



September 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Sources: www.cdc.gov, mayoclinic.org

Heart Disease

Cardiovascular diseases (CVDs) are a group of disorders of the heart and blood.

Heart disease is the leading cause of death for both men and women. More than half of the deaths due to heart disease in 2009 were in men.

Ways to Reduce your risk:

Control other health conditions, such as high blood pressure, high cholesterol and diabetes. Exercise at least 30 minutes a day on most days of the week. Eat a diet that's low in salt and saturated fat. Reduce and manage stress and practice good hygiene.

Important Appointment Dates:

Important Notes for my Doctor: