

**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.

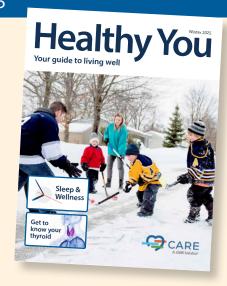
- Warning signs and symptoms of heart disease
- <u>Signos y síntomas de advertencia de la enfermedad</u> cardíaca
- High blood pressure what to ask your doctor
- Hipertensión arterial qué preguntarle al medico

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



# 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!

### Mental health awareness

Seasonal affective disorder (SAD) is a type of <u>depression</u> 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. <u>Learn more about symptoms and treatment</u>.