

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

February 2015

February is American Heart Month

Heart disease is the #1 cause of death for men and women in the United States.

Every year, 1 in 4 deaths are caused by heart disease.

As you get older, your risk for heart disease and having a heart attack increases.

How can you stay “heart healthy” for yourself and your loved ones?

Important questions to think about....

Can heart disease be prevented? **YES**

Does heart disease effect everyone the same? **NO**

If a close relative has heart disease am I also at risk? **YES**

Even though I feel ok, should I still see my doctor regularly? **YES**

Controllable risk factors for heart disease:

- ♥ Diet (what you eat)
- ♥ Obesity
- ♥ Smoking
- ♥ Diabetes
- ♥ High Blood Pressure
- ♥ High Cholesterol



Ways to prevent heart disease:

- ♥ Eat a healthy diet
 - ♥ limit salt intake, add more fruits and vegetables
- ♥ Watch your weight
- ♥ Exercise regularly
 - ♥ 150 minutes a week
- ♥ Do not smoke
- ♥ Manage your diabetes
- ♥ Monitor Blood Pressure and cholesterol
- ♥ Limit alcoholic drinks
 - ♥ Limit of 1 drink a day for women or 2 drinks a day for men



References:

1. Center for Disease Control (CDC). [Accessed: 3Feb 2015] www.cdc.gov.
2. US Dept. of Health and Human Services. [Accessed: 3Feb 2015]. www.healthfinder.gov.

At Pequot Health Care, we are dedicated to maintaining your good health!



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