

Healthy You



“One cannot think well, love well, sleep well, if one has not dined well.”

—Virginia Woolf

What's for dinner?

WHETHER YOUR FAMILY is made up of parents and kids, dozens of distant cousins, or a cadre of close friends, it is likely that you've spent much time during the holiday season with everyone around your dinner table.

As we kick off the new year, we'd like to encourage you to continue that trend. But now, instead of setting a table full of heavy sugar- and fat-laden dishes, take the opportunity to lighten up with hearty, nutritious fare.

Research has shown that eating dinner together as a family—no matter who is included in your family—has multiple benefits. When you eat together regularly, more than three nights a week, some amazing things happen:

Grades improve. Children who eat with their parents five or more times a week show better academic performance. They also have less trouble with drugs, alcohol, and skipping school.

Nutrition skyrockets. Eating together at home improves your nutrition. The most accessible alternatives to home-cooked food—inexpensive fast

food and takeout—are generally loaded with fat, salt, and empty calories. Cooking and eating even the simplest of meals at home and controlling portion sizes can help your whole family be healthier.

Stress disappears. Sharing a meal gives you an excuse to slow down and connect with your loved ones at the end of the day. One study even showed that family mealtime helped working moms reduce their stress from long hours on the job.



For a list of easy, healthy dinners your whole family will enjoy, visit peacehealth.org/healthy-you.



PeaceHealth

The Spirit of Health

PeaceHealth St. John Medical Center
PeaceHealth Medical Group
PeaceHealth St. John Medical Center Foundation

Keeping you at the center

Welcome to *Healthy You* magazine! You'll notice we have a new name and a new look, but our goal hasn't changed—to provide you with the most up-to-date health information to help you and your family be your healthy best.

Thinking about joint replacement?

Join us on Tuesday, Feb. 9, 6 p.m., at Pacific Surgical Institute for an informative talk on joint replacement with William Turner, MD, of Longview Orthopedic Associates, chief medical officer of the Joint Replacement program at PeaceHealth St. John. Call **360-636-4846** for details.



William Turner, MD
Orthopedic Surgery
Longview Orthopedic Associates
625 Ninth Ave.
Longview, WA
360-501-3400



Longtime friends shoulder up for surgery

GLENN FAIRES AND ROBERT "BOB" LEU and their wives have been friends for many years. They are square dance aficionados, and their friendship struck up when both couples were out do-si-doing on the dance floor 35 years ago.

Bionic buddies

Over the years, Glenn, an electrician with Weyerhaeuser for 34 years, and Bob, a retired firefighter, have shared many experiences—they even had shoulder replacement surgery on the same day. William Turner, MD, performed both men's shoulder surgeries within hours of each other.

"It was known as the bionic table," says Bob, "as we'd both had knee replacement surgeries earlier in the year—though not on the same day."

Dr. Turner arranged for the friends to recover in the same room during their overnight stay at PeaceHealth St. John Medical Center, before going to their respective homes the next day.

"After the surgery, I didn't experience any pain," Bob says. "We know it's serious, but we were joking with the staff; made it relaxing and fun. Nursing staff on the fourth floor were terrific, and Dr. Turner's one super guy!"

No need for fear

The men's wives were their health coaches. They joined the men for the presurgery education, so they all knew what to expect, thanks to the Joint Replacement program.

"They did a good job answering questions," says Glenn's wife, Pat. "We had no surprises."

Pat has had several procedures at PeaceHealth St. John, including a knee replacement, and she encourages others not to be afraid. "People hesitate, but their lives will be heightened after the surgery," she says.

Back in the swing

Now, the Faireses and Leus are back on their feet, dancing again, with shoulders that will "swing to the left (or right)," thanks to their successful shoulder replacement surgeries.



When pregnancy brings on diabetes

PREGNANCY BRINGS MANY CHANGES to a woman's body. Some pregnant women may become insulin-resistant. Insulin is a hormone secreted by the pancreas that is responsible for blood sugar (glucose) metabolism.

As the pregnancy progresses, cells become insulin-resistant, the pancreas can't keep insulin production up, and the body loses its ability to keep blood sugar in a normal range. This is called gestational diabetes (GDM), and it occurs in about 7 percent of pregnancies. During obstetrics care, women are generally tested for GDM between weeks 24 and 28 with a one-hour glucose tolerance test.

Gestational diabetes can occur without symptoms. However, even without symptoms, elevated blood sugar during the second and third trimesters is associated with higher risk of C-section delivery, large-birth-weight babies, traumatic delivery, and hypoglycemia in the newborn.

