

Talk to Your Pharmacist Today About:

American Heart Month FEBRUARY

THAT'S MY
PHARMACISTSM



DID YOU KNOW?

Heart disease is the No. 1 cause of death for both men and women in the United States.

You can lower your risk of heart disease if you:

- Maintain a healthy body weight
- Exercise daily such as walking for 30 minutes
- Eat a healthy, low-fat diet with a lot of fresh fruits and vegetables
- Limit alcoholic drinks to two per day for men and one per day for women

WHAT CAN YOU DO?

If you already have heart disease, it can be helped with the right medications that lower blood pressure, blood sugar and cholesterol. Ask your pharmacist about how to prevent heart disease or questions about your heart-saving medications.



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Brought to you by the Michigan Society of Health-System Pharmacists and Michigan Pharmacists Association
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