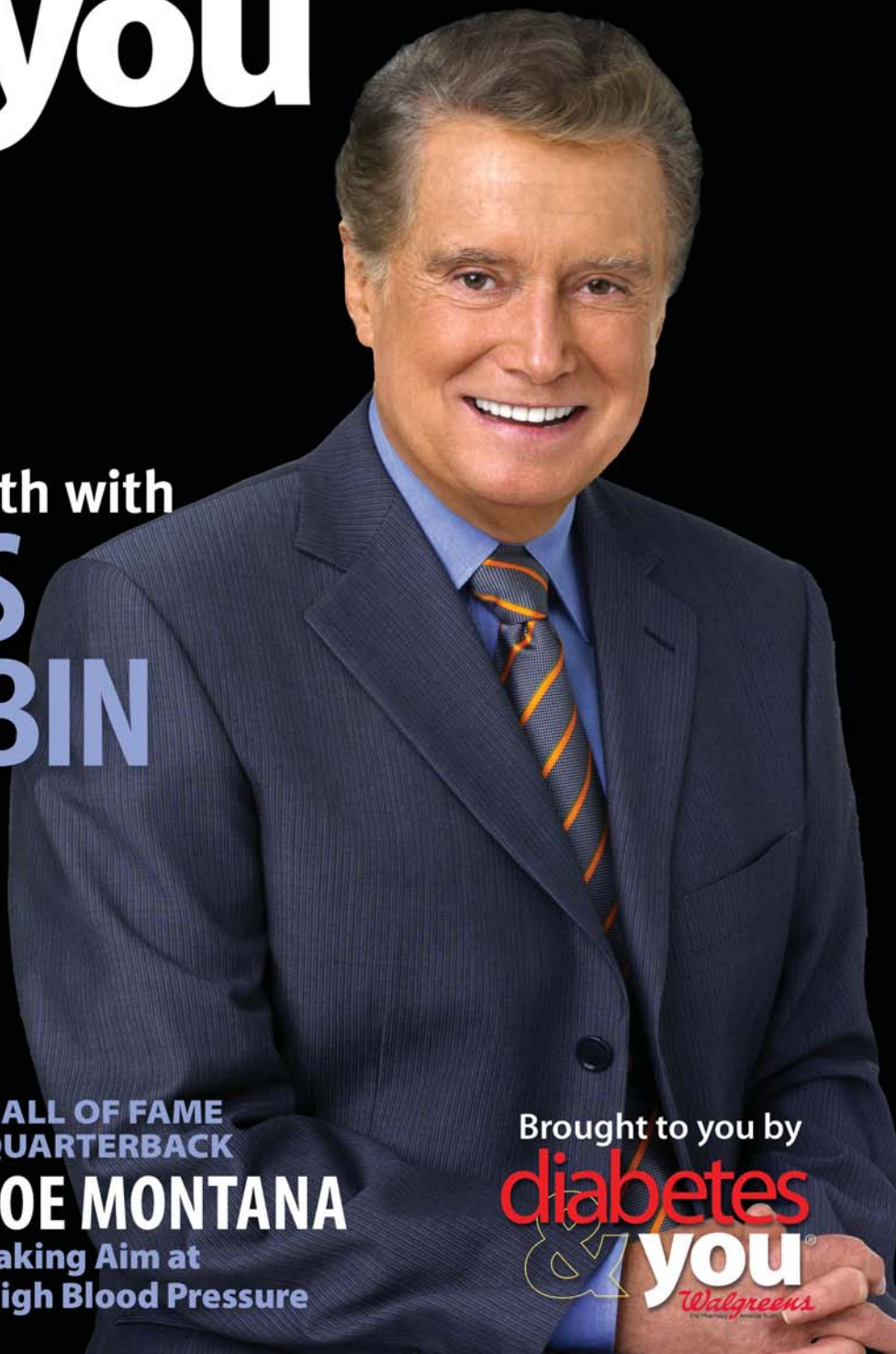


# heart health & you

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Heart Health with  
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**JOE MONTANA**  
Taking Aim at  
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### Super B Complex

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### Vitamin E

Helps maintain a healthy heart.†

### Fish Oil

Consumption of Omega-3 fatty acids may reduce the risk of coronary heart disease. FDA evaluated the data and determined that although there is scientific evidence supporting the claim, the evidence is not conclusive. Omega-3 fatty acid also help maintain triglyceride levels already in the normal range.†

### CholestOff

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# C-Reactive Protein Measures Heart Disease Risk

By Joy Pape, RN, BSN, CDE, WOCN, CFCN


Have you heard about a new blood test called C-Reactive Protein or CRP? It is now being looked at by diabetes experts to see if it will be a useful test to detect one's risk for developing diabetes and/or heart disease.

## WHAT IS CRP?

C-Reactive Protein is released into the blood stream in response to inflammation. Inflammation usually happens when skin and other tissues in the body get irritated, injured or infected.

Not all inflammation happens in just one spot on your body, such as when you injure your arm or leg. Inflammation can also affect your whole body, such as in the diseases rheumatoid arthritis and inflammatory bowel disease. In both of these diseases, CRP levels will usually be above normal. Experts are also learning that CRP can be elevated in relation to heart disease, being overweight and type 2 diabetes.

