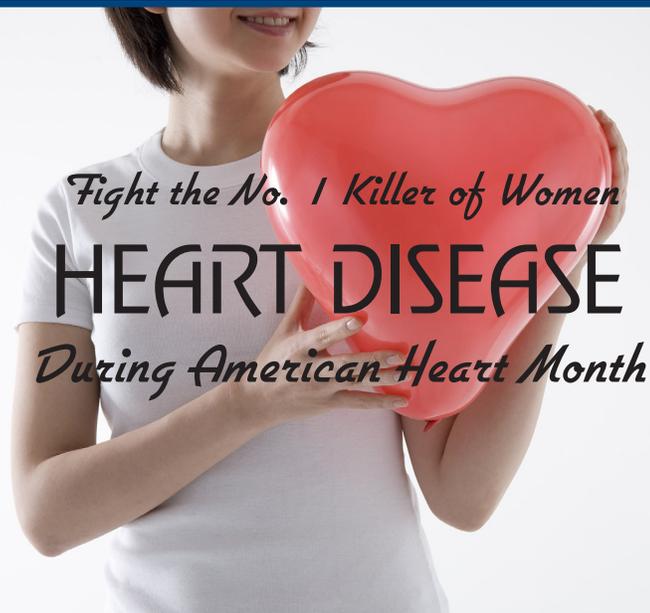




for your company
for your employees
for your future
February 6, 2012

WELLNESS WEEKLY



More women die of heart disease than all forms of cancer combined. Heart disease can affect women of any age. That's why it's so important to start heart-healthy habits right now. Your heart is in your hands. Heart disease and stroke are largely preventable if you work to lower your risks. It's important to know that there are a range of factors that can raise your risk of heart disease and stroke. The more risk factors you have, the greater your chances of developing heart disease and having a heart attack or stroke.

Risk Factors You Can Control or Treat

These risk factors can be controlled or treated with help from your healthcare professional. You can modify others by changing your lifestyle.

- Cholesterol
- Blood Pressure
- Smoking
- Physical Activity
- Obesity
- Diabetes
- Stress
- Birth Control Pills
- Alcohol & Illegal Drugs

Risk Factors You Can't Control

Unfortunately, there are a number of factors such as age, family history and race that you can't control. That's why it's so important to understand all of your risk factors, discuss them with your healthcare professional, and address the risk factors that you can control or treat.

- Age
- Gender
- Heredity and Race
- Stroke

Lower Your Cholesterol!

Cholesterol is a soft, fat-like substance found in the blood and in all the body's cells. A high cholesterol level is bad because cholesterol can build up with other substances in the inner walls of arteries. This buildup, called plaque, can narrow the arteries and reduce blood flow. Plaques that rupture can cause blood clots that can totally block blood flow in the artery. Clots also can break off and travel to another part of the body. If a clot blocks an artery that feeds the heart, it causes a heart attack. If it blocks an artery that feeds the brain, it causes a stroke.

High blood cholesterol has no symptoms, and many people have it without knowing it. Find out what your cholesterol levels are, so you can lower them if you need to. If you need to lower your LDL (or "bad" cholesterol), work with your doctor to create a diet low in saturated fat, trans fat and cholesterol, and an exercise plan.

If you're overweight, work with your doctor to create a diet and exercise plan to help you lose the extra pounds. Diet and increased physical activity are important, but they may not get you to your goal. If these efforts don't succeed, your doctor may also prescribe medication. Even if you need to take cholesterol-lowering drugs, a healthy diet and increased physical activity are still important.