



February 17<sup>th</sup>, 2012

## How's Your Ticker? February is Heart Month

According to the Canadian Heart and Stroke Foundation, *heart disease and stroke take one life every 7 minutes and 90% of Canadians have at least one risk factor.*

February is Heart Month - and your body may be trying to tell you something

A recent study is pointing at specific physical traits that may indicate an elevated risk of heart disease. These include:

- receding hairline at the temples,
- baldness at the crown of the head,
- earlobe creases
- yellowish, fatty deposits around the eyelids.

The more of these traits you have, the greater the risk. Listen carefully... your body is talking!

### Eat Your Tomatoes

You may already be aware that the antioxidant Lycopene benefits men's prostate health, but now there's news that it can reduce the risk of stroke.

Lycopene is most commonly found in tomatoes and is especially concentrated in processed tomato products, such as tomato paste and tomato juice. What's recommended is about 10,000 micrograms daily – about what you'd find in just 1/2 a cup of tomato juice.

### Manage Your Heart Disease Risk

Can you bypass heart disease? A study published in the Journal of the American Medical Association says yes! But, you have to be proactive. It demonstrated that those who manage the "big four" risks at the age of 50 – cholesterol, blood pressure, blood sugar and smoking – are 50% less likely to develop heart disease than someone with just 2 of the risk factors.

Our pharmacists are very familiar with heart disease risks and what kind of lifestyle modifications can have a significant impact. We'd love to start you in the right direction to heart health – so talk to us about your heart this month.