## WHAT'S THE CONNECTION?

When blood vessels become inflamed, they become constricted which means blood has a more difficult time flowing. That also means that your body's insulin has a harder time getting to the liver and other parts of the body. Therefore, your body's glucose levels could remain higher than normal. 

**Here are 8 tips to help you eat healthy, while at the same time combatting inflammation:**

- 1. Choose to drizzle and cook with healthy oils, such as canola or olive oil.** Opt for liquid oil instead of butter, margarine or spread or solid shortening whenever you can, such as when scrambling or frying an egg or sautéing vegetables. Make your own salad dressing with healthier oils.
- 2. Add more healthy fats to your eating plan** by sprinkling small amounts of ground flaxseed on dry or cooked cereal, a casserole or salad; snack on a few unsalted nuts or seeds; dice or slice avocado on salads or sandwiches.
- 3. Limit added sugars** by eating fewer desserts, pastries, candy and beverages sweetened with sugar or high fructose corn syrup. Use a sugar substitute to sweeten hot or cold beverages.
- 4. Eat fewer processed foods.** Buy fresh foods and foods packaged with as few added ingredients as possible. For example, buy fresh or frozen spinach rather than a frozen spinach soufflé or spinach in butter sauce.
- 5. Eat more fruits and vegetables.** Most Americans simply don't eat enough fruits and vegetables. Choose leafy green vegetables, broccoli, cauliflower, orange vegetables and all kinds of berries. They're all chock full of nutrition.
- 6. Choose whole grain breads, dry or cooked cereals.** Select whole grain pasta and brown rice. These starches offer more nutritional benefits than the refined products, plus they each provide a few grams of dietary fiber that will add up.
- 7. Eat more fatty fish** to increase the amount of healthy Omega-3 fats you eat—try salmon, mackerel, eel and tuna.
- 8. Get three servings (a serving equals eight ounces or one cup) of fat-free milk or no- or low-fat yogurt each day.** Americans get about half the servings of dairy foods they need each day and therefore they miss many essential nutrients.



# LIVE! Heart Health

with  
Regis  
Philbin

By Jonathan Jarashow

*"It's important  
to remember  
that we only  
have one heart  
and we really  
must do our best  
to take care  
of it."*

He's watched by millions every morning as the host of "Live with Regis and Kelly," and one of the reasons he retains his popularity is because you never know what's going to happen next with Regis Philbin.

For his part, Regis understands this all too well. About 14 years ago, he was shooting a commercial for Carnival on one of their cruise ships

when he felt what he describes as "heaviness around the heart area." Regis went to the ship's doctor who immediately did an electrocardiogram, but didn't find anything.

#### **HEART PROBLEMS FOR REGIS**

The next day, after docking back in Miami, Regis went to Mount Sinai Hospital in Miami Beach, where one of his arteries was found to be clogged. It was the source of his pain.

"The doctors asked, 'Should we

give you an angioplasty?' (An angioplasty is a procedure where a tiny balloon is inserted into the blocked artery, inflated and then removed—to open a blocked artery). I said, 'Sure, go ahead.' They did it and I felt pretty good after it was done."

However, about six months later, the pain returned.

"I began feeling the pain again and it was becoming more intense," Regis continues. "My producer, Gelman, drove me to New York Hospital. The doctors put a stent in where I had the angioplasty six months earlier. I've been pretty good ever since."

### KEEPING HEART HEALTHY

While a large part of Regis' good health can be ascribed to his positive attitude, he still has to work at it.

"I still love all the bad stuff—ice cream, Italian bread and butter, steak—but I try to eat everything in moderation," he says. "I concentrate on the vegetables and fruits. That is the way you remain slim. All those things that we've been told about for years—and I've ignored for some of those years—are true and I am doing the best I can with those right now. So that's how I keep trim and that's how I stay in shape."

Physical activity also plays a large role in Regis' everyday routine. He likes to run on the outdoor track at his gym several times a week at the Reebok Sport Center near his studio in New York.

"I can see the skyline of the city as I go around and I always find that it just elevates my spirits. I do as many laps as I can for my cardio. I also work out with weights to keep the other parts of my body fit."

### A LEGENDARY TV STAR

Ask anyone who sees him, Regis is in good shape. He has to be to keep up with his nonstop schedule. He took his daytime success to prime time with "Who Wants to be a Millionaire" and "Super Millionaire." Earlier in 2006, he returned to prime time with the hit summer program, "America's Got Talent."

Regis has won numerous Emmy awards, both personally and as part of his show. In 2006, he broke his own Guinness World

Record for Most Hours on Camera, setting a new mark of 15,662 hours accumulated over his illustrious career.

In 2001, Regis received a TV Guide Award as Personality of the Year and a Broadcasting & Cable Lifetime Achievement Award. Philbin was a 2006 inductee into the National Association of Broadcasters Hall of Fame and was recently inducted into the Academy of Television Arts & Sciences Hall of Fame.

Now in its 19th season in national syndication, "Live" originated in 1983. In 2001, Regis was joined by Kelly Ripa and the program entered a new era as "Live with Regis and Kelly."


### TAKE CARE OF YOUR HEART!

Regis also does what he can to help educate others about health-related issues. (He recently had a flu shot while on the air). When he had the stent put in, Regis invited his doctors onto the show to explain what had happened and how to avoid a similar situation.

