



Live a Heart-Healthy Life

The results of two different studies came to the same conclusion—a heart-healthy lifestyle for both men and women includes the following:

1. Not smoking
2. Eating a healthy diet
3. Exercising daily
4. Drinking alcohol in moderation
5. Staying at a healthy weight

Following these guidelines can cut a woman's risk for heart disease by more than 80%, according to one of the studies, which followed 84,129 women for 14 years.

Another study followed 43,000 male health professionals for 16 years. Among the men ages 40 to 75, those whose lifestyles included the five healthy practices listed above had the lowest risk for heart disease.

About 2,100 heart attacks occurred during the study. Researchers predicted that following the five factors more closely could have prevented:

- Almost 62% of the attacks
- More than half the attacks among men taking medication for high blood pressure or high cholesterol

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Fight Inflammation

Everyone can make lifestyle changes to improve heart health. Those at high risk for heart disease can keep their hearts healthy with these guidelines:

- Work out for 30 minutes a day at a moderate to intense pace. Swimming, walking, jogging, and biking all count.
- Limit alcoholic drinks to two or fewer a day for men, or one for women.
- Steer clear of tobacco and secondhand smoke.
- Avoid saturated fats and trans fats and fill up on more vegetables, fruits, and fiber-filled foods like oatmeal.

Regular doctor visits can also help men and women monitor their blood pressure, cholesterol, and blood sugar. High levels of each increase heart disease risk.



eat better to breathe better

WITH COPD

People who have chronic obstructive pulmonary disease, or COPD, have permanent lung damage that makes it difficult to breathe. But if you're living with COPD, healthy eating may lead to easier breathing.

COPD develops in many current and former smokers. There's no special diet for people with COPD. But what they eat can affect their breathing.

HOW EATING HABITS AFFECT COPD

If you have COPD, smart eating can keep your lung muscles strong. Be sure to eat protein, such as fish, meat, chicken, nuts, and beans, at least twice a day.

Also, look for signs that you're losing weight. A person with COPD can burn 10 times more calories than a healthy person because his or her body has to work extra hard to breathe.

Here are some more tips to help you breathe easy:

- Try eating four to six small meals throughout the day. Big meals can cause your stomach to press on your organs and make it difficult to breathe.
- Too tired to shop? Avoid the temptation to go without healthy food. Ask a friend or relative to make a grocery run for you.
- If you're underweight, look for little ways to add calories to your diet. Whip up easy shakes using liquid nutritional supplements, fruit, and yogurt. Talk with a registered dietitian for more suggestions specific to your tastes and nutritional needs.
- If swelling or high blood pressure is an issue for you, substitute spices and herbs for salt.

health tip

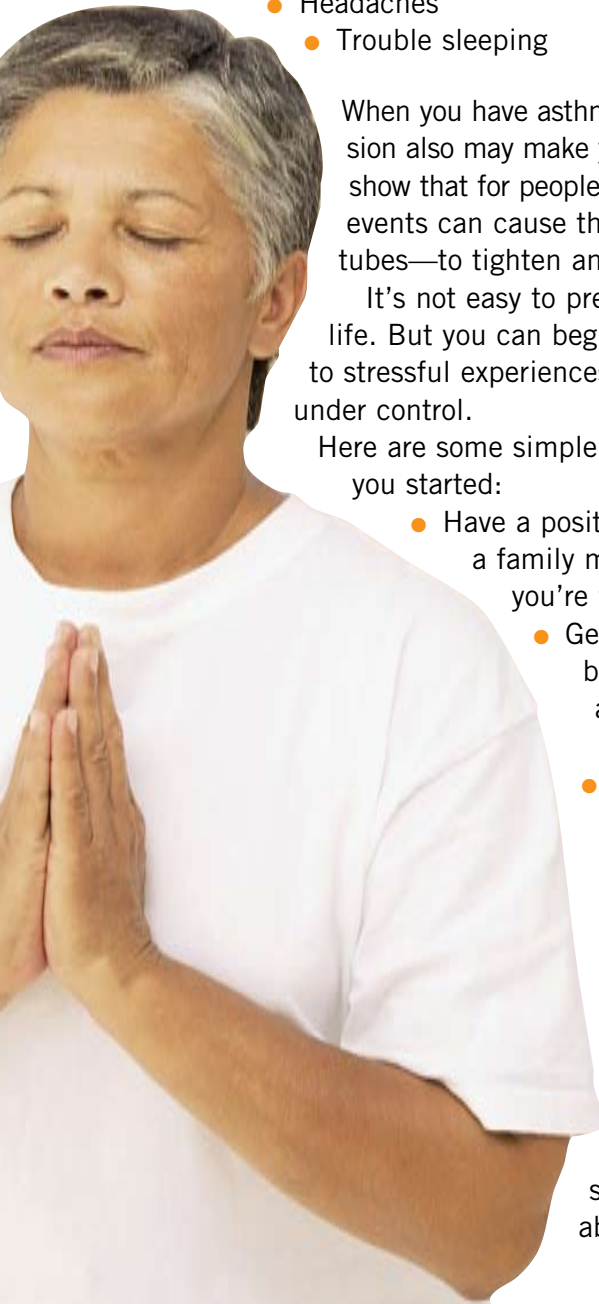
Being active can help prevent the loss of muscle that affects many with COPD. For more ideas on how to manage COPD, see the Resource Guide on page 4.

