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Sleep tips for a healthy lifestyle

“A Good Laugh And A Long Sleep Are The Two Best Cures For Anything” - Irish Proverb

We live in a stressed out, super busy and highly caffeinated world. Throw a pandemic into the mix and your sleep could very well be suffering.

Poor sleep can lead to Insulin Resistance, Cardiovascular Disease, Depression, Mood Disorders, Poor Immune Function, Frequent Infections and even Lower Life Expectancy.

Sleep is how our body repairs itself. Sleep is a major cornerstone for an energetic, joyful and healthy life. It may very well be

the most underappreciated aspect of health and wellness!

Good sleep habits (sometimes referred to as “sleep hygiene”) can help you get a good night’s sleep.

Some habits that can improve your sleep health:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends

- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature

- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom

- Avoid large meals, caffeine, and alcohol before bedtime

- Get some exercise. Being physically active during the day can help you fall asleep more easily at night

Caffeine has about a seven hour half-life. This means it’s in your system for a really long time! Even if you can still fall asleep, you may not be getting quality sleep.

Try to turn off electronic devices at least 2 hours before bedtime as blue light disrupts circadian rhythms. And REALLY try to get some natural light within 30 minutes of waking up!

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Trina Rose
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Why does Mindset matter?

“Watch your THOUGHTS, they become your WORDS; watch your WORDS, they become your ACTIONS; watch your ACTIONS, they become your HABITS; watch your HABITS, they become your CHARACTER; watch your CHARACTER, it becomes your DESTINY.” - Lao Tzu

Mindset Training is something athletes have been using for years and something we all could benefit from right now.

What is your mindset to stress? Do you find it debilitating or do you RISE to the stress? You don't have to minimize stress, you CAN choose to OPTIMIZE it! Try not to think that stress is debilitating and should be minimized. Stress can be enhancing. It's all about YOUR

mindset towards stress. There is something adaptive about stress. We are hardwired for it - fight or flight, right? There is always something to learn from stress, sometimes its trivial and sometimes it's really important.

I have a feeling we are learning some really important lessons right now that just may change our lives forever. It will change our families, the way we do business, the way we interact with others, how we use our energy and what we prioritize in our lives. If you don't walk away from this COVID-19 experience doing things differently than you did before, you've missed an incredible opportunity for growth and change within yourself. I know you won't

waste it! You have GRIT and RESILIENCE. I see it every day in all of you. You finish what you start and you do it really well. We have had to re-create our routines, we have had to have several plan B's and we just keep on swimming!

It's ok if you are struggling right now. Most of us are if we are really honest. Be mindful of your feelings. And, if you are struggling:

Name what you are feeling

Acknowledge it

Put it in perspective

Humans are very sensitive to physical cues. It is more important than ever to have your water bottle in plain sight. To set a fruit bowl on your table. To have a veggie tray in the refrigerator at eye level. To set your workout clothes

out the night before.