"I hope that helped people and I think it did," Regis says. "I got a lot of mail after that saying, thank you. I've been suffering with that pain, afraid to go and I found out it's as simple as you said it was."

Even before he started "Live!," Regis was using television to help people. In the early days of cable television, Regis hosted a show on the Cable Health Network. It was a variety show that centered on health-related issues. He had on everyone from weightlifters to heart surgeons.

This past summer, Regis lent a helping hand to a heart health gala at the University of Pittsburgh Medical Center which was celebrating all of its successful artificial heart transplants. He was joined by Dr. Robert Jarvik—inventor of the artificial heart—as well as the first recipient of the artificial heart, who is still alive today.

"It's important to remember that we only have one heart and we really must do our best to take care of it," Regis says. 

Learn more about heart health at  
[www.walgreens.com/hbp](http://www.walgreens.com/hbp)

*"I concentrate on the vegetables and fruits. That is the way you remain slim. All those things that we've been told about for years—and I've ignored for some of those years—are true and I am doing the best I can with those right now."*

*—Regis Philbin*

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**One in three** adults have **high blood pressure**, and **one-third** of those adults **don't even know it...**

\* Source: American Heart Association website.

## Are You That One?

High blood pressure is a dangerous condition that when left uncontrolled can cause heart disease or a stroke. Measuring your blood pressure at home is an excellent way to become involved in your own care and establish a record of your blood pressure readings over time. You'll want to share this information with your doctor, who will use it to make more informed decisions about your health and any medications you might be taking.



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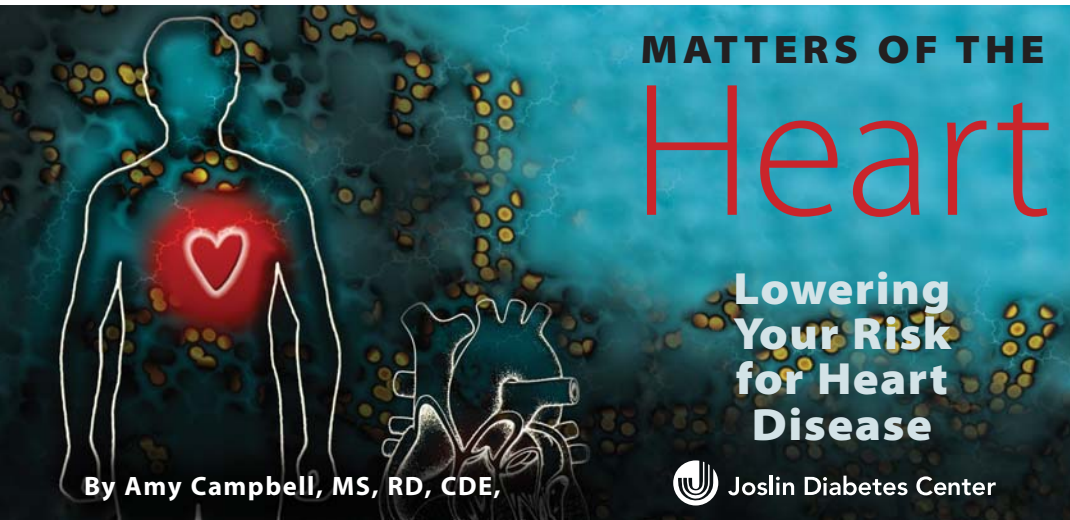
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By Amy Campbell, MS, RD, CDE,

Joslin Diabetes Center

By making some lifestyle changes, such as eating healthier, being active and stopping smoking, you can make great strides in lowering your risk for heart disease.

Your health care team is there to help you, but it's up to you to make the day-to-day choices to stay healthy. Read on for steps you can take now. Remember: you don't have to change everything at once. Slow and steady wins the race.

### YOUR "BAD" CHOLESTEROL

Cut back on foods high in saturated fat. Saturated fat is a fat that is solid at room temperature; it can raise cholesterol levels. Foods high in saturated fat include fatty meats, poultry skin, cheese, butter and whole-milk dairy foods.

- Limit trans fat as much as possible. Trans fat is found in stick margarines, shortening, French fries and processed foods made with partially hydrogenated fat. Trans fat can also

raise cholesterol levels, so choose foods with "0" grams of trans fats.

- Use heart-healthy oils, such as olive, canola and soybean oils. These contain unsaturated fat. Other good sources of unsaturated fat are flax seed and flax seed oil, nuts, avocados and olives.

- Boost your fiber intake by eating whole-grain breads, cereals and crackers, as well as fruits and vegetables. Read labels and choose foods with at least three grams of

## → your blood pressure

- \* If your health care provider has prescribed blood pressure medication, take it as directed. Don't stop taking it just because you feel fine.

- \* Lose weight if you need to. Losing even just a few pounds can lower your blood pressure—you don't have to get back to your high school weight.

- \* Follow the DASH Plan (Dietary Approaches to Stop Hypertension). This means eating plenty of fruits, vegetables and whole grain foods every day, making lower fat and lower sodium food choices and including in your meal plan foods high in calcium.

- \* Stop the salt. Try not to add salt to your foods or

during cooking. Season your foods with herbs, spices, garlic and black pepper instead. Limit high-sodium canned and processed foods, such as soups, cold cuts, salty snack foods and frozen dinners.

