



Sans Bois Health Services, Inc.

February 2012
Newsletter

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February is American Heart Month

7 Simple Ways to Improve Your Heart Health

A better heart may be as easy as a walk in the park. Sounds simple, doesn't it? But that is precisely what the American Heart Association wants to get across with its "Simple 7" guidelines for good cardiovascular health. Below you will find the basic tools you need to improve your heart health. For more information, visit www.heart.org.

- 1. Get Active**-Walking is the best way to get started. 30 minutes a day, five times per week is recommended.
- 2. Control Cholesterol**-A diet high in fiber & low in cholesterol, saturated fats, and trans fats is best.
- 3. Eat Better**-To get the nutrients you need, choose foods like vegetables, fruits, fiber-rich whole-grain breads and cereals and fat-free or low-fat dairy products most often.
- 4. Manage Blood Pressure**-High blood pressure is the single most significant risk factor for heart disease. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, & kidneys which keeps you healthier.

5. Lose Weight-If you're overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off. Even losing as few as five or ten pounds can produce a dramatic blood pressure reduction.

6. Reduce Blood Sugar-Reduce consumption of simple sugars that are found in soda, candy and sugary desserts. If your fasting blood sugar level is below 100, you are in the healthy range. If not, your results could indicate diabetes or pre-diabetes.

7. Stop Smoking-Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health. Smoking is one of our nation's top causes of early death, but your lungs can begin to heal as soon as you quit.

We, at Sans Bois Health Services, appreciate the opportunity to care for you in your home. If you have any questions or concerns, please feel free to call us at 1-866-SAN-BOIS.



Lynn Stubblefield is pictured above with the Sans Bois car that she is now able to do her home visits in. Lynn is a Certified Home Health Aide and has been with our agency for more than 10 years.



Sue Hill is pictured above with the Sans Bois car that she is now able to do her home visits in. Sue is a Certified Home Health Aide and has been with our agency for more than 11 years.