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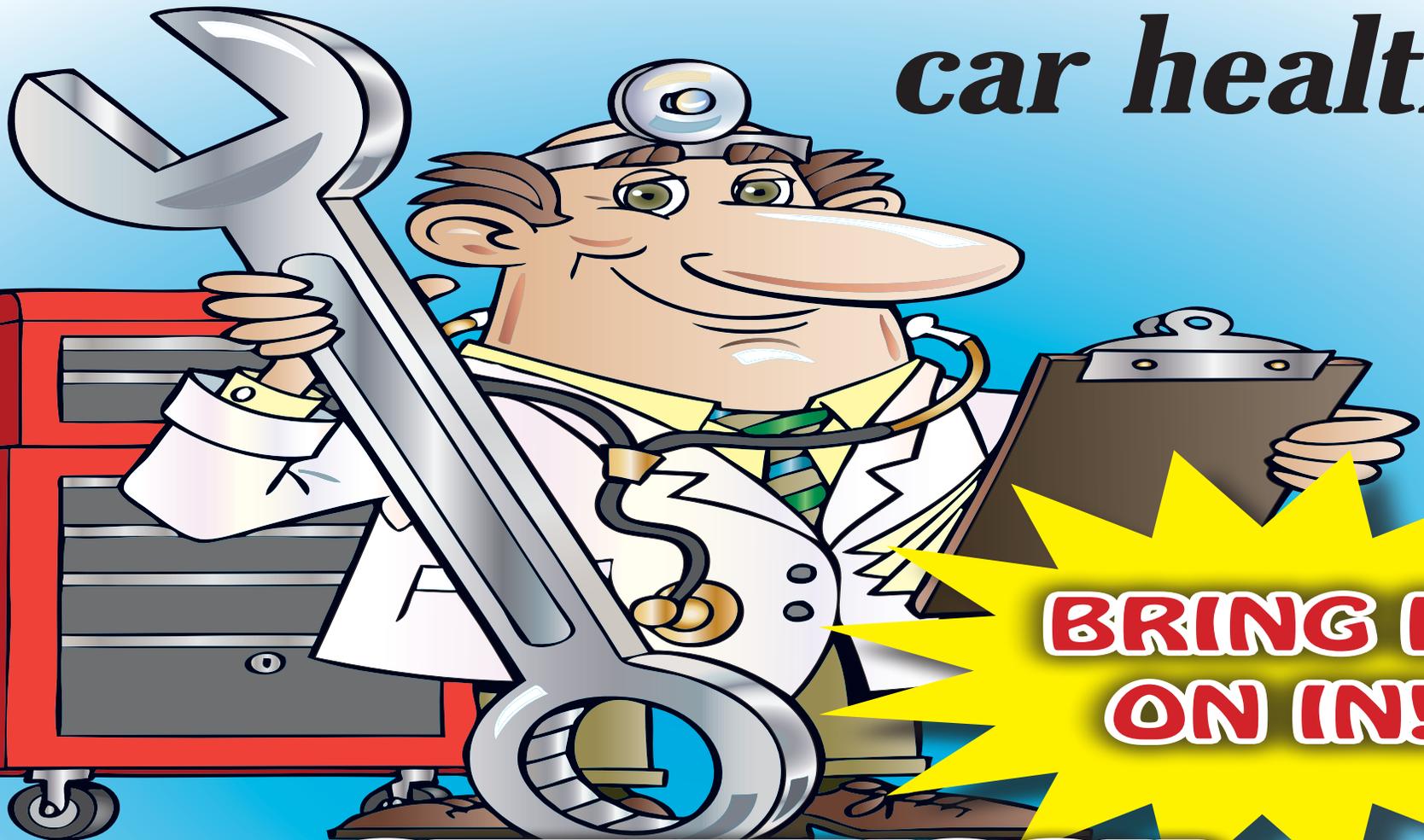


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How to add high-quality protein to your diet

(BPT) — Recent diet trends encourage balancing food sources for optimal health. If you're following the Mediterranean, keto or paleo diets, you're probably aware that lean meats like beef play a vital role as part of an overall healthy eating plan, balanced with plant-based foods like vegetables and legumes.

Elsewhere in the world, however, access to high-quality sources of protein is a serious challenge. Malnutrition is a significant global public health issue, and recent global nutrition reports show that countries with the lowest meat access have some of the highest rates of malnutrition. Beef plays an important role in ensuring that the world is well-nourished.

Beef provides protein

According to the U.S. Department of Agriculture, one three-ounce serving of beef delivers approximately 25 grams of high-quality protein, which

is essential for building and maintaining strength for your mind and body.

How do relatively high-protein grains compare with beef? The USDA's Food Data Central database reports that to get the 25 grams of protein found in one 3-ounce serving of cooked beef, you would need to eat three cups of quinoa - which is more than three times the typical serving size for cooked quinoa of 140 grams, about 3/4 cup.

Beef and iron

Another global nutrition challenge is iron deficiency, which is a concern among adolescent girls and women worldwide. A particular kind of iron called heme iron, which is critical to addressing this deficiency, is found only in animal foods like beef, not plant foods.

Here in the U.S., lean beef contributes 8% of the iron in a typical diet. At a time when many are deficient

in this essential nutrient, eliminating beef could worsen the problem of iron deficiency.

Red meat is not contributing to obesity

Americans are consuming 600 more calories a day, on average, than they did 40 years ago. These extra calories are coming from refined grains, added fats and oils, not red meat. Americans, on average, eat fewer than two ounces of beef daily, which is in line with 2015 Dietary Guidelines.