- \* Be active most days of the week. You don't need to start running marathons. Start out by taking a walk every day, and build up to 30

minutes each time. Check with your health care provider before starting any exercise program.

- \* Alcohol can raise blood pressure. If you drink, limit yourself to one drink a day if you're a woman, and two drinks a day if you're a man. Remember that alcohol can affect your diabetes, and also contains calories.

## Do you smoke?

- Choose a date to stop smoking. Get rid of cigarettes and ashtrays at home, at work and in your car.
- Seek out support—from your family, friends, co-workers and health care team.
- Talk to your health care provider about medication to help you quit, such as nicotine gum, patches and sprays.
- Join a "stop smoking" program.
- Don't get discouraged if you start smoking again. Keep trying to stop. It may take several tries before you quit for good.

## heart health

fiber per serving. Aim for 20-35 grams of fiber every day.

- Aim to eat fish at least twice a week. Make sure it's baked, grilled or broiled, rather than fried.

- Eat foods that contain plant stanols or plant sterols. These are natural plant ingredients that can lower LDL cholesterol. Several brands of margarine and some types of orange juice contain plant stanols or sterols. Grains, fruits, vegetables, nuts and seeds contain small amounts as well.

- Go easy on cholesterol. Cholesterol is found in all animal foods, so limit your intake of egg yolks, red meats, organ meats, whole milk and cheese.

- Lose weight if you need to. Losing just five to 10 pounds can lower your LDL cholesterol.

- Get moving. Being active most days of the week can lower your

LDL cholesterol and even raise your HDL ("good") cholesterol.

- You may need to take medication to lower your cholesterol. If you do, it's important that you still focus on lifestyle changes, too.

### YOUR A1C LEVEL

If your doctor has prescribed diabetes pills or insulin, be sure that you take them as directed. Ask a member of your health care team if you have any questions about how your medication works or how to take them.

- Meet with a registered dietitian who can help you with a meal plan that fits in with your lifestyle and that's right for you.

- Be active most days of the week for at least 30 minutes at a time.

- Know how to take care of your diabetes when you're sick. Your health care team can help you develop a sick day plan.

- Check your blood glucose levels with a glucose meter. Knowing what your glucose levels are can help you and your health care team make changes, if needed, to your diabetes treatment plan.

### PHYSICAL ACTIVITY

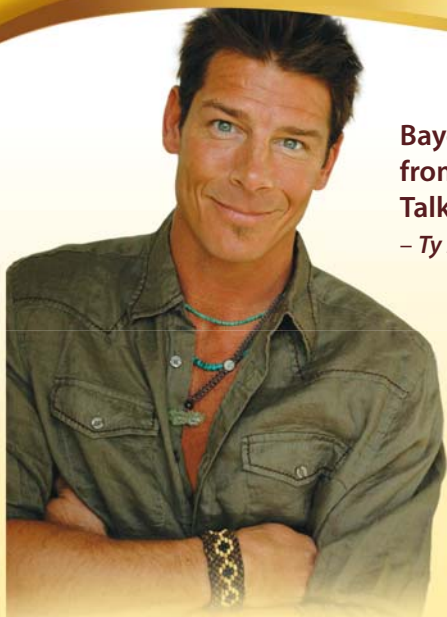
Try to be active every day for at least 30 minutes. Aim for three, 10-minute segments each day if you don't have time to be active for 30 minutes at a time. Regular physical activity can improve your overall fitness level, along with lowering your blood pressure, cholesterol and blood glucose levels.

Choose activities that you enjoy. All types of activity—such as walking, dancing and gardening—can help you become more fit.