Know your risks

The risk of developing GDM increases for women:

- Who are older
- Who have a higher body mass index (BMI)
- Who have delivered large-birth-weight babies
- With a history of glucose intolerance or polycystic ovary disease
- With a family history of diabetes
- Who are of Native American, Hispanic, or Asian descent

Take preventive steps

Adopting a healthy lifestyle before pregnancy can help prevent GDM. These habits include:

- Engaging in regular physical activity.
- Eating a healthy diet—watch your portion sizes and include fresh vegetables and fruits, whole grains, and adequate fiber. Avoid foods with added sugar and unhealthy fats.
- Reducing your BMI. Weight loss is not recommended during pregnancy, but shedding extra pounds beforehand may help improve glucose control.



This doctor delivers

KAELEY FOWLER WAS PREGNANT with her first son, Atticus, about a year ago. She was living in Spokane and did not have a regular provider for care but was seeing a different OB/Gyn provider each time she made an appointment. She was concerned that these doctors didn't really know her and, as a first-time mom, she felt a little anxious.

When Kaeley decided to move to Kelso, she was excited to be closer to her mom and also that she had already met her future doctor. On a visit before the move, Kaeley was having lunch with her mom, who works at one of the PeaceHealth clinics, and she met one of the doctors in the clinic, finding her personable and friendly. She set up her first appointment with Lisa Doherty, MD, and drove from Spokane to meet with her.

“I value the relationship that I build with my patients during their pregnancy and feel honored that they invite me into their lives and families.”

—Lisa Doherty, MD

“It was great,” Kaeley recalls. “Dr. Doherty was super personable. Each time I made an appointment, she remembered what we'd talked about. This was my first child. It's scary. Dr. Doherty understood that.”

“I tell all of my OB patients that prenatal care is about screening for some bad things that can happen, but usually don't, and then about reassuring them that all the strange things that are happening to them are normal parts of pregnancy,” says Dr. Doherty. “When people understand why things are happening to them, it really takes fear away from a process that can be very scary.”

Going the extra mile

When Kaeley went into labor, Dr. Doherty was with her son, who was having minor surgery. After his procedure, Dr. Doherty then made sure she was there with Kaeley to deliver Atticus.

“Dr. Doherty explained everything along the way,” Kaeley says. “She's a really good communicator and encouraged me through the delivery.”

Kaeley likes the fact that, as a family medicine provider, Dr. Doherty can provide ongoing care for her and her son. “She knows us and can follow our care,” Kaeley says.

Kaeley's experience was so good, her cousin also had Dr. Doherty deliver her baby. Both would recommend Dr. Doherty for prenatal, delivery, and ongoing care.

“She never makes you feel like a number or is impersonal,” says Kaeley, adding, “She's such a real person and easy to have a conversation with.”

A family doctor—and a friend too

“I became a family medicine doctor because it was the only specialty that would allow me to deliver babies and remain a part of the baby's care as well,” Dr. Doherty says. “I value the relationship that I build with my patients during their pregnancy and feel honored that they invite me into their lives and families.”

“So many people don't know that there are family doctors that can do OB care,” Dr. Doherty says. “The benefits that we bring to the table are a thorough understanding of many medical problems that may have existed before the pregnancy and how these can impact the pregnancy and the baby, a nonsurgical approach to labor and delivery, and continuity of care if the patient chooses us to provide her newborn care as well. My partners and I often care for three or four generations of the same family.”

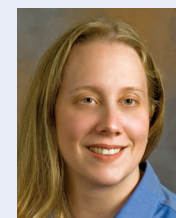
“Luckily, in our community, our patients have choices—midwives, family medicine doctors, and OB/Gyn doctors—who all bring different perspectives and models of care with them,” Dr. Doherty continues. “As family medicine providers, we pride ourselves in our family/patient-centered approach to care, and our patients appreciate and respond to this as well.”

To make an appointment with Dr. Doherty, please call [360-414-2385](tel:360-414-2385).

For moms, babies—and the whole family

Family medicine/OB providers are:

- Physicians with a medical degree and family medicine residency training
- Specialists in the care of women and children
- Able to perform vaginal deliveries and assist with C-sections
- Often the only providers of prenatal care in rural areas
- Able to provide medical care for the whole family



Lisa Doherty, MD
Family Medicine
and Obstetrics
PeaceHealth Medical Group
1615 Delaware St.
Longview, WA
360-414-2385

Weight Loss

Where: PeaceHealth Internal Medicine Clinic

Info: Two-hour group class. Learn quick, easy ways to help you start on your path to a healthy weight. Call **360-636-4943** for more information and the next available class. Free.