Our diet is already plant-based — and has become increasingly more so over the last four decades, when obesity has also increased.

Beef promotes lifelong health

The nutrients in beef promote health beginning in childhood. The American Academy of Pediatrics, the Women Infants and Children's

Program and now for the first time ever, the 2020 Dietary Guidelines Advisory Committee recommend introducing solid, nutrient-rich foods, like beef, to infants and toddlers, in order to pack in every bite with protein, iron, zinc and choline.

These nutrients continue to sustain people throughout their lives, and protein becomes especially important as people get older. Adults over 50 are at risk for losing muscle mass, which can lead to falls and frailty that affect their ability to age independently.

Balancing your diet with multiple sources of crucial nutrients, including high-quality proteins like beef along with vitamin-rich vegetables, fruit and whole grains, helps support your overall health all your life.

Learn more about beef and nutrition at BeefItsWhatsforDinner.com, managed by the National Cattle-men's Beef Association, a contractor to the Beef Checkoff.



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Easy changes to your routine for a healthier lifestyle

(BPT) — It's natural to want to eat healthy and fuel your body with the nutrients it needs to feel good. Figuring out how to eat healthy and make smart choices can be difficult if you don't know where to begin. Try these five simple tips to introduce better habits into your diet.

1. Plan ahead

Planning is important for healthy eating, and even more so when you're busy and time is limited. Start by choosing a consistent day to plan all your meals for the week, then check inventory in the fridge, freezer and pantry before making a grocery list. Always keep some healthy and easy shelf-stable or freezer meals on hand for busy days, and if you're making a meal or snack that is freezable, double the recipe so you have it on standby.

2. Build a balanced plate

Easily build a healthy and balanced

plate, without pulling out measuring cups or a scale, with these easy to eyeball proportions: fill half your plate with vegetables, a quarter with healthy carbs, a quarter with lean protein and a small dollop of healthy fats. Make sure your diet is diverse and eat from all five food groups, enjoying a wide range of vegetables, fruits, lean meats, fish, eggs, nuts, seeds, whole grains and naturally low-fat dairy foods across each week.

3. Fill up on fruits and vegetables

It's recommended that adults eat at least five portions of fruits and vegetables every day. Fruits and vegetables are healthy snack alternatives to foods like pretzels, sweets and chips. To ensure you always have healthy food options ready for snacking, chop and prep your fruits and veggies using NatureSeal Fresh-Cut Solutions Produce Extender as soon as you get home from the store. It keeps fresh

cut produce like apples, carrots, celery, pears and peaches from browning while maintaining the texture and without altering the flavor. It keeps produce fresh in your fridge for up to one week helping you ensure healthy snacks are always readily available. There is a similar product for avocados that keeps your guacamole from turning brown.

4. Cut down salt and sugar

Regularly eating foods high in sodium and sugar may affect long-term health. However, consuming both in moderation is OK. Most dietary sodium and added sugars come from eating packaged and prepared foods, so learning how to read food labels will help you stay on track. Visit the FDA.gov website for more details on how to properly use the Percent Daily Value on the Nutrition Facts label as a tool to determine if a serving of the food is high or low in sodium or added

sugars.

5. When eating out, make healthy choices

Despite your best efforts to plan, sometimes you end up getting take-out or eating out at a restaurant. This doesn't mean you have to abandon your healthy eating habits. A few easy and healthier choices include asking for dressing on the side; choosing baked, broiled or grilled options instead of fried; and asking for water instead of sodas and other sweetened beverages. Finally, if you're not too hungry or the serving size is large, simply divide your plate into two servings and save half for another meal.

Making dramatic changes to your diet all at once can be hard to swallow, literally. Keep these tips in mind and try incorporating them into your daily routine gradually for a healthier lifestyle.

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Is it allergies or COVID-19?

7 symptoms to watch

(BPT) - COVID-19 is complicating the 2021 spring allergy season. From watery eyes to dry coughs, people are left wondering exactly what their symptoms mean.

“Many people are asking about the differences between COVID-19 and seasonal allergies,” says Dr. Luz Fonacier, president of the American College of Allergy, Asthma and Immunology (ACAAI). “While it isn’t always cut and dried, there are some clear differences. Certain symptoms are only seen in one or the other.”