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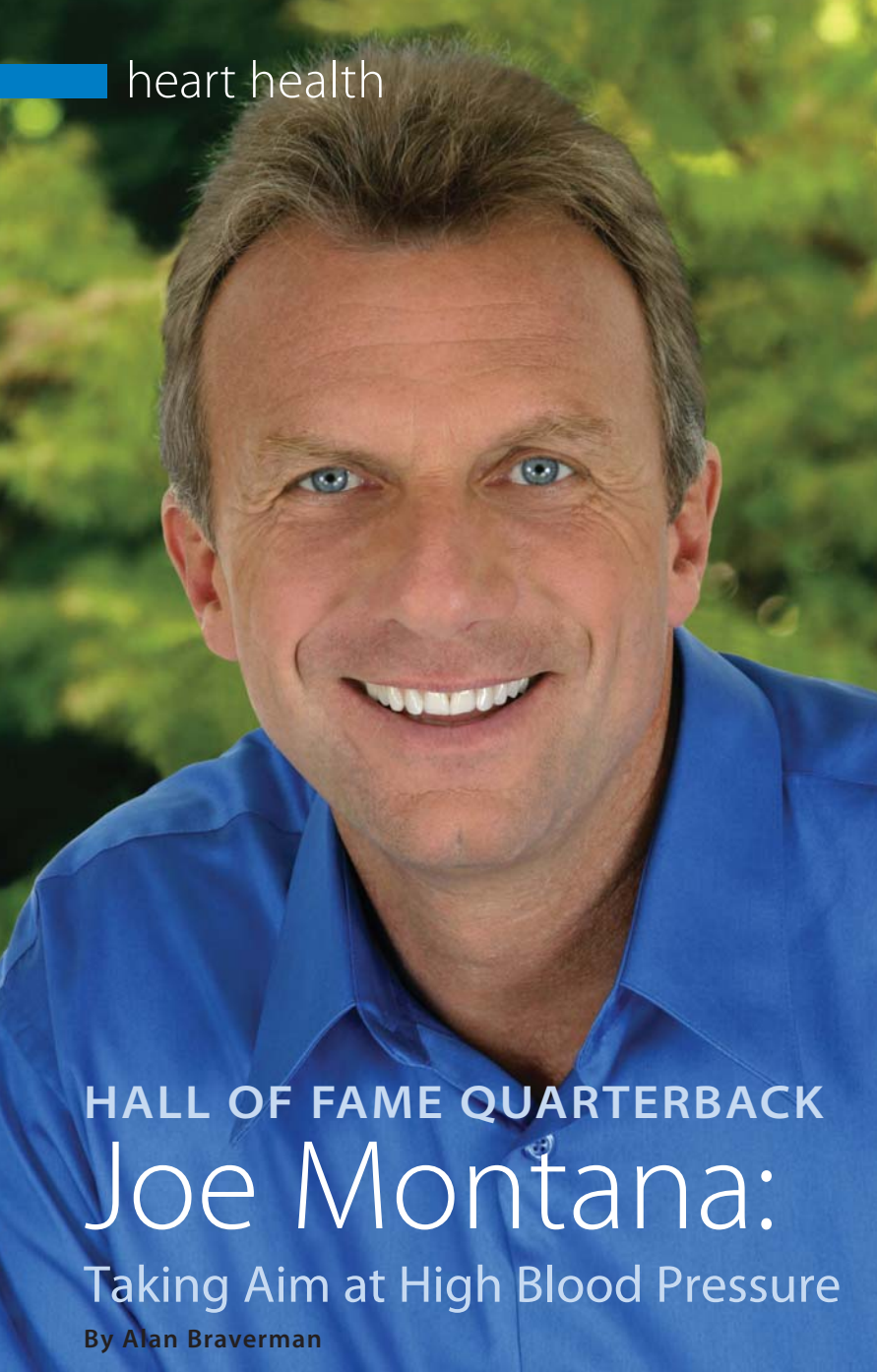
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HALL OF FAME QUARTERBACK

# Joe Montana:

## Taking Aim at High Blood Pressure

By Alan Braverman

As quarterback for the San Francisco 49ers, Joe Montana led his team to four Super Bowl wins and earned three Super Bowl MVP awards. One would think that someone as athletic as Joe would be in tip-top physical shape.

And he seemed to be, until he

went for a routine check-up in 2002. Since his blood pressure was sky-high, Joe's provider sent him immediately to a cardiologist where he was diagnosed with high blood pressure. Even though his mother has high blood pressure, Joe was blindsided.

"I was shocked," says Montana. "I always thought high blood pressure would happen to an overweight person or someone who wasn't in shape, but it's not that way. That's why I tell people, if it can happen to me, it can happen to you too. Anyone can get high blood pressure. It is simple to know if you have it, so just get checked."

According to Dr. James Rippe, a prominent cardiologist and professor at the University of Central Florida, 65 million people in the United States suffer from high blood pressure, or hypertension. It can often lead to heart disease and stroke and accounts for almost half of all deaths every year in the U.S.

Most people who have high blood pressure aren't doing anything about it. That's not because they don't care; it's because they don't know they have it.

"There are no symptoms at all for high blood pressure," Dr. Rippe says. "Some people may think they have symptoms, but really, there are none."

### HIGH BLOOD PRESSURE PROBLEMS

There are, however, various problems that can arise when someone has high blood pressure. Most importantly, the inner lining of your arteries can get injured, because they are not designed to withstand high blood pressure for long periods of time. The arteries can also become clogged. If that happens in the heart, the result will be a heart attack. If it's in the neck, a stroke will likely follow.

High blood pressure is also the leading cause of blindness and kidney damage.

For people with diabetes, high blood pressure is of even higher concern. About 70% of all people with diabetes die of heart disease

and high blood pressure is a leading cause of heart disease.

Dr. Rippe says people with diabetes need to aim for a blood pressure reading of 130/80 or lower, whereas the rest of the population is OK with 140/90 or lower.

### LIFESTYLE CHANGES

Medication is usually needed, especially if blood pressure is over 140/90. That's not to say nothing else can be done. Losing weight is a reliable way to lower blood pressure. In fact, every 20 pounds lost will help lower blood pressure numbers by about seven. Doing physical activity is also helpful to reduce it another four to five points. Of course, not smoking is very important, too.

Montana had to readjust his lifestyle after being diagnosed with high blood pressure. Where he used to work out every day while playing football, he began to let his physical activity regimen slow down after retirement.

"Exercise was almost out of my life after retiring from football," he said. "I was working out seven days a week most of the time. Then I said, 'OK. I'd better cut back.' So, I cut back from seven days a week to five, then to three days a week, and then OK, well maybe next week."

Since being diagnosed with hypertension, Joe usually gets in 45 minutes to an hour of physical activity every day.

He also takes medication and watches what he eats—very carefully. The family takes an active role. His wife, Jennifer, cooks healthier meals and his four kids make every effort to out-manuever their dad in moving the salt out of arm's reach.

