

AMERICAN HEART MONTH



Atlanta Health Systems is proudly participating in February's American Heart Month. Heart disease is a present and serious reality. The goal of American Heart Month is to increase awareness of the disease, and provide solutions for preventing it.

Heart disease is the leading cause of death for both men and women in the United States. About 600,000 people in the United States die of heart disease every year; that's 1 in every 4 deaths! It's time to educate ourselves so we can significantly reduce the number of people who suffer from it.

Follow this link for ways to keep your heart healthy:

http://www.heart.org/HEARTORG/GettingHealthy/Preventing-Heart-Disease---At-Any-Age_UCM_442925_Article.jsp

FOODS TO AVOID-IF YOU HAVE HIGH BLOOD PRESSURE

Pickles: Pickles are low in calories, which is great, but they are loaded with sodium. One medium pickle (about 5 inches long) can have around 570 mg of sodium. That's over 1/3 of your sodium limit (2300 mg) for the day!



Canned Chicken Noodle Soup: Chicken noodle soup is often considered a comfort food, but it is not so comforting to know that there can be up to 880mg of sodium in a one cup serving.



Table Salt: Too much sodium does direct damage to the heart and arteries and raises blood pressure significantly.

Whole Milk: Dairy is a great source of calcium, but high fat dairy sources, like whole milk, provide more fat than you need. A one cup serving of whole milk provides 8 grams of fat, 5 of which are saturated. Saturated fats are worse for you than other fats and has been linked to heart disease. Try using 2% milk, or even better - 1% or skim.



Donuts: Donuts may be popular, but they sure aren't very good for your health and body. Just one donut packs in 200 calories with 12 grams of fat.

Who are you? How do you Sleep?

The most common sleeping positions are pictured on the left . Do you spot your sleeping position? Does it match your personality?

- A:** Fetal (41%) - People are gruff initially, but have warm and open hearts
- B:** Log (15%) - Social butterflies
- C:** The Yearner (13%) - Perceived as open, but truly suspicious
- D:** Solider (8%) - Reserved
- E:** Freefall (7%) - Fun and fantastic at parties
- F:** Starfish (5%) - Excellent listeners