If you are unsure what is ailing you, Fonacier suggests checking with a professional. “Allergists are the best trained medical professionals to diagnose and treat allergies and asthma,” she said. “When in doubt, talk to an allergist.”

To help shed some light on the differences between COVID-19 and spring allergies, here are seven common symptoms and their possible causes.

1) Coughing, chest tightness and shortness of breath are the calling cards of COVID-19. Unfortunately, these symptoms may also indicate an asthma-like allergic response. Many people who suffer from asthma also have allergies. If you are coughing this spring, consider the context. Is shortness of breath something you have experienced during previous springs? Do you have additional symptoms, like fever or itchy eyes? The answers to these questions will help you distinguish the root cause.

2) Fever does NOT occur with spring allergies. Fever may indicate COVID-19, the flu or - more rarely - the common cold. The combination of fever, coughing, shortness of breath and loss of smell or taste is a strong indicator of COVID-19 and must be taken seriously.

3) Chills happen when the blood vessels in your skin constrict,

causing you to feel cold without an obvious cause. Allergies do not cause chills, but COVID-19 does. If you are experiencing mild chills it is a good idea to self-isolate as a precaution. If you are experiencing chills in combination with shortness of breath, call your doctor to see if you should be tested for COVID-19.

4) Sneezing and runny nose are rarely seen in COVID-19 cases. They are, however, very common for allergy sufferers. If the spring has left you sneezing and sniffing in the past, then seasonal allergies are still the most likely culprit in 2021. You can talk to a board-certified allergist about treatment options, which may include over-the-counter or prescription medication, or immunotherapy.

5) Itchy, watery eyes are the signature symptom of seasonal allergies. COVID-19 does not cause itchy eyes, but the practice of staying home may help by reducing your exposure to pollen. Avoidance, or the strategy of staying away from potential allergens, may help decrease symptoms. If avoidance is not cutting it, it may be time to speak with an allergist. The ACAAI makes connecting with an allergist simple on their Find an Allergist page.

6) Loss of smell or taste is another very common symptom of COVID-19. While allergies may lead to mild loss of smell, it is best to be on the safe side while the coronavirus is still spreading. If you experience this symptom, call your doctor for advice.

7) Nausea or vomiting are not allergy symptoms. They may indicate the common cold, the flu or COVID-19. If this symptom is mild then self-isolating is a good course of action. If it becomes severe, and particularly if it is accompanied by fever and shortness of breath, you should call your doctor. They will be able to advise you on whether to get



tested or seek medical help.

Understanding the differences between COVID-19 and seasonal allergies is key to keeping healthy this spring. Stay on top of the season by knowing your symptoms and know-

ing what is typical for you. If you have any questions or want to get started finding allergy relief, check out the resources ACAAI has to offer.

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3 ways to help your loved one age in place

(BPT) — In what seemed like an instant, the COVID-19 pandemic turned the world upside down. In addition to completely changing the way we work, shop and interact with others — just to name a few — it's also forcing seniors to rethink their living arrangements and plans for the future, and changing the way we care for our elderly parents.

Given the recommendations around social distancing and documented outbreaks in nursing homes and other care facilities, more and more seniors are opting to age in place or, in other words, remain in their homes. But that's easier said than done. Whether we're in a pandemic or not, adjustments need to be made to ensure they have the support to do so safely.

Medication management

According to the Centers for Disease Control and Prevention (CDC), nearly half of Americans take at least one prescription drug, and one in four take three or more. However, studies have consistently shown that 20% to 30% of prescriptions are never filled and about 50% of medications for chronic disease are not taken as prescribed.

"Medication compliance is one of the most frequent reasons for decompensation with chronic medical illnesses," said Mitchell Hyatt McClure, M.D., Chief, Hospital Medicine at Hartford Hospital.

To help your loved one stay on track with their medication regimen, consider an automatic medicine dispenser like Pria™ by BLACK+DECKER. Pria is a smart pill dispenser and home healthcare assistant designed to empower seniors to maintain their independence at home. Not only does it dispense the right dose at the right time, but it also allows caregivers to stay connected through two-way video calls, reminders and check-ins.