"This is important training for the kids," Joe says. "I think they've learned how important good nutrition is and, hopefully, they'll keep eating healthy foods as they

get older. I always say, I have five great reasons to stay healthy," says Joe. Since 2002, Joe has been able to keep his blood pressure under 120/80.

Joe's meal plan is fairly simple: everything in moderation. "People tend to supersize. If we like something we pile on more. When eating out, instead of the 16-ounce porterhouse steak, I'll order the smaller filet."

*"I always thought high blood pressure would happen to an overweight person or someone who wasn't in shape, but it's not that way."*

It's not always easy to stay on track. Physical activity, exercise and medications can often seem like an uphill battle. Joe relates advice that Dr. Rippe gave him about medication: "Overall, it's only a pill a day. If you don't want to take medicine and think it's tough, remember: a heart attack or stroke is even worse."

According to Dr. Rippe, there are many good blood pressure medications available today. More than half of all people with hypertension will need two or more medicines to get their blood pressure under control. He counsels people with high blood


pressure to talk to their health care providers to figure out which medicine is right for them.

### AN ALL-STAR PARTNERSHIP

Joe and his wife Jennifer collaborated with Dr. Rippe to write a book with tips and anecdotes about living a heart-healthy lifestyle. Joe Montana's Family Playbook for Managing High Blood Pressure is available for

free at [www.getbpdn.com](http://www.getbpdn.com) or by calling (877) GET-BP-DOWN.

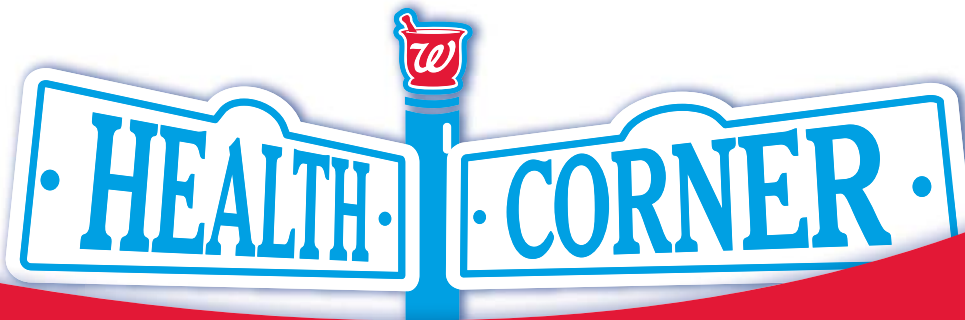
Together, Dr. Rippe and Joe are encouraging Americans to simply become aware of their own blood pressure and to recognize damage occurs gradually and that anyone can get high blood pressure.

Joe has made an impact as a heart health spokesman and for him it's gratifying. "Friends tell me they heard about my campaign to get people to check their blood pressure and now they are taking steps to keep it down. It's a good feeling." 

Learn more about blood pressure at [www.walgreens.com/hbp](http://www.walgreens.com/hbp)

## \* steps to blood pressure control

- 1 Recognize you need to get into an ongoing dialogue with your health care provider so medications can be worked on to gain control and avoid side effects.
- 2 Recognize you have enormous power to contribute to your own blood pressure control through lifestyle changes.
- 3 Get a home blood pressure monitoring device. Walgreens has a wide selection available. Remember, your Walgreens pharmacist can be a very important ally.



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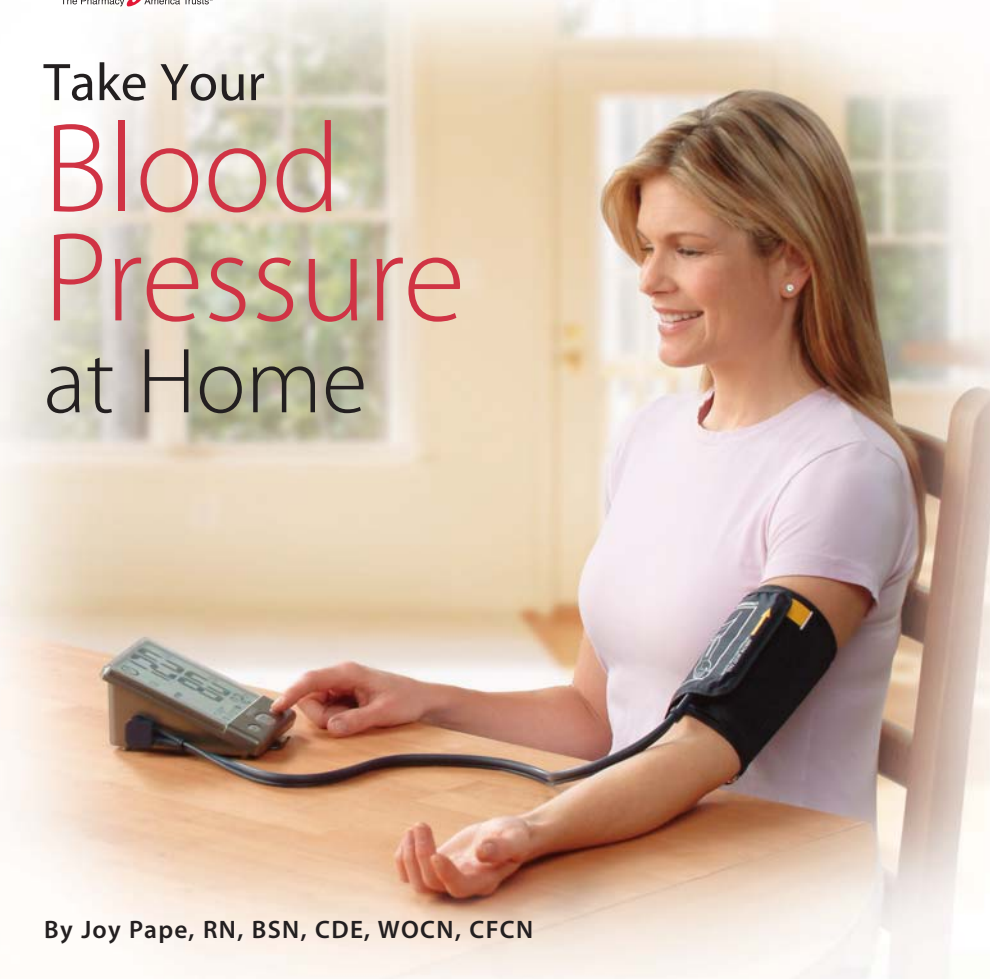


