

# Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

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## February Spotlight: Heart health & blood pressure

This month, we're highlighting information about heart health and blood pressure. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these articles about heart disease and high blood pressure from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, click the "ES" icon in the top right corner.

- [Warning signs and symptoms of heart disease](#)
- [Signos y síntomas de advertencia de la enfermedad cardíaca](#)
- [High blood pressure — what to ask your doctor](#)
- [Hipertensión arterial — qué preguntarle al medico](#)

These additional links from other health organizations offer more information about heart health:

- [Heart attack, stroke and cardiac arrest symptoms](#)
- [High blood pressure](#)
- [Healthy Heart Guide](#)
- [Nutrition](#)

## Healthy recipes

- [Winter Crisp](#)
- [The Perfect "Pear" and Brussels Sprout Salad](#)
- [Dessert Nachos](#)
- [Strawberry Almond Salad](#)

## Mental health awareness

Seasonal affective disorder (SAD) is a type of [depression](#) that occurs at a certain time of the year, usually in winter, more often in women. People who live in places with long winter nights are at high risk of developing SAD. [Learn more about symptoms and treatment.](#)



## Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

### [Heart disease risks](#)

Some risk factors can be lowered and some can't be changed. Find out which ones you can control.

### [Busting the fat myth](#)

Not all fats are created equal, and some are essential for good health. Learn how to tell the good from the bad.

### [Heart-healthy burger and fries](#)

Craving a burger and French fries? Try these easy, healthy salmon burgers and oven fries.

Find the entire [Winter](#) issue [here!](#)