

The Harm Smoking Does



1. Increases heart rate and blood pressure
2. Damages arteries
3. Lowers HDL cholesterol
4. Increases clotting

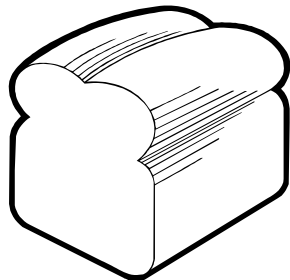
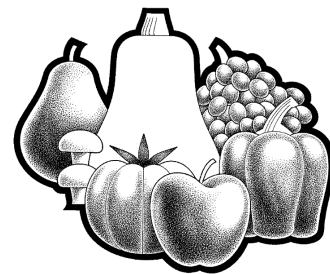
DASH Diet

Controlled sodium intake



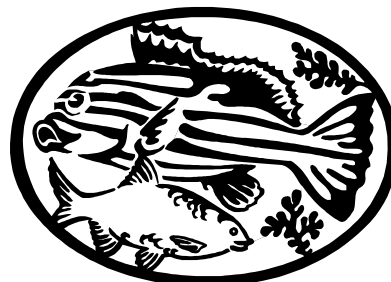
Non-fat and low-fat dairy foods (2–3 servings)

Vegetables and fruits (8 or more servings)

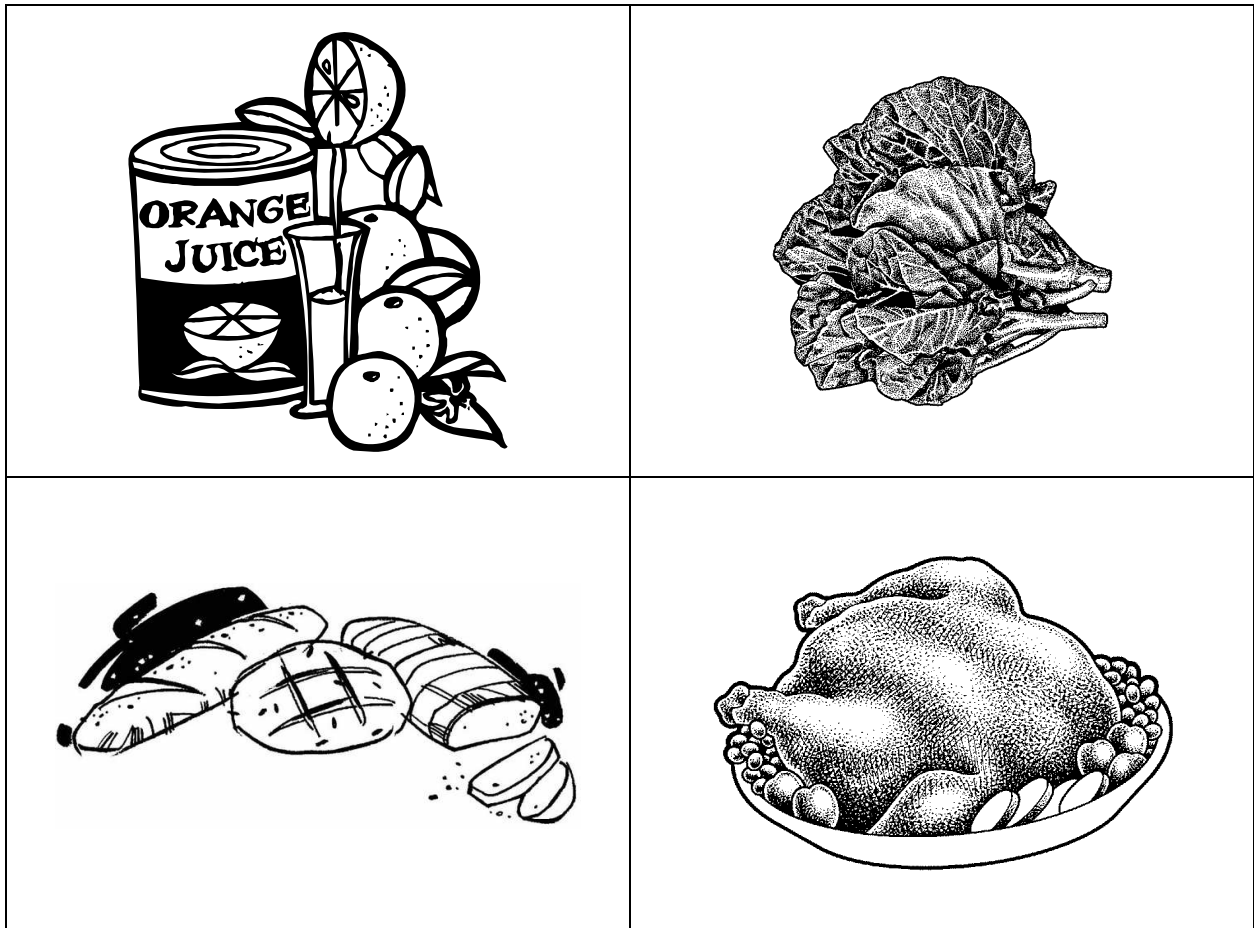


Whole grain breads and cereals (6–11 servings)

Lean meat, fish, and poultry (1–2 servings)