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# Take Your Blood Pressure at Home



By Joy Pape, RN, BSN, CDE, WOCN, CFCN

Two out of three adults who have diabetes have high blood pressure. When you have both conditions, it increases your risk for complications, such as blindness, heart disease, kidney disease, nerve damage, strokes and other health problems. The good news is you can prevent these complications by taking an active role in managing your blood pressure and blood glucose.

## **YOUR ROLE IN MANAGING YOUR BLOOD PRESSURE AND DIABETES**

Most people with diabetes are given a blood glucose monitor. They are advised on how to check their blood glucose, what their numbers should be and how often to check. You may have even been referred to a diabetes education program to learn all you can about your diabetes, so you can manage it.

## \* Home Blood Pressure Monitoring

Monitoring your blood pressure at home is a very important step in managing your blood pressure. In doing so, it is important to:

- have a blood pressure monitor that is accurate
- a blood pressure cuff that fits correctly
- take your blood pressure at certain times of the day
- follow the instructions that come with your blood pressure monitor
- discuss your readings with your health care team

## → accuracy of blood pressure monitors

Choose a monitor that states it is independently validated for accuracy or clinically proven accurate. Also bring your blood pressure monitor with you to your health care visit and compare your monitor's reading with theirs to see if yours is accurate. If you have any problem in selecting a monitor, ask your Walgreens pharmacist to help you.

Unfortunately, many people are not instructed on how to manage their blood pressure. Just as with your blood glucose, your blood pressure is not the same all the time; it varies by the minute, hour and for many, by the time of day. The longer your blood pressure is above a certain level, the higher your risk for heart and kidney disease, stroke and other complications. If your blood pressure is too low, you may become light-headed, dizzy and

increase in blood pressure called "Morning Hypertension." Leading cardiologists warn that early morning is the riskiest time for people to have blood pressure problems, as this can increase your risk of stroke. They recommend you take your blood pressure in the evening and early morning. Ask your health care provider when you should check your blood pressure. Some new blood pressure monitors automatically track your morning and evening blood

## *Every blood pressure monitor is different. Follow the instructions that come with your monitor to get an accurate reading.*

confused. You may even fall and hurt yourself. You can help prevent these complications by knowing what your blood pressure should be and knowing what it actually is, so you can take action and manage your blood pressure, too.

You are unique. Although the numbers on the opposite page are a good guideline for you, talk with your health care team about the number that's right for you.

### **BLOOD PRESSURE CUFF**

Using a cuff that doesn't fit correctly or that isn't properly working is one of the biggest problems in getting an accurate blood pressure reading. To find out the blood pressure cuff for you, measure around your upper arm (between your elbow and shoulder) with a tape measure. This is called your arm circumference. If your cuff size is not available, ask your Walgreens pharmacist for assistance.


### **TIMES TO TAKE YOUR BLOOD PRESSURE**

Several studies show that many people have an early morning

pressure readings. Ask your Walgreens pharmacist about these products.

### **DISCUSS YOUR READINGS WITH YOUR HEALTH CARE TEAM**

Recording your numbers and how you feel is important. You can use the handwritten diary we have provided for you, the one that comes with your blood pressure monitor or the memory in your blood pressure monitor. Be sure to keep track of anything out of the ordinary, such as missing your medication, feeling lightheaded, having a headache or feeling exceptionally good. Take this information with you to discuss with your health care team at each visit.

Although there are steps to take to manage your blood pressure, it all starts with knowing what your blood pressure is. Not just once every few days, weeks or months, but different times of the day. Monitoring your blood pressure at home gives you the information you need to best manage your blood pressure. 

## **3 good reasons to monitor your blood pressure at home**

**1** A condition called "Morning Hypertension." Several studies show that many people have an early morning increase in blood pressure. Leading cardiologists warn that early morning is the riskiest time for people to have blood pressure problems. If you are just having your blood pressure checked at your doctor's office or clinic you may not know if you have "morning hypertension" or not.

**2** "White Coat Hypertension." This means your blood pressure goes up when a health care provider checks your blood pressure. People who have this find their blood pressure at home is lower or even normal when using an accurate blood pressure monitor at home.