When using Pria for more than 90 days, users' average adherence rate was 82% — up from 39% when used for fewer than 45 days. Caregiver presence also positively influences medication adherence when using Pria. Users with one caregiver had an average adherence rate of 79.4%, us-

ers with two caregivers were at 80.9% and users with three caregivers were up to 88.2%.

"An electronic pill dispenser like Pria can be invaluable for patients in promoting better health by improving medication compliance and reinforcing good health habits. The ability to additionally use Pria as a tool to communicate is an added benefit to combat social isolation, a problem that already existed in our elderly patients, but has been made increasingly worse by the COVID pandemic," said McClure.

Remote monitoring

According to the National Council on Aging (NCOA), an older adult dies from a fall every 19 minutes. In fact, falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults. Furthermore, falls — with or without injury — can greatly impact seniors' quality of life. A fear of falling creates a sense of uneasiness that often leads to a decrease in activity, which can, in turn, lead to physical decline, depression, social isolation and feelings of helplessness.

But caregivers can provide active loved ones with confident mobility simply by investing in a remote monitoring device. Whether it's a necklace equipped with GPS, a smartwatch that can detect a fall and automatically alert emergency services, an in-home device that connects directly to emergency response operators or a combination of the three, your loved one will be able to age in place with the peace of mind that they have access to help should they need it.

Home modifications

Most homes aren't designed for long-term care. However, simple home modifications can make it easier — and safer — for seniors to age in place. And when it comes to home modifications, the possibilities are endless.

When deciding which modifications to make, walk around the house with

your loved one and identify their specific pain points. If they fear slipping in the shower, add a shower chair; if the front steps lack support, install railings; if their hardwood floors are slippery, lay down no-slip mats for traction. There are a number of options, both temporary and permanent, that can help your loved one stay in their home safely and comfortably.

The coronavirus pandemic has put our aging population at great risk, so it should come as no surprise that many seniors have opted to age in place. While it may be uncomfortable for family caregivers to accept this

decision, it can be incredibly fulfilling and liberating for seniors when planned for properly. By utilizing available technology and making modifications where necessary, most seniors can remain happy, healthy and independent in their own homes.



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New blood test poised to change how cancer is found

(BPT) - Rare is the person who hasn't been impacted by cancer in some way. Maybe it's your parent fighting for their life. Perhaps it's a friend going through a difficult treatment. It could be a neighbor or colleague who was recently diagnosed and who now faces complex decisions.

It also might be you.

One in three people in the United States will receive a cancer diagnosis in their lifetime, according to the American Cancer Society. Whether it impacts you directly or indirectly, cancer is a difficult journey. Despite the significant advances made in cancer care, the deadly disease is soon expected to become the No. 1 killer worldwide.

Cancer kills nearly 1,700 people daily

In January 1971, President Nixon declared war on cancer at his State of the Union address and signed the National Cancer Act into law later that year. Fifty years later, the nation observes World Cancer Day annually. Of course

this growing health problem deserves attention year-round.

In 2020 alone, Americans lost some of the most talented and iconic figures in the 20th century from cancer, from civil rights icon Rep. John Lewis to gender equality champion Supreme Court Justice Ruth Bader Ginsburg. Just a few additional celebrities who died included game show host Alex Trebek and actor Chadwick Boseman.

"Each day in the U.S., nearly 1,700 people will die from cancer and three times that number will learn they have it. Additionally, an estimated \$201 billion was spent on cancer care last year," says Josh Ofman, M.D., MSHS, and chief medical officer and head of external affairs at GRAIL, a healthcare company whose mission is to detect cancer early, when it can be cured. "Currently in the U.S. there are recommended screening tests for only five types of cancers out of the more than 100 known to exist. Fortunately, new technologies are expected to ex-

pand screening options in 2021 and beyond."

New advances in early cancer detection

Experts agree that the most crucial factor of cancer survival lies in early detection. The sooner you learn you have cancer the sooner it can be treated, ideally before it spreads and advances into later stages. Early detection can help cancer treatments to be more effective and can increase survival rates.

"Unfortunately, many cancers are currently diagnosed after the cancer has already spread," says Andrew Hudnut, M.D., at Sutter Medical Foundation, Family Medicine. "Only 20% of people with late-stage diagnosis will survive five years. While cancer screenings exist for some cancers, for others the cancer diagnoses simply arrive too late."