Conquer cravings

Eat. Chocolate. Now!

When all you can think of is the candy in your cupboard, is there any way to resist your craving?

Yes—try riding it out. Most cravings subside in about 20 minutes. So distract yourself until it passes, maybe with a quick walk or a chat with a friend.

But that's not your only defense. Here are more ways to help you—and your whole family—avoid overindulging in sugary, fatty, or calorie-packed foods.

Make a swap. Do you yearn for something sweet? Try a 100 percent fruit juice bar or bake an apple in the microwave. If you crave a crunchy treat, try a salad with crisp greens.

Brush your teeth after eating. You're less likely to surrender to cravings with a fresh, minty mouth.

Scale back. No food—even junk food—has to be off limits. But go easy on how much you eat. Choose individually packed treats to help everybody control calories.

We're in it *together*

Help your family reach a healthy weight

NEW YEAR'S RESOLUTIONS: We make them and break them. But here's one resolution that can really stick: Make eating well and moving more a goal for the entire family. That will help everyone reach—and stay at—a healthy weight.

Adopting a scale-friendly lifestyle together ensures that each family member has a built-in support system. Another plus: No one—including any child—who needs to lose weight will feel singled out.

Why a healthy weight matters

A healthy weight helps ward off the nation's number one killer, heart disease, which often begins in childhood, says Yoojin Park, MD.

"Shedding extra pounds also reduces the risk of other serious health problems that can affect kids and adults, such as high blood pressure, type 2 diabetes and painful joints," Dr. Park says.

So how can you get everybody on board for a healthier lifestyle?

To eat better and move more as a family, Dr. Park suggests:

Start your day with a healthy, high-fiber breakfast. Eating early in the day helps to jump-start your metabolism, which helps with weight loss. High-fiber foods like fruits, vegetables, whole grains, and low-fat yogurt allow you to eat more food with fewer calories.

Make small changes for big benefits. You might serve salads tossed with a low-fat dressing more often or gradually replace sugary sodas with sparkling water.

Stock up on lower-calorie snacks. Smart choices include fruit, raw vegetables with salsa or a low-fat dip, air-popped popcorn, and unsalted pretzels.

Cook at home as often as possible. It's easier to control calories and portion sizes this way. And—since you're a team now—have everybody pitch in.

Make mealtime family time. Studies show that kids eat more fruits and veggies and fewer fried foods and sugary drinks when the whole family shares meals.

Be active together. Enjoy each other's company as you take a family walk or bike ride or train together for a charity run. When the weather keeps everyone indoors, have a hula hoop contest, play exercise video games, or crank up the music and dance around the living room. Commit to regular workouts by putting them on the family calendar.

Challenge each other. Give everybody a pedometer and see who takes the most steps every day. As an incentive, reward the monthly winner with a special treat.



Yoojin Park, MD
Family Medicine
PeaceHealth Medical Group—
Lakefront
1718 E Kessler Blvd.
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360-747-5800

We can help with your weight loss goals!

One-to-One Individual Weight Loss Program

Info: Call **360-636-4943** for more information. See page 6 for details.



JOINTS

Q My knees have been hurting on a daily basis. Do I need a joint replacement?

A Knee pain is quite common and can be caused by many things. Injuries to any portion of the knee, the bones, or the connective tissues can cause pain. Mechanical or postural problems can cause knee pain, as can any of the more than 100 forms of arthritis.

To discover more about your particular situation, schedule a visit with your primary care doctor or ask for a referral to an orthopedic surgeon. A thorough evaluation may give you the insight you are looking for.

As a general rule, if your knees hurt every day and prevent you from engaging in your regular activities, it is likely that a knee replacement could help improve your knee pain and function. If your knees stiffen up when you're sitting, if you're no longer as mobile as you'd like to be, or if over-the-counter medication and a cane aren't giving you the relief you need, you may be a candidate for a knee replacement.

➔ Talk to your doctor or visit peacehealth.org/ortho for more information about knee replacement.



Craig McNabb, MD
Physical Medicine and Rehab
PeaceHealth Medical Group—
Pain Relief and Wellness
1615 Delaware St.
Longview, WA
360-414-2700

COLON CANCER

Q I've been experiencing cramping in my lower abdomen lately. Could it be colon cancer?

