

5 Easy Ways to Prevent Heart Attack & Stroke

KIRKPATRICK
FAMILY CARE

5 Easy Ways to Prevent Heart Attacks and Strokes



1. Keep Your Weight Down

People who are overweight and obese have a much higher risk of heart attack and stroke than those who have a healthy weight and are in better physical condition.



2. Lower Your Blood Pressure

High blood pressure is a leading risk of heart attack and stroke. Lowering your blood pressure can reduce your risk of heart attack and stroke.

to the build up of plaque in the arteries, leading to heart attacks or strokes. To decrease your blood pressure, use the motto "lower is better" and keep in mind the following guidelines for LDL cholesterol levels: diabetics = 100 mg/dL, others = 130 mg/dL.

Maintaining Healthy: Your LDL, cholesterol, eating habits, etc.

levels through healthy eating habits and medications called statins.

Brand Name Statins	Generic Names
<i>Advicor</i>	<i>Levosimvastatin</i>
<i>Abacor</i>	<i>Atorvastatin</i>
<i>Crestor</i>	<i>Rosuvastatin</i>
<i>Lescol, Lescol XL</i>	<i>Flovastatin</i>
<i>Lipitor</i>	<i>Atorvastatin</i>
<i>Niaspan</i>	<i>Extended-Release Niasin</i>
<i>Zocor</i>	<i>Simvastatin</i>

Other Helpful Meds.	Generic Names
<i>Prevacid</i>	<i>Protonix Sodium</i>
<i>Triace</i>	<i>Fenofibrate</i>
<i>Vytarin</i>	<i>Simvastatin and Ezetimibe</i>
<i>Welchol</i>	<i>Colacevium Hydrochloride</i>
<i>Zetia</i>	<i>Ezetimibe</i>

Healthy Artery



Clogged Artery



According to research results, statins are extremely effective. The main worry with these drugs is that they may cause a breakdown of muscle tissue (a condition known as myositis) and resulting in kidney impairment. Risk of liver inflammation is very small. You should see your doctor promptly if you are on these kinds of medications and experiencing sore muscles.

(Continued on back of page)

Tags: [heart attack](#), [prevention](#), [stroke](#)

October 15th, 2009