Thanks to emerging technology that is capable of identifying cancer signals in the blood, early detection is a

possibility now more than ever. In clinical studies, Galleri, GRAIL's investigational multi-cancer early detection blood test, demonstrated the ability to detect more than 50 types of cancers and identified where in the body the cancer was located with high accuracy, all with a low false-positive rate of less than 1%.

"This new cancer screening option has the potential to be an important addition to our current screening paradigms, such as for breast and colon," says Charles McDonnell, M.D., FACR, a radiologist at Sutter Health. "With early detection being so critical, a simple screening such as Galleri could save or extend many lives."

The Galleri test will be available in the second quarter of 2021, initially through large employers, health systems and specialty physician practices. Learn more at grail.com/galleri.



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Aging in the Research Triangle: Keeping your brain healthy

(BPT) - With people being more active and healthier than ever at any age, today's retirement isn't about slowing down. It's about having the time for growth, discovery and expanding horizons. For retirees, or those looking ahead to retirement, one place to find all of the above is in North Carolina's Research Triangle.

No, it's not a mathematics term. With some of the best weather on the planet, gorgeous scenery and a concentration of cultural, educational and entertainment resources, the Research Triangle is one of North Carolina's crown jewels. It's also one of the top places in the United States to enjoy an active, healthy, mentally stimulating retirement.

Defined by the three major universities as well as the three highly livable cities within its borders, North Carolina's Research Triangle has long been a magnet for scientific, academic and corporate leaders who are attracted by the inquisitive culture and concentration of resources here.

Where you retire matters. Retiring in a community that is bountiful in cultural, educational and entertainment opportunities isn't just nice to have. It's a must for keeping your brain healthy. Everyone has "senior moments" from time to time. But

declining brain health, dementia or Alzheimer's disease are not a normal part of aging. They are not a foregone conclusion. According to the Mayo Clinic, your habits before and during retirement can significantly lower your risk of developing these conditions. The Mayo Clinic's recommendations for staving off declining brain health include:

- * Exercising regularly
- * Staying mentally active
- * Eating a healthy diet
- * Getting plenty of sleep
- * Remaining socially involved

One retirement community in the Research Triangle that takes those recommendations to heart is Searstone Retirement Community, founded in 2013. Its residents frequently cite the natural beauty of the surrounding countryside as well as the cosmopolitan comforts and cultural treasures of its cities and towns to explain why they came and chose to stay in what is now the state's second-largest population center.

Resident Jewel Tolan can attest to that. Jewel and her husband David were drawn to the Research Triangle initially because it was located near their son and daughter-in-law in Cary, North Carolina. When they looked deeper into Searstone, they found it

ticked many more boxes for the active, mentally satisfying lifestyle they envisioned for their golden years.

"We wanted a community surrounded by conveniences. We didn't want to drive 30 minutes to shop," she explains. "We wanted to be near urban areas and were thrilled to find a community that was a block away from everything."

Other benefits of retiring in the Research Triangle:

Proximity to medical care. This is an important factor as you age, and Duke and UNC health systems are nearby, offering residents an endless number of specialists and excellent care. "We are right in the center of a medical oasis," Jewel says.

Proximity to the airport. Retirement does not mean the end of travel. Just the opposite. Searstone is 20-minute drive from an international airport, making it easy to zip away for a long weekend when the travel bug bites.

Cultural and educational opportunities. The Research Triangle is known for its cornucopia of culture. The universities are nearby, and the symphony is a short drive away in Raleigh. Pre-pandemic, Searstone organized outings to the museums, the arboretum and more. Now, the calendar is

packed with virtual events until the pandemic subsides. Lecturers and authors hold events, virtually and in person, for residents. Some of those speakers include the residents themselves. "We have some really accomplished residents that speak to us about all different topics," Jewel notes.

Fitness. Numerous studies have shown that staying active keeps you mentally sharp throughout your life. Whether it's a stroll around the grounds, using the state-of-the-art fitness facility, swimming or even Zumba classes, keeping active is easy.

