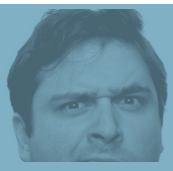
WellNotes®
MARCH 2021
INFORMATION FOR KEEPING HEALTHY

THE Y AXIS



Time for an Afternoon Siesta

Kick back and close your eyes. It's a great way to recharge your batteries.

But it's not the only thing a nap can do for you.

A few extra Zzzs, can help lower blood pressure.

A recent study followed 212 adults with high blood pressure.[4] When these adults napped an hour a day, it helped lower blood pressure by an average of three points.

That might not seem like much. But it's enough to lower the risk for heart problems by 10 percent!

Take a nap. A healthy weight, diet, and regular exercise can improve heart health, too.

COMMENTS?

Send comments to the editor:
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Seeing is Believing: A New Way to Improve Heart Health

Healthy lifestyle habits can help prevent heart disease

Are you a visual person? Sometimes seeing is believing. And that may be just what you need if you're at risk for heart disease, according to a recent study.[1]

Heart disease is the leading cause of death in the United States. It claims the lives of about 659,000 people a year.

There are many causes. The most common things that lead to heart problems include:

- High blood pressure
- High cholesterol
- Smoking
- Diabetes
- Obesity
- Poor eating habits
- Lack of exercise
- Too much alcohol

Fortunately, about 80 percent of heart disease cases can be prevented. How? Eat healthy. Exercise. Don't smoke. And maintain a healthy weight. It's the best advice to keep your heart healthy.

But what if that advice isn't enough to change your behavior when you're at risk for heart disease?

Ask your doctor to see your arteries. Sounds a little weird, right?

If you could take a closer look at your arteries...

In a recent study, researchers showed patients pictures of their arteries.

They pointed out the spots that were narrow because of deposits on artery walls.

And many of the patients were changed. More than half of them quit smoking and began eating healthier after seeing their arteries.

"This may be the wake-up call patients need," says lead researcher Dr. Rikke Elmose Mols. "It may help people take their medications and modify their behaviors to reduce heart disease."

Are you at risk for heart disease? About half of all Americans are, according to the American Heart Association.

If you want to protect your heart and live longer, talk to your doctor and change your ways. If that doesn't work, maybe a visual will convince you.

MORE

These 5 habits can save your heart
https://tinyurl.com/dfpba943

Your Order is Ready: The Hidden Cost of Dining Out

Restaurant meals packed with extra calories

When you're busy and you're hungry, how do you curb your cravings?

A lot of people hit the drive-thru for a burger, fries, and soda. With COVID-19 restrictions still in place in many areas, restaurant take-out is a popular option, too.

In fact, a recent survey found that about 58 percent of adults go out to eat at least once a week.

How often do you go out to eat?

If it's more than once in a while, the cost can start to add up. But there's another cost of dining out often. It could be the reason you weigh more than you should or have other health problems.

In a recent study, researchers looked at 364 meals at dine-in and fast-food restaurants.[2]

They found that 92 percent of dine-in or take-out meals contain more calories that you need in a single meal. And this didn't include drinks, appetizers or desserts.