STRESS:

AN ASTHMA TRIGGER YOU CAN CONTROL

Stress can have a strong effect on your body. For example, stressful experiences or strong emotions—such as anger and frustration—are associated with:

- Increased blood pressure
- Constipation or diarrhea
 - Headaches
 - Trouble sleeping



When you have asthma, day-to-day anxiety and tension also may make your condition worse. Studies show that for people with asthma, stressful life events can cause their airways—or breathing tubes—to tighten and trigger an asthma attack.

It's not easy to predict or avoid stress in your life. But you can begin to manage your reaction to stressful experiences—and keep your asthma under control.

Here are some simple day-to-day tips to get you started:

- Have a positive attitude, and talk with a family member or friend about how you're feeling.
- Get regular physical exercise, but first check with your doctor about activities that are best for you and your asthma.
- Ask your doctor about special breathing techniques that can help your body respond to stress.
- Be sure to follow your asthma treatment plan.

Sometimes it may be hard to handle the stress of life all by yourself. If you are experiencing overwhelming stress, talk with your doctor about how to manage it.



Building a Better Salad



Variety is the spice of life. It's also what boosts a salad's nutritional value. Toss nutrition into your next salad by adding:

- Beans, such as kidney beans, chickpeas, or lentils
- Chopped walnuts or pecans
- Chopped broccoli, carrots, or peppers
- Strawberries, oranges, or apples
- Dried cranberries or cherries
- Cubes of cooked chicken

Add even more nutrition by using green, leafy vegetables, such as broccoli, kale, spinach, and arugula, which are usually richer in vitamins and fiber. Also, enjoy guilt-free dressings by:

- Trying a fat-free salad dressing
- Making homemade vinaigrette, using three parts vinegar to one part oil
- Using nonfat, plain yogurt instead of mayonnaise when making creamy dressings

resources

chronic obstructive pulmonary disease (COPD)

AMERICAN LUNG ASSOCIATION

Provides information on research and statistics, plus programs and events.

www.lungusa.org

asthma and allergies

AMERICAN ACADEMY OF ALLERGY, ASTHMA & IMMUNOLOGY

Get advice on how to deal with asthma and allergies.

www.aaaai.org

diabetes

AMERICAN DIABETES ASSOCIATION

Get tips on managing diabetes.

1-800-DIABETES
(1-800-342-2383)

www.diabetes.org

heart disease

AMERICAN HEART ASSOCIATION

Find online tools to help you understand your risks.

www.americanheart.org

smoking cessation

NATIONAL NETWORK OF TOBACCO CESSATION QUITLINES

Telephone support for people who want to quit using tobacco.

800-QUITNOW
(800-784-8669)

www.naquitline.org

CATCH ALL THE BENEFITS OF FISH

You've probably heard about the dangers of high mercury content in seafood, but experts say the benefits of fish outweigh the risks.

Eating one or two servings of fish a week can lower your risk for death from heart disease by 36% and cut your overall risk for death by 17%.

THE FACTS ABOUT FISH

Oily fish, such as salmon, herring, and sardines, are loaded with omega-3s. These fatty acids can help lower your blood pressure and heart rate. Besides protecting your heart, fish may lower your risk for stroke and depression. Some research also suggests that seafood can help keep our minds sharp as we age.