Socialization. Jewel says she has no lack of social life. "There is a great community here. I've made some great friends, through book club and the women's discussion group on Tuesday mornings. If you are a people person, it's really great to have this opportunity. There is always more to learn."

Today's retirement is not your grandparents' retirement. It's an active, healthy, intellectually stimulating opportunity for growth and expanding your horizons. North Carolina's Research Triangle is one of the best places in the United States to do just that.

To learn more about retiring in the Research Triangle, visit <https://searstone.com> or call 919-899-2431.

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5 steps to help stop the rise in deaths from heart attack and stroke

(BPT) - Permission granted by ShantaQuillette Carter-Williams.

At 42, ShantaQuillette Carter-Williams never saw herself as someone who had a heart problem. She was active, paid attention to what she ate and felt healthy.

But one day, while on her usual run, she felt her heart flutter and went to the doctor. Six years later, after several trips to the emergency room and misdiagnoses, she had a heart attack and a stroke. That's when she learned she had cardiovascular disease, which can lead to both. She also was surprised to learn that it runs in her family - her mother had suffered a heart attack at a young age and hadn't told her about it.

Carter-Williams' story is not uncommon. Cardiovascular disease is the leading cause of death each year in the US, and it is on the rise. Black Americans are 30% more likely to die of this disease than others, according to the Centers for Disease Control and Prevention. There are many reasons for these higher rates, such as family history, implicit bias within the medical community and unequal access to health care.

"Cardiovascular disease is not usually discussed in Black culture," says Carter-Williams, "but we need to talk about these real issues - it could potentially save lives."

Today, Carter-Williams is an advocate for women, especially Black women like herself and her mother. Her goal is to help others take charge of their cardiovascular health, so they don't have to go through what she did.

Carter-Williams offers the following tips:

1) Put your health first

Making your health a priority can go a long way to curb the risk of cardiovascular disease. This can include getting regular check-ups and making lifestyle changes like a heart-healthy diet, daily exercise and reducing stress. For example, Carter-Williams scaled back her hours at work and made time for healthier habits such as exercising more and spending more quality time with her kids. A lower-stress lifestyle gives her more opportunities to teach her kids how to make healthy choices and reduce their risk of cardiovascular disease.

2) Talk about your family history

Lasting change starts with education. Black Americans have a disproportionately higher risk of cardiovascular disease, in part due to genetic factors. Carter-Williams encourages everyone, especially Black women, to learn about their family health history and discuss it with their health care teams.

3) Find the right health care team for you

Bias can exist in the health care system, even if it's not intended. These biases can affect the way patients with cardiovascular disease and other chronic conditions are understood and treated. Carter-Williams now looks for doctors who "look like her." "I need someone who understands me culturally," she says. "To relate to my doctor in that way makes a difference." It's important that she trusts her health care team and feels comfortable talking with them. A good relationship with your doctor - with regular check-ups and conversations about cardiovascular disease - can help you manage your risks over the long-term.

4) Take steps to know your cholesterol numbers and manage them

The majority of deaths from cardiovascular disease are a result of atherosclerotic cardiovascular disease (ASCVD), which can cause stroke, heart attack or even death. ASCVD is caused by high levels of bad cholesterol (LDL-C) in the blood. But there are steps you can take to manage your bad cholesterol and lower your risk. Regular testing can help detect high levels of bad cholesterol in the blood. Talk to your doctor about how often you need to have your cholesterol checked and what you can do to help lower high bad cholesterol and keep it low - includ-

ing following a healthy diet and adding or adjusting medication, if needed.

5) Take the pledge

There are many more steps you can take to contribute to a healthier future for yourself and others. A great place to start is by taking The Legacy We Lead pledge to help lead a legacy of fewer lives lost to cardiovascular disease and signing up to receive resources that will help you turn your pledge into action.

The Legacy We Lead is a national effort led by Novartis Pharmaceuticals Corporation dedicated to help stop the rise of cardiovascular-related deaths. With stories and inspiration from people like Carter-Williams, the program aims to inspire individuals to make a commitment to create a healthier future.

"My heart matters and so does yours," says Carter-Williams. "The Legacy We Lead urges everyone to take care of their own heart health and to support others."

Join the effort to create a healthier future and take the pledge at www.thelegacywelead.com.

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