A Abdominal cramping can be caused by a number of conditions, from diarrhea and constipation to colon cancer. If you have had this pain for more than two weeks, you should see your doctor right away for an exam and to begin a treatment plan.

Despite its high incidence, colon cancer is one of the most detectable and treatable forms of cancer when found early. Most cases of colon cancer begin with precancerous polyps located in the colon or rectum. They are usually diagnosed and treated at the same time—during a colonoscopy.

According to the Colon Cancer Alliance, more than 90 percent of all cases of colon cancer can be prevented with recommended screenings. For people who have no previous symptoms, personal history, or family history of colorectal cancer, it is recommended to have an initial colonoscopy at age 50 and then another every 10 years after, as long as you remain symptom-free. If you are 50 or older and haven't had a colonoscopy, call your doctor and schedule one. The sooner you get it, the sooner it's done!

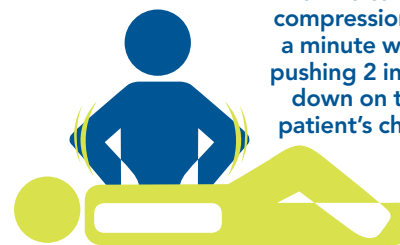


Anthony Simons, MD
Surgery
PeaceHealth Medical Group—
Surgery
1615 Delaware St.
Longview, WA
360-501-3500

HEART

Q Is it true that the American Heart Association is making changes in how to do CPR?

A The American Heart Association (AHA) is the foremost authority on issues regarding the heart and strokes. Approximately every three years, the AHA updates all training materials to reflect the current research. The new 2016 guidelines for chest compressions will be to deliver 110 to 120 compressions in a minute while pushing 2 inches down on the patient's chest.



Do 110 to 120 compressions in a minute while pushing 2 inches down on the patient's chest.

Will I have to blow in a stranger's mouth during CPR?

If you are performing CPR, doing only compressions is acceptable if you do not know the person needing CPR or do not have a barrier device. Doing great compressions can keep the blood flowing until an ambulance arrives.

What else can I do while waiting for the ambulance? If an automated external defibrillator (AED) is available, bring it to the patient and follow the prompts to see if the patient can benefit from a shock. Early CPR with the use of an AED greatly improves the patient's chances of surviving a heart attack.



Carol Wegdahl
Occupational Health
Education Coordinator
PeaceHealth Occupational Medicine
1405 Delaware St.
Longview, WA
360-414-2332

First aid, CPR, and AED classes

American Heart Association classes for both laypeople and professionals are available weekly at PeaceHealth Occupational Health at 1405 Delaware St., Longview. Call **360-414-2332** or stop by for more information.



Teen Heart Screens

When: Saturday, Feb. 20, 9 a.m. to 3 p.m.

Where: PeaceHealth Medical Group—Lakefront
1718 E. Kessler Blvd., Longview

Info: Sign up online at stopyouthsca.org. Bring your teen, age 13 to 18, to the heart screening. He or she will receive an EKG, blood pressure check, risk factor assessment, and more.

Fee: Suggested \$25 donation to Spencer's HeartStrong Foundation



SAVE THE DATE!

Heart and Stroke Walk

When: Saturday, May 14; festivities start at 8:30 a.m.; walk starts at 9:30 a.m.

Where: Lake Sacajawea
Info: Call 503-820-5300 or email pdxinfo@heart.org to learn more or sign up.



Healthier You

CLASSES & EVENTS



Heart Health: Nutrition

Where: ◆

Info: Join our two-hour heart health group class to learn about lifestyle changes that can help prevent and treat heart disease. Call **360-636-4943** for more information.

WEIGHT MANAGEMENT

One-to-One Individual Weight Loss Program

Where: ◆

Info: Educators will help you set goals and support you as you begin your individualized program. Physician referral not required. Call **360-636-4943** for more information. \$250.

Medicare Weight Management Program

Where: ●

Info: Medicare provides coverage to qualified patients for counseling sessions to help you lose weight. Medicare beneficiaries generally pay nothing to participate in the program. Please check your plan for coverage. Visit your primary health care provider to see if you qualify and for a referral to our program. Call **360-636-4943**.

Weight Loss

Where: ◆

Info: Two-hour group class. Learn quick, easy ways to help you start on your path to a healthy weight. Call **360-636-4943** for more information.

