Preventing Heart Disease

STOP SMOKING

Within 24 hours after you quit smoking, your lungs begin to clear of smoking deposits, and begin to better exchange oxygen and carbon dioxide. Your heart disease risk drops dramatically within 1 year of quitting.

LOWER HIGH BLOOD PRESSURE

Know your blood pressure numbers. Stop by the HQ health units or site occupational medicine departments for a blood pressure check.

REDUCE HIGH BLOOD CHOLESTEROL

See your physician every 1 to 5 years for a blood cholesterol test.

AIM FOR A HEALTHY WEIGHT AND BE PHYSICALLY ACTIVE EACH DAY

Consider participating in the fitness facilities at HQ or the sites. Take your children on long walks for their heart health too!

MANAGE DIABETES

Follow your physician's recommendations on diet, blood testing, and medication.

REDUCE NEGATIVE STRESSORS IN YOUR LIFE

Take advantage of a free stress-reduction consultation with the employee assistance program counselors at HQ or the sites - workers and managers are welcome! Managers are encouraged to identify and eliminate undue work stress.

REGULAR AND RESTORATIVE SLEEP IS IMPORTANT