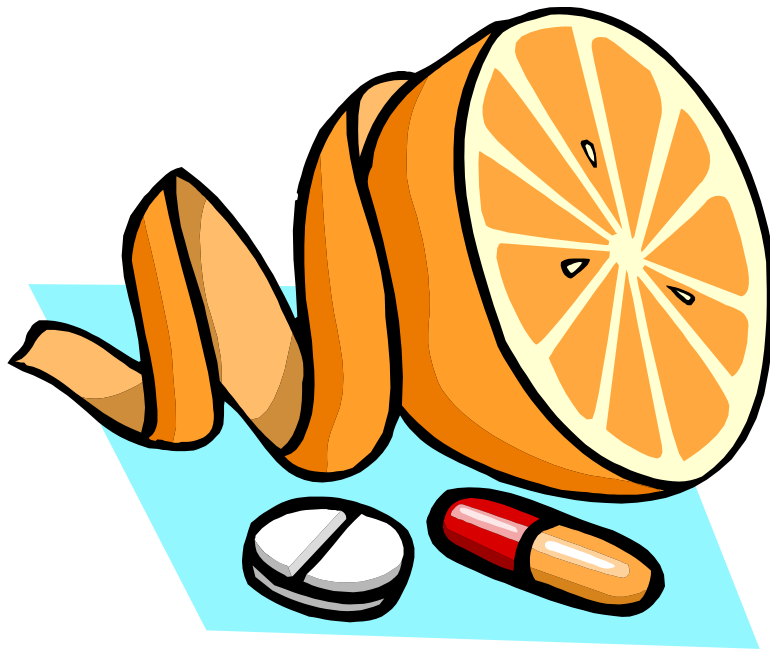


High Homocysteine Levels



Usually are due to low levels of
vitamin B₁₂, B₆ or folate

Antioxidants



Food vs. Supplements

Hormone Replacement Therapy

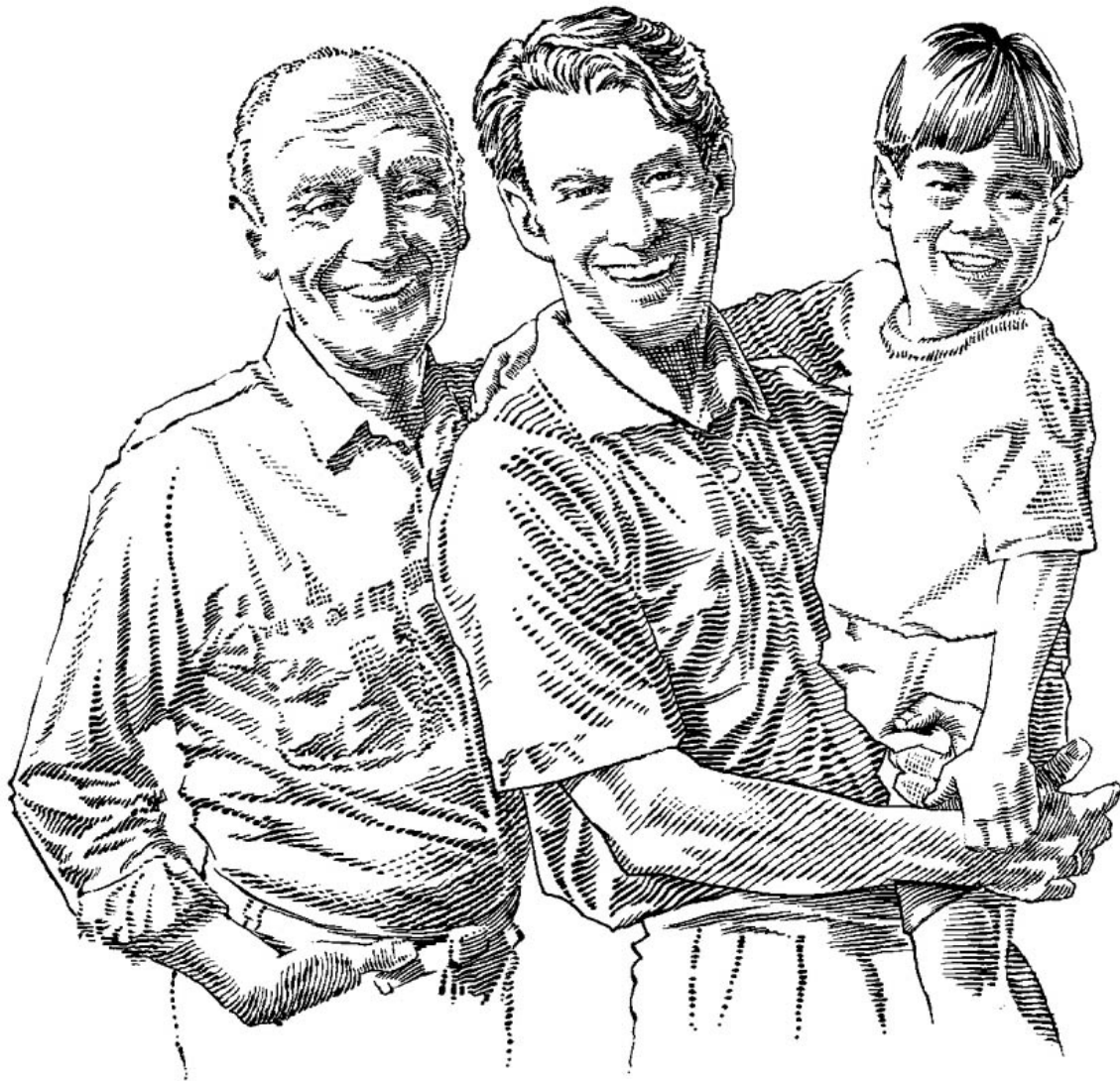


- May reduce risk 50%
- Lowers cholesterol
- Reduces blood clots
- Improves insulin use
- Protects arteries

Stress Effect



- Depression increases heart attack mortality
- Hostility, poor social and emotional support, and lack of control over life increases cardiovascular risk



**Any Change
Will Improve
Your Quality of Life**



Overhead