

Living Well

CORESOURCE
A Trustmark Company
PERSONAL. FLEXIBLE. TRUSTED.

Take your future health to heart

February is American Heart Month, and a time to learn more about what you can do to live a heart healthy life.

Don't be a health statistic, today or tomorrow, because heart disease can be prevented. Heart disease kills an estimated 630,000 Americans each year, but you can greatly reduce your risk for heart disease through lifestyle changes and, in some cases, medication. To keep your heart healthy:

- ♥ Watch your weight.
- ♥ Quit smoking and stay away from secondhand smoke.
- ♥ Control your cholesterol and blood pressure.
- ♥ If you drink alcohol, drink only in moderation.
- ♥ Get active and eat healthy.
- ♥ Talk to your doctor about taking aspirin every day if you are a man over the age of 45 or a woman over 55.
- ♥ Manage stress.



YourCare Resources

For answers to questions if you or a family member has heart disease, call YourCare at 866-454-8445.

HealthCenter
powered by WorldDoc

HealthCenter Resources

To learn more about heart disease and stroke, visit the HealthCenter and enter "Heart Disease" or "Stroke" in the Search function.

Do you know the facts about heart health?

1. What is heart failure?
 - A. When the heart stops beating
 - B. When the heart palpitates too much
 - C. When the heart cannot pump blood the way it should to the rest of the body
 - D. When a donor heart can't be used in a transplant
2. When should you get your blood pressure checked?
 - A. After you're diagnosed with heart disease
 - B. Starting at age 18 and every two years after
 - C. After age 55 and every six months after
 - D. Only if you have a family history of high blood pressure
3. What is the leading cause of death in both men and women?
 - A. Lung cancer
 - B. Automobile accidents
 - C. Heart disease, including stroke
 - D. Violent crimes
4. Doing everything you can to prevent a stroke will also help you prevent or control:
 - A. Heart disease
 - B. Diabetes
 - C. Some types of cancer
 - D. Liver disease
 - E. Heart disease and diabetes
 - F. All of the above