

# Can we have a heart-to-heart?

February is the month to celebrate love, and what better time to take care of what's near and dear to you: your heart. There are a number of things that can add to your chances of getting heart disease. While some are inherited from your family, lifestyle choices can increase or decrease your chances of developing heart problems.

Know these heart risk factors and make lifestyle changes to beat the ones you can control:

- Tobacco use
- High cholesterol
- High blood pressure
- High triglycerides
- Physical inactivity
- Obesity
- Diabetes
- Uncontrolled stress
- Too much alcohol

Sources: American Heart Association; Mayo Clinic

If you've been neglecting your heart, embrace change and adopt a healthier lifestyle.



Need to do a little heart searching when it comes to your health? Find the heart healthy nutrition advice you've been searching for in the Personal Health Manager's Ask A Dietitian feature in Blue Access® for Members.

## February 2011

[www.bcbstx.com/hs](http://www.bcbstx.com/hs)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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