



SPARE YOUR HEART

Ask Your Pharmacist

You've heard about it from many sources - news programs, billboards, radio commercials, even your doctor. Maybe you know someone who has it. Perhaps it has caused the death of someone you love. But despite the prevalence of this disease, many people remain unaware of the different causes and results of heart disease.

We tend to take the heart for granted. According to an updated 2004 report from the American Heart Association:

Heart disease kills more people each year than any other cause.

One in five women will die from coronary heart disease.

About 700,000 Americans this year will have a heart attack; and 42% will die because of it.

So during this year, set aside a few moments each week to value your heart; that hard-working, under-appreciated muscle you cannot live without. It started beating in your mother's womb about four weeks after conception and it will continue to do so until the day of your death.

Heart disease is the major killer in the United States. Physicians, and in particular cardiologists, understand that there is a great deal more to the problem than drugs can fix.

Diet, exercise, and smoking cessation are crucial factors in fighting heart disease of all kinds. They are considered the primary protocol for doctors before drugs are administered.

HEALTHY EATING

Nutrition plays a key role in the process of cardiovascular health. It is also the crucial aspect of circulation and cholesterol metabolism. Exercise is the other valuable component.

In this limited space, it is hard for us to share all it takes to change your diet, so we will have to generalize. If you need more help, stop by our pharmacy for additional advice.

To reduce problems of the heart and circulatory system, eat plenty of foods that are high in vitamins and minerals. These foods are high in antioxidants and studies clearly show these are important in reducing risks of heart disease.

Stop eating red meat, and change your protein source to cold water fish, such as salmon, trout, or halibut. These fish are high in fatty acids that help protect the heart. Drink more water and don't count other beverages as part of a 64 oz. minimum quantity to consume. Water will help you circulate your nutrients and maintain a better balance of your body's fluids.

GET ON A GOOD SUPPLEMENT PROGRAM

Modern day foods - processed, packaged, and preserved - contain few of the potent nutrients that our bodies so desperately need. For this reason, pharmacists often recommend supplementation with certain vitamins and other nutrients to fill in the gaps of our diet. This cannot be truer than with heart health. Our circulatory systems greatly benefit from chemicals called antioxidants, found in vitamins A, C, E, and other nutrients. Unfortunately, our diets often cannot sufficiently meet this need. Contact our pharmacist today to learn more about custom supplementation for a healthy heart.

Herbal therapy has also been suggested for these problems. Two herbs that quickly come to mind are Hawthorne Berries and Garlic. With the press that has been generated about dangers between herbs and medicines, we would strongly recommend that you come into our pharmacy to discuss their use prior to trying them.

MANAGE YOUR CHOLESTEROL LEVELS

Garlic has been proven to effectively lower total cholesterol by improving the "good" HDL cholesterol, and lowering the "bad" LDL cholesterol.

Many patients are now choosing natural medicine for cholesterol management, rather than a lifetime supply of medications that often carry side effects. Research has consistently shown that nutritional supplements can significantly improve blood

for your best health

Visit our pharmacy or website to learn more about heart health & risk factors.

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cholesterol levels.

Marine Fish Oils contain omega-3 fatty acids, the "good" fats that maintain cell function and may help to improve cholesterol.

Niacin, commonly known as vitamin B3, has been shown to help lower total cholesterol and triglyceride levels.

Other supplements often recommended for cholesterol management include: Vitamin E, Guggulipid, L-Carnitine, Coenzyme Q10, Green Tea, and Psyllium Fiber. Our pharmacist will be happy to discuss these supplements with you.

RISK FACTORS FOR HEART DISEASE THAT YOU CAN CHANGE

High blood cholesterol - Consuming a diet high in saturated fats increases your total cholesterol level more than anything else; dietary changes often yield favorable results.

High blood pressure - One in four American adults has high blood pressure, which overworks the heart and blood vessels, eventually causing heart enlargement and failure, kidney failure, and hardening of the arteries. Diet and other lifestyle changes may reduce high blood pressure.

Cigarette smoking - Smoking-related illnesses kill an average of 442,398 Americans each year, with 33.5% of these deaths being cardiovascular related.

Diabetes - Proper diabetes management, through diet and exercise, can drastically reduce diabetes-related heart disease risk.

Overweight - About 65.4% of the adult population is overweight or obese, a condition that usually coexists with high blood cholesterol, and stresses the entire cardiovascular system.

Physical inactivity - Exercise stimulates blood flow and keeps the heart healthy; a sedentary lifestyle has been linked with drastically increased risk for heart disease.

People vary widely in their greatest risk factors for heart disease. Two people may be at equal risk for developing the disease, but from completely different factors.

Contact our pharmacist today for a personalized assessment of your risk factors.

STOP SMOKING

Smoking is implicated in both heart disease and cholesterol problems. Smoking will cause plaque to build up in the arteries, and also will decrease your ability to eat properly and exercise properly. Smoking is indicated in blood pressure changes, and is dangerous for many other reasons.

For all of you still smoking, you have some form of heart-related problem coming. You may not see the damage now, but you will inevitably. Between cancer and heart disease, smoking is deadly, so STOP IT!

COUNTER STRESS

Finally, look at ways to counter stress in your life. Hypertension is a physical symptom of stress, and in order to lead a quality life, we all must find the means to remain free of stress.

Studies suggest that 80% of the visits to physicians are related in some manner to stress. Exercise will help relieve some of the problem, but dealing with mental stress also requires a conscious effort not to allow it to control us. There are stress management courses and counselors. There are books and tapes that will help. Learning to balance your life, your work, and your free time will all help to counter stress levels.

CONSULT A PHARMACIST IF TAKING MULTIPLE MEDICATIONS

All chemicals that enter the body interact with each other and the body itself. For example, grapefruit juice has been shown to increase

the effectiveness of some statin drugs, resulting in damage to the muscles and other tissues. Some medications used for high blood pressure, such as calcium channel blockers (verapamil, Procardia, Adalat, and many others) may cause nutrient depletions leading to fatigue.

Nutritional supplementation may help to prevent depletion, but these supplements may then interact dangerously with your other medications. You should always consult with your pharmacist before self-supplementing, especially if you are taking multiple medications. Contact our pharmacist to learn more about our life-saving medication review, which will examine your medications and supplements for interactions, depletions, and other safety issues.

Wellness is a pretty comprehensive approach to fighting heart disease. It does take a commitment and it is not especially easy. However, adopting the resolve to fight illness every day requires this approach. It is not simply about being well. It is about being well and being productive...and happy!