

PHARMACEUTICAL **NETWORK**

PEQUOT

Health Benefit Services

PRxN® Customer Service

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PRxN® PBM

Customer Service

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Doctors' Line

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Doctors' FAX Line

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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:

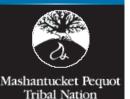
- Diet (what you eat)
- Obesity
- **Smoking**
- Diabetes
- High Blood Pressure
- High Cholesterol

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

quot Health Care

Annie George Drive



References:

- Center for Disease Control (CDC). [Accessed: 3Feb 2015] www.cdc.gov.
- 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!