



You Can Reduce Your Risk for Heart Disease From information on www.millionhearts.hhs.gov

February is American Heart Month. If you have diabetes, you are at higher risk for having heart disease. You can improve the health of your heart. There are several risk factors for heart disease. Many can be prevented or controlled. Here are ways you can reduce your risk for heart disease:

Talk to Your Health Care Provider about Heart Disease: Share your health history. Get your blood pressure and cholesterol checked. Ask if taking an aspirin each day is right for you.

Control Your Blood Pressure and Cholesterol: High blood pressure is one of the leading causes of heart disease. If your blood pressure or cholesterol is high, take steps to lower it. Take small steps to eat healthier foods. Get more exercise. Take your blood pressure and cholesterol medicines as prescribed.

Eat Healthy: What you eat has a big impact on your heart health. When planning your meals and snacks, try to:

- Eat lots of fresh fruits and vegetables.
- Check the labels on your food and choose those with the lowest sodium. Too much sodium can increase your blood pressure.
- Limit foods with high amounts of saturated fat, trans fat and cholesterol. You can find this information on Nutrition Facts labels.
- Cook at home more often. Whenever possible, choose foods that are low in sodium or have no salt added. Limit sauces, mixes and "instant" products, like macaroni and cheese and hamburger dish mixes. Rinse canned foods, like canned meat, before using.

Get Moving: Obesity can increase your risk for heart disease and stroke. Being physically active most days of the week will help keep you at a healthy weight, and will help lower high blood pressure and high cholesterol. Try to walk at least 30 minutes on most days of the week. For example, you could take a brisk 10-minute walk, 3 times a day, 5 days a week.

Use Tobacco in Traditional Ways Only: Smoking and chewing tobacco greatly increases your risk for heart disease. If you smoke or chew, get help to quit. If you don't smoke or chew, don't start. Try to avoid secondhand smoke.

Remember Your ABCS: An easy way to remember how to reduce your risk for heart disease is to remember "ABCS". Talk to your health care provider about heart health ABCS. The heart health ABCS will help you avoid heart disease and live a longer, healthier life:

Appropriate Aspirin Therapy for those who need it ■ **B**lood Pressure Control ■ **C**holesterol Management ■ **S**moking/Chewing Cessation

For more information on how to have a healthy heart, contact your health care provider.

Ask Your Family & Friends to Get Tested for Diabetes

CHANCE to WIN an iPad in February & April

WIN a \$500 Gift Certificate at L & M or Gander MTN in March & May

Community Monthly Screening Schedule

CAIR: 2nd Friday of each month

MNAW: 3rd Friday of each month

Time: 11 am—2 pm

Details and additional screenings can be viewed at www.fdlrez.com and throughout the community.

Eligibility to Win: Must be American Indian ■ Over the age of 18 ■ Must be eligible for services at Fond du Lac Human Services

Living In Balance Newsletter

Fond du Lac Human Services

Jennifer Hall—Medical
927 Trettel Lane
Cloquet, MN 55720



www.fdlrez.com/HumanServices/medical/diabetes/main.htm



LIFESTEPS® Weight Management Program

FDL Human Services is offering a new weight management program called LIFESTEPS®. The LIFESTEPS Program teaches small groups of adults to successfully take gradual steps toward changing their eating and physical activity behaviors. Week by week, participants learn about nutrient needs, portion sizes, the benefits of moderate physical activity, and how to manage high risk eating situations. LIFESTEPS leaders, Jennifer Hall and Kara Stoneburner, assist participants in designing eating and physical activity plans they can live with. In addition to the weekly group sessions, each participant receives a workbook and other materials.

LIFESTEPS is designed for individuals who are committed to taking positive steps toward better health and weight management based on sound nutrition principles.

For more information on LIFESTEPS at CAIR contact Kara at 878-2183 and MNAW contact Jenn at 878-2146. New groups are starting soon and space is limited.

Take the first step toward a healthier you.

New Diabetes Groups

Duluth

CAIR COMMUNITY ROOM

12-1:00

Thursdays: 2/28, 3/28 & 4/25

Cloquet

TRIBAL CENTER CLASSROOM

12-1:00

Mondays: 2/25, 3/25 & 4/29

The topic for the first meeting is:
“The Challenges of Diabetes and What to Do”

*Light Lunch Provided **IF** you RSVP to
Amanda at 878-3731*