



Preventing Heart Disease

Heart disease is a common health concern for many Americans because it is the No. 1 killer in the U.S. We know a lot about what causes heart disease today, including the kinds of things people can do for themselves to help prevent it.

There are several health and lifestyle factors associated with heart disease. Luckily, these factors can be controlled with a commitment to personal health and a positive attitude toward daily life.

A person who wants to prevent heart disease should follow these guidelines:

- ♥ Quit or don't start smoking.
- ♥ Reduce the amount of fat in the diet, especially saturated fat, which is primarily found in animal foods. Some vegetable fats, such as palm oil and coconut milk or oil, also are saturated, as are hydrogenated fats. Try to limit the percentage of daily calories from fat to no more than 30 percent of total calories.
- ♥ Restrict the intake of cholesterol, also found in animal foods, including butter, egg yolks, whole milk dairy products, meat, poultry and fish.
- ♥ Eat a varied diet that emphasizes whole grains, vegetables, fruits, and whole grain breads and pastas.
- ♥ Cut down on salt and sugary foods.
- ♥ Exercise regularly.
- ♥ Maintain a healthy weight.
- ♥ Learn to manage stress.
- ♥ Watch your blood pressure.

A person's age, sex, family history, medical history, and other health and environmental factors also can affect the tendency to develop heart disease. The best way to start protecting against heart attack is to know your personal risk factors and tailor your lifestyle changes to suit your particular medical needs.

For more information on your personal risk of heart disease and heart attack, consult your health care provider. For additional advice on developing good eating habits or an exercise program, ask your health care provider for specific information and referrals to support groups or other medical specialists.

© 1995 PARLAY INTERNATIONAL 1600.087

Get Vaccinated for Hepatitis A

Hepatitis A vaccine is available at the clinic. It's a good idea to vaccinate everyone in your family over 2 years of age. Check your kids' records - make sure they are protected.



National Burn Awareness Week is Feb. 6-12

Each year in the United States, 20,000 children 15 and under are burned by curling irons and clothing irons. Another 16,000 children receive thermal injuries from electric ranges, ovens, grills, and heaters. **More than 5,000 are injured by lit cigarettes and cigarette lighters.** More than 2,000 are injured from contact with electrical cords and outlets.

Please protect your children and become aware of the hazards that may exist in your home.

Limit TV for Your Kids

The latest policy statement of the American Academy of Pediatrics gives three guidelines:

No TV for Toddlers

Kids less than two years old should not watch TV. What they need for their brain development is close-up interaction with other people.

Less Than Two Hours a Day

Older kids should spend less than two hours a day in front of the tube. Kids over two years old should limit TV viewing to less than one or two hours a day of **quality** programs or videos.

Monitor All Ages

All kids should not have TVs and computers in their bedrooms. These items should be kept in common rooms where parents can monitor their use.