**3** Some people have the opposite effect called "Masked Hypertension." In this case your blood pressure would be normal when your health care provider checks your blood pressure, but it is high at other times. It is important for you to monitor your blood pressure to make sure you get the treatment you need to keep your blood pressure in a healthy range all the time.

Learn more about blood pressure at [www.walgreens.com/hbp](http://www.walgreens.com/hbp)

# Monthly Blood Pressure Diary

Month \_\_\_\_\_

Day of Month	AM	Systolic/Diastolic	Pulse	PM	Systolic/Diastolic	Pulse
1		/			/	
2		/			/	
3		/			/	
4		/			/	
5		/			/	
6		/			/	
7		/			/	
8		/			/	
9		/			/	
10		/			/	
11		/			/	
12		/			/	
13		/			/	
14		/			/	
15		/			/	
16		/			/	
17		/			/	
18		/			/	
19		/			/	
20		/			/	
21		/			/	
22		/			/	
23		/			/	
24		/			/	
25		/			/	
26		/			/	
27		/			/	
28		/			/	
29		/			/	
30		/			/	
31		/			/	

Diabetes  
Blood  
Pressure  
Goal is  
130/80

CATEGORY	SYSTOLIC (top number mm Hg)	DIASTOLIC (bottom number mm Hg)
Normal	Less than 120	Less than 80
Prehypertension	120-139	80-89
Hypertension Stage 1	140-159	90-99
Hypertension stage 2	160 or higher	100 or higher

LEARN MORE ABOUT DIABETES AT

[www.walgreens.com/diabetes](http://www.walgreens.com/diabetes)
  
[www.LillyDiabetes.com](http://www.LillyDiabetes.com)

These National High Blood Pressure Education Program guidelines are for information purposes only. Please consult with your physician for proper diagnosis.

HoMEDICS  
THERA:P

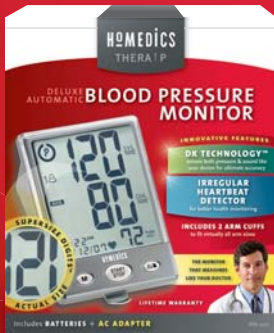


# INTRODUCING THE BLOOD PRESSURE MONITOR THAT MEASURES LIKE YOUR DOCTOR

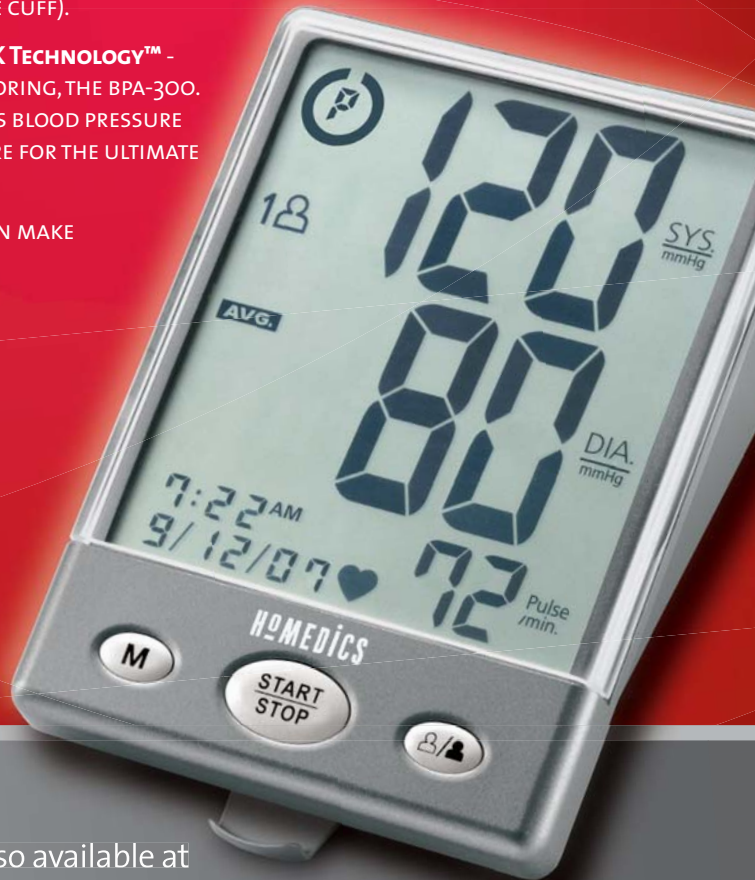
DID YOU EVER NOTICE WHEN VISITING YOUR DOCTOR THAT THEY ALWAYS MEASURE YOUR BLOOD PRESSURE USING A STETHOSCOPE? THAT'S BECAUSE THE MOST ACCURATE METHOD OF MEASUREMENT IS A COMBINATION OF SOUND AND PRESSURE (PRESSURE BEING CREATED BY THE CUFF).

HoMEDICS IS PLEASED TO INTRODUCE OUR EXCLUSIVE **DK TECHNOLOGY™** - THE LATEST BREAKTHROUGH IN BLOOD PRESSURE MONITORING, THE BPA-300. IT IS THE ONLY MONITOR ON THE MARKET THAT MEASURES BLOOD PRESSURE **LIKE YOUR DOCTOR**, SENSING BOTH SOUND AND PRESSURE FOR THE ULTIMATE IN ACCURACY.

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BPA-300  
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BPA-250WGN



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