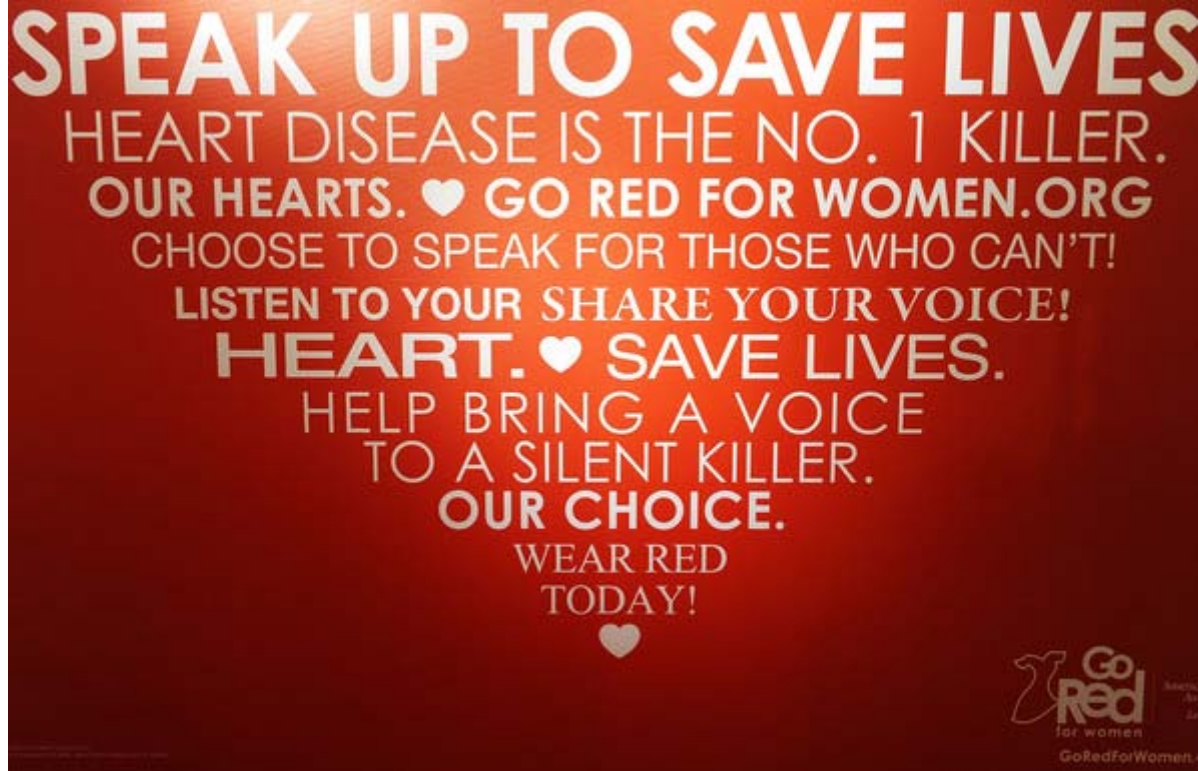


February is "Heart Health" month



The American Heart Association is promoting "Go Red For Women" on February 5, 2010. (Attached is an article about AHA's [Go Red For Women](#)) We urge you to talk with your friends and family about heart disease; the number 1 killer of women in the U.S. More importantly, talk about things that you can do to help prevent heart disease. The keys to prevention include quitting smoking, lowering cholesterol, controlling high blood pressure, maintaining a healthy weight, and exercising.

Of course, a healthy diet is important too. Here are 5 heart healthy foods that you can incorporate into your diet on a regular basis: blueberries, salmon, soy protein, oatmeal, and spinach.

"Heart disease" includes conditions affecting the heart such as coronary artery disease, heart attack, irregular heart rhythm, atrial fibrillation, heart valve disease, congenital heart disease, cardiomyopathy, etc.

Click the links below for more information on cholesterol, blood pressure and ways to control them.

[High Cholesterol](#)

[High Blood Pressure](#)

