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National Heart Month

American Heart Month was established by President Lyndon B. Johnson under Presidential Proclamation December 1963. February of 1964 marked the first American Heart Month. 25 years later, American Heart Month continues to bring together a wide array of public, private and governmental organizations to shed light on the issue and the work that needs to continue. To raise more awareness amongst women, in February of 2004, the American Heart Association's launched their Go Red For Women campaign highlighting that heart disease is not only a man's problem.

Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women. The American Heart Association (AHA) predicts that the number of people diagnosed with heart failure is projected to rise by 46 percent by 2030.

The most common causes of heart failure in the United States are coronary artery disease (CAD) and hypertension, which can lead to a heart attack and subsequent damage to the heart muscle. You can greatly reduce your risk for CAD and hypertension through lifestyle changes and, in some cases, medication.



Heart Disease Can be Prevented

Fortunately, there are many things you can do to reduce your chances of getting heart disease. Here are a few:

1. **Find time to be active.** Exercise has many benefits, including strengthening your heart and improving your circulation. It can also help you maintain a healthy weight and lower cholesterol and blood pressure
2. **Make healthy eating a habit.** Try to limit saturated fats, foods high in sodium, and added sugars. Eat plenty of fresh fruit, vegetables, and whole grains. Try making healthier versions of your favorite recipes.
3. **Don't smoke.** Cigarette smoking raises your blood pressure and puts you at higher risk for heart attack and stroke.
4. **Limit alcohol.** Drinking too much alcohol can raise your blood pressure. It also adds extra calories, which may cause weight gain
5. **Know your numbers.** High blood pressure and high cholesterol are major risk factors for heart disease. Check your blood pressure and blood cholesterol levels regularly and take steps to control your levels.
6. **Manage Diabetes.** Having [diabetes](#) doubles your risk of diabetic heart disease. It is important to get tested for diabetes, and if you have it, to keep it under control.



CONGRATULATIONS BRENT CHAPPEL!

Brent is our latest success story winner! Brent trained for and completed the marine corp marathon! Way to go!



Be our next winner!
[Tell us Your Success Story](#)

Hypertension and Heart Attack Prevention
 Log on to your Personal Health Dashboard™ to learn more about [hypertension and heart attack prevention](#).

Risk Factors

Although there are many ways to prevent heart disease, there are a few risk factors that are out of your control. These include:

- Age. Your risk of heart disease increases as you get older. Men age 45 and older and women age 55 and older have a greater risk.
- Gender. Some risk factors may affect heart disease risk differently in women than in men. For example, estrogen provides women some protection against heart disease, but diabetes raises the risk of heart disease more in women than in men.
- Race or ethnicity. Certain groups have higher risks than others. African Americans are more likely than Caucasians to have heart disease, while Hispanic Americans are less likely to have it. Some Asian groups, such as East Asians, have lower rates, but South Asians have higher rates.
- Family history. You have a greater risk if you have a close family member who had heart disease at an early age.



Go to your [Video Library](#) on you Personal Health Dashboard™ to learn more about Coronary Heart Disease, Hypertension, PAD and more!



Potsticker Stir-Fry

Ingredients

- 2 tbsp. canola oil
- 16 frozen vegetable potstickers
- 2 tbsp. low-sodium soy sauce
- 1 tsp. honey
- 2 scallions, thinly sliced
- 1 red chili, thinly sliced
- 1 clove garlic, very finely chopped
- 1 tbsp. finely grated fresh ginger
- 12 oz. sugar snap peas
- 1 large carrot (about 6 oz.), cut into matchsticks
- 1 yellow pepper, cut into 1/2" slices
- Lime wedges, for serving

Recipe by Woman's Day

[Recipe Link](#)

Preparation

1. Heat 1 tablespoon oil in a large skillet over medium heat. Add the potstickers and cook until lightly browned on all sides, 4 to 6 minutes. Add 2 tablespoons water to the skillet, cover and cook until the water has evaporated and the potstickers are cooked through, 1 to 2 minutes; transfer to a plate. In a bowl, whisk together the soy sauce and honey.
2. Heat the remaining tablespoon oil and add the scallions, chili, garlic, and ginger and cook, stirring, for 1 minute. Add the snap peas, carrot, and pepper and toss to combine. Cover and cook, shaking the pan occasionally, for 2 minutes. Uncover and continue cooking, shaking the pan occasionally, until the vegetables are tender.
3. Add the soy sauce mixture and toss to combine. Return the potstickers to the pan and toss with the vegetables. Serve with lime wedges, if desired.