PREGNANCY CLASSES

Preparing for Delivery

When:

■ Tuesday evening series: Jan. 5 to 26, Feb. 2 to 23, March 1 to 22, April 5 to 26, 6 to 8:30 p.m.

Personal Concierge Services

Need help with your health care needs or with finding a provider? Call a PeaceHealth concierge at **360-414-7512** or email phmglongview@peacehealth.org.

SUPPORT GROUPS

Amputee Support Group

When: Fourth Friday of each month, 12:30 to 1:30 p.m.
Where: ■ second floor, conference room 3
Info: Supporting amputees and their families for a healthy life. Call **360-501-3750** for more information.

Better Breathers Club

When: Third Wednesday of each month, 2 p.m.
Where: ●
Info: Living well with chronic lung disease. New topic every month. For patients and family; no registration needed. Call **360-414-7384**.

Cancer Support Group

When: First and third Thursdays of each month, 2:30 to 4 p.m.
Where: Cancer Center Resource Room
Info: Providing education and support through the cancer journey for patients, friends, and family. Call Beth Rivers at **360-414-7968**.

Diabetes/Prediabetes

Info: Learn how to live a vibrant life with diabetes. Share your tips and ideas in a casual, accepting atmosphere. Friends and family are welcome and encouraged to attend. No registration required. Call **360-636-4943** for more information.

Food Addicts in Recovery Anonymous (FA)

When: Tuesdays, 6:30 to 8 p.m.
Where: ■ second floor, conference room E
Info: A 12-step program for anyone with food obsession, overeating, undereating, or bulimia. Call **360-442-9061** for more information.

I Understand Breast Cancer Support Group

When: Fourth Monday of each month, 6:30 to 8:30 p.m.
Where: ■ conference rooms C/D
Info: Courageous and compassionate women supporting one another. First hour is educational, second hour is group sharing. Call **360-747-5958** for more information.

WELLNESS

Scheduled for Joint Replacement

When: Mondays, 9:30 to 11:30 a.m.
Info: Free class for patients scheduled for a joint replacement service. Learn about the procedure and share helpful recovery tips and your support team's special role in the rehabilitation. Call **360-636-4846**.

Diabetes Education Classes

Where: ◆
Info: Four-week diabetes education series covers meal planning, medications, and diabetes self-management options. A physician referral is required. Check your insurance plan for coverage. Call **360-636-4943** for more information.

Volunteer

Looking for a great way to use your time to help others? Consider being a PeaceHealth Volunteer or Friend of St. John. Adult and teen positions are available. Call **360-636-4126**.

Prediabetes

When: 10 a.m. to noon

Where: ◆

Info: If you've been diagnosed with prediabetes, this two-hour group class will cover everything you need to know to successfully manage your condition. Call **360-636-4943** to register.

HOW MUCH WILL THESE CLASSES COST?

Classes and events are free unless otherwise noted. To register, visit peacehealth.org/st-john and click on "View Events & Classes."

WHERE IS THIS CLASS?

Classes and events are at the following locations, unless otherwise noted.

■ = PeaceHealth St. John Medical Center, 1615 Delaware St.

▲ = PeaceHealth Broadway Campus, 600 Broadway

◆ = PeaceHealth Medical Group—Internal Medicine, 1615 Delaware St.

● = Women's Health Pavilion, 1660 Delaware St. (corner of Delaware and 17th Avenue across from PeaceHealth St. John)



For more healthy living tips, view our videos at peacehealth.org/healthy-you.



PeaceHealth
St. John Medical Center

PEACEHEALTH is a non-profit, integrated health care organization with facilities in Alaska, Washington, and Oregon.

HEALTHY YOU is published by PEACEHEALTH to provide health care and wellness information to residents of Cowlitz County.

Information in HEALTHY YOU comes from a wide range of medical experts. If you have any concerns or questions about specific medical issues that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

To unsubscribe from this free community health care publication, call 360-501-3701 and provide your name and mailing address. Please notify us if you do not wish to receive fundraising materials from PEACEHEALTH foundations. Contact us: 360-414-7900; ahartley@peacehealth.org. HEALTHY YOU is published at a facility with an emission system that uses up to 50 percent less natural gas than conventional methods, and the printer recycles all paper waste and uses inks that limit environmental impact. peacehealth.org 2015 © Coffey Communications, Inc. All rights reserved. • 2015 © PEACEHEALTH



HealthyYou

Events in your inbox! Sign up for our monthly e-newsletter at peacehealth.org/healthy-you.

