Taking CARE of Your Hard-Working Heart!

The human heart pumps our blood (only a little over a gallon total) repeatedly through 60,000 miles of vessels at the rate of 2000 gallons per day. At only 8-10 ounces in weight, the human heart is a REAL workhorse. By comparison a typical Texas oil derrick might pump 630 gallons of crude oil per day! That human heart beats 100,000 times each day or 2.5 billion times in an average lifespan.

It is clear that we need to take care of this very important organ, so that we can stay healthy! Heart disease is the leading cause of death in the United States, killing more people each year than all forms of cancer combined. There are over 500,000 first heart attacks each year in the United States.

There are indicators that you may be at risk for heart problems in the future. Experts have linked the following conditions to increased risk for cardiovascular disease:

- High blood pressure
- High LDL ("BAD") cholesterol
- Smoking
- Diagnosis of Diabetes or Pre-diabetes
- Overweight
- Sedentary lifestyle
- Poor diet
- Excessive alcohol intake

CDC reports that 49% of all Americans have 3 or more of these risk factors.

If you want to be heart healthy into the later decades of your life, the time for action is now.

Seton Associates can enroll in a cardiovascular risk reduction program that includes two structured classes and 4 individual follow-up appointments with a Registered Dietitian to make lifestyle changes that are proven to lower your risk of heart disease ... and you the Seton Health Plan provide incentives for you to complete this program. Review the attached flyer for details on cost and registration. We hope you take this offer to heart and care for your heart by attending our program in March.