CAUTION FOR SOME WOMEN AND CHILDREN

Almost all seafood contains some mercury, and higher doses may harm a developing baby or young child. So experts suggest that pregnant women and young children avoid certain fish, such as shark, swordfish, king mackerel, and tilefish. However, two weekly servings of lower-mercury seafood can be safe. Try catfish, shrimp, wild and farmed salmon, or canned light tuna.





care for diabetes

AS YOU AGE

If you're among the 20% of American older adults with diabetes, it's important to manage the condition as you grow older.

HANDLE HYPOGLYCEMIA

Hypoglycemia occurs when your glucose level drops. Symptoms include sweating, hunger, fatigue, dizziness, and confusion. To manage hypoglycemia:

- Eat three daily meals at regular times.
- Have an extra snack when you are more active.
- Teach loved ones to recognize signs of hypoglycemia and test your blood glucose.
- Carry emergency supplies, such as glucose tablets.

KNOW YOUR NUTRITIONAL NEEDS

Poor nutrition can lead to hypoglycemia, circulation problems, and other concerns. These tips can help you get necessary nutrients:

- Talk with a registered dietitian about adjusting your meal plan to reflect your needs.
- Ask about using a meal service or getting financial assistance.
- Eat with friends whenever possible.

DON'T IGNORE DEPRESSION

Depression can make it harder to test your glucose, follow your diet, and take medications correctly. Be aware of the signs—sadness, apathy, fatigue, and changes in eating and sleeping patterns. If you think you're depressed, your doctor can recommend counseling, medication, or a support group.

KEEP OTHER CONDITIONS IN CHECK

In addition to diabetes, you may need to manage high blood pressure, arthritis, or vision and hearing changes. To help diabetes, protect your health:

- Keep weight, blood pressure, and cholesterol in your target range.
- Have regular eye screenings and dental exams.
- Have your doctor check your kidney function regularly.
- Ask your doctor about flu and pneumonia vaccinations.

**health
tip**

The way you care for diabetes will change over the years. For more tips and strategies to manage your diabetes, see the Resource Guide on page 4.

For Your Health is published by ForeSee Health. The information is intended to inform and educate about subjects pertinent to health, not as a substitution for care from a personal physician. If you have any questions or feedback, call **877-4-FORESEE (877-436-7373)**.

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14528 S. Outer Forty Road, Suite 300
Chesterfield, Missouri 63017-5743

WWW.FORESEEHEALTH.COM

Whole Grains Reduce Deaths from Inflammatory Diseases

Whole grains may benefit more than your heart. In a 17-year study of 27,312 women ages 55 to 69, those who ate at least three servings of whole grains daily were more than 35% less likely to die of inflammatory diseases than those who ate no or few whole grains. To help protect yourself from rheumatoid arthritis, chronic obstructive pulmonary disease, asthma, Crohn's disease, diabetes, and other inflammatory diseases, eat more whole grains. Try brown rice, whole-grain bread, popcorn, wheat germ, and oatmeal.

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QUIZ: YOUR BODY THANKS YOU FOR NOT SMOKING

Smoking kills more than 400,000 Americans every year, and not all die of lung cancer. Test your knowledge about the dangers of lighting up with this true-false quiz.

1. Because puffing keeps your weight down, it also lowers heart risks.

TRUE **FALSE**

2. Smoking can affect your eyes, bones, bladder, stomach—and children.

TRUE **FALSE**

3. Smokers can never reduce their risk for cancer or other diseases.

TRUE **FALSE**

ANSWERS

- 1 **FALSE.** Some smokers weigh

less than nonsmokers, and quitting can lead to weight gain. But smokers tend to pack fat in their bellies, raising the risk for diabetes and heart disease.

- 2 **TRUE.** Smoking contributes to osteoporosis and hip fractures, heartburn and ulcers, cancers such as bladder cancer, and blinding eye diseases. It also can decrease your fertility and boost your babies' risk for still-birth and sudden death.

- 3 **FALSE.** For women, most smoking-related health risks are erased within 20 years of quitting. People who quit before age 50 cut their risk of dying of related causes in half for 15 years.

we want to hear from you!

What topics would you like to see in *For Your Health*?

Call **877-4-FORESEE (877-436-7373)**, e-mail info@foreseehealth.com, or write us at: ForeSee Health, ATTN: Newsletter Department, 14528 S. Outer Forty Road, Suite 300, Chesterfield, Missouri 63017.