You can choose how we use *your gift*

Did you know...

that every dollar given to the PeaceHealth St. John Medical Center Foundation

goes directly to the project our donors want to impact?

Because we are a separate entity from the medical center and hold our own 501(c)(3) not-for-profit status, the medical center donates all of the Foundation's operational costs. This enables us to have a huge impact on the needs of our medical center.

Did you know...

that the Foundation was able to transfer nearly

\$1,194,747

to the medical center last fiscal year?

Our Board works diligently to ensure that donor intent is followed with every dollar transferred. Examples of some of the areas that benefited from your gifts:

- Mammography
- Dialysis services
- Radiation oncology
- Medical oncology
- Cardiology services
- Staff education
- Trauma
- Spiritual care

just to name a few.



Did you know...

that last fiscal year the Foundation received **over 2,000 gifts,**

totaling \$1,163,921?

Generosity is a choice, and we are grateful for the gifts we have received.

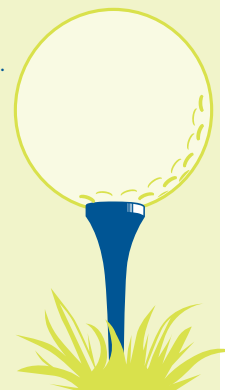
Did you know...

that the Foundation's events raised a net amount of

over \$308,000 last fiscal year?

Each year the Foundation holds its **golf tournament in July** and **A Star Affaire Gala in December.**

These events are fueled by wonderful community members who volunteer their time to make a difference in the health and education of our community.



Dear Friends,

It is with a very grateful heart that we thank the community for all of the support we have received through the years. There are many different organizations that need your support. We are blessed that so many have chosen the PeaceHealth St. John Foundation as their charity of choice.



Cathy Barr, CFRE
Executive Director
PeaceHealth St. John
Medical Center Foundation
360-414-7900
cbarr@peacehealth.org



Your gifts can make a difference. Find out ways to give at peacehealth.org/stjohnfoundation.

Have you named PeaceHealth in your will?

Contact us if you need more information or would like to inform us of your wishes.

IT'S TEA TIME!

Go Red Tea

Join us for a fun women's heart event. Wear red, enjoy tasty tea treats, and enjoy an informative and fun-filled afternoon with friends.

Friday, Feb. 5, at 2 p.m.

Delaware Plaza,
926 Delaware St.

Seating is limited. Fee: \$5.



PeaceHealth
St. John Medical Center

P.O. Box 3002
1615 Delaware St.
Longview, WA 98632

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RSVP by Monday, Feb. 1: **360-423-3333**.

SJL

Recycle me! Share this mailer with others, and recycle when finished.

The heart of the matter

CHANCES ARE, a woman you know or care about will experience heart disease. Heart disease is no respecter of persons. It affects women of all ages, races, and economic backgrounds. It is the number one killer of women in the U.S. today and is more deadly than all forms of cancer combined.

Consider the case study of "Susan," a 37-year-old mother of two. Just two years earlier, Susan found herself in the hospital with a life-threatening heart attack. She had thought she was just experiencing flu symptoms, but while walking to make dinner that night, her legs felt incredibly

heavy, and she had shortness of breath.

The next morning she felt worse, experiencing dizziness, nausea, vomiting, and diarrhea. With her husband at work, she had no choice but to call 911 and was rushed to the hospital. She had an urgent angiogram, revealing a 100 percent blockage in an area of the heart called the widow maker.

Susan had no prior risk factors, which doesn't mean she had no issues. Since her heart attack, Susan has made important lifestyle changes, such as improving her sleep, getting more exercise, eating healthier, and living as stress-free as she can.

That's why women of all ages need to educate themselves about the risk factors. Many times heart disease is thought of as a man's disease, with chest pain or tightening in the chest as one of the major symptoms. What many don't know is that women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea and vomiting, and back or jaw pain.

The simple 7

Like Susan did, you can do simple things to improve your heart health. According to the American Heart Association, there are seven easy ways to help control your risk for heart disease:

1. Get active.
2. Control cholesterol.
3. Eat better.
4. Manage blood pressure.
5. Lose weight.
6. Reduce blood sugar.
7. Stop smoking.

Of course, you should talk to your health care provider to find out if you're at risk and the best way for you to improve your heart health.



Go to peacehealth.org/phmg to learn more or to sign up with a health care provider.



Keep your heart healthy!

peacehealth.org/heart



PeaceHealth
The Spirit of Health