

by amy lynn smith

A woman with dark, wavy hair is running barefoot on a paved surface. She is wearing a white, short-sleeved, knee-length dress with a vibrant floral pattern in shades of red, pink, and brown. She is smiling and looking back over her shoulder. In her left hand, she is carrying a pair of red high-heeled shoes. The ground is marked with colorful chalk drawings, including circles and lines. The background features a modern building with large windows and lush green trees under a clear blue sky.

9 steps to one healthy heart

count the ways you can prevent heart disease



eat out without guilt

Sticking to a sensible eating plan in restaurants can be a challenge, but not impossible. But it does take discipline.

“Eating out is a wonderful social activity. Just don’t overdo it,” says Lalita Kaul, Ph.D., R.D., a spokeswoman for the American Dietetic Association (ADA). “If you eat out five times a week, try cutting it to two.”

The ADA suggests choosing menu items that include terms like baked, braised, broiled, grilled, poached, roasted, steamed or stir-fried. What’s more, Kaul says, order sauces and dressings on the side. Restaurant portions are typically huge, so split a dish with a friend or take home leftovers.

You also can ask the server or chef how meals are prepared. Many restaurants will accommodate special requests, such as not adding extra salt to your meal.



Our hearts keep us going,

day after day and year after year—and most of us only get one.

Sure, there are numerous treatments, including transplants, for heart disease. But if you take care of your heart today, you’ll significantly reduce your risk for problems tomorrow. And a heart-healthy lifestyle isn’t as tough as you might think.

“In the early days of promoting heart health, it was a lot of ‘Don’t do this’ and ‘Don’t do that,’” says Clyde W. Yancy, M.D., a cardiologist and spokesman for the American Heart Association. “But I believe it’s really all about having a strategy of moderation and modification.”

In that sensible spirit, here are nine things everyone can do to help prevent heart disease.

1 make small changes, one step at a time

Many of the nine strategies are interconnected, and this one relates to the other eight.

“You can’t just wake up one day and have everything in your life be different—it’s not sustainable,” Yancy says. “Take it stepwise. Incorporate a change and let it become embedded in your lifestyle, and then move on to the next change.”

2 eat good foods and avoid bad ones

Fresh vegetables, fruits, whole grains and lean proteins are the foundation of a heart-smart diet.

And certain foods have added benefits, says Dan Fintel, M.D., a cardiologist and member of the American College of Chest Physicians.

Brightly colored vegetables such as tomatoes and peppers, as well as fish and fish oil, have been proven to promote cardiovascular health, he explains.

When it comes to heart disease, fat is one of the biggest baddies, particularly saturated and trans fats, which can raise cholesterol and put on pounds. But, in moderation, some fats are good for your heart, such as olive oil and fats in such foods as avocados and salmon.

3 get moving and be strong

Just 30 minutes of aerobic exercise five days a week is enough to promote cardiovascular health. Plus, the effects of exercise are cumulative: five minutes climbing the stairs, 15 minutes walking during your lunch break ... and before you know it, you’ve got your 30 minutes in.

Also incorporate up to three weekly sessions of weight training into your routine, Yancy suggests. This can be as simple as carrying hand weights while you walk or doing push-ups and pull-ups.

“If you increase your muscle mass and lower your fat mass, your body will end up burning fats and carbohydrates more efficiently,” he says.



4 maintain a healthy weight

Being overweight significantly increases your risk of heart disease. But don't try to lose all the weight at once. A program of diet and exercise that takes off one to two pounds a month is ideal, Yancy says.

"A year will pass by quickly and you will have lost at least 12 pounds, if not the full 24," he explains. "Every single time I've gotten someone to use that approach, it's worked."

5 kick the habit

There is nothing about smoking that's good for anyone. Cigarette smokers are up to three times more likely to die from coronary heart disease than nonsmokers, according to the American Heart Association. Talk to your doctor about resources for giving up tobacco for good.

6 start each day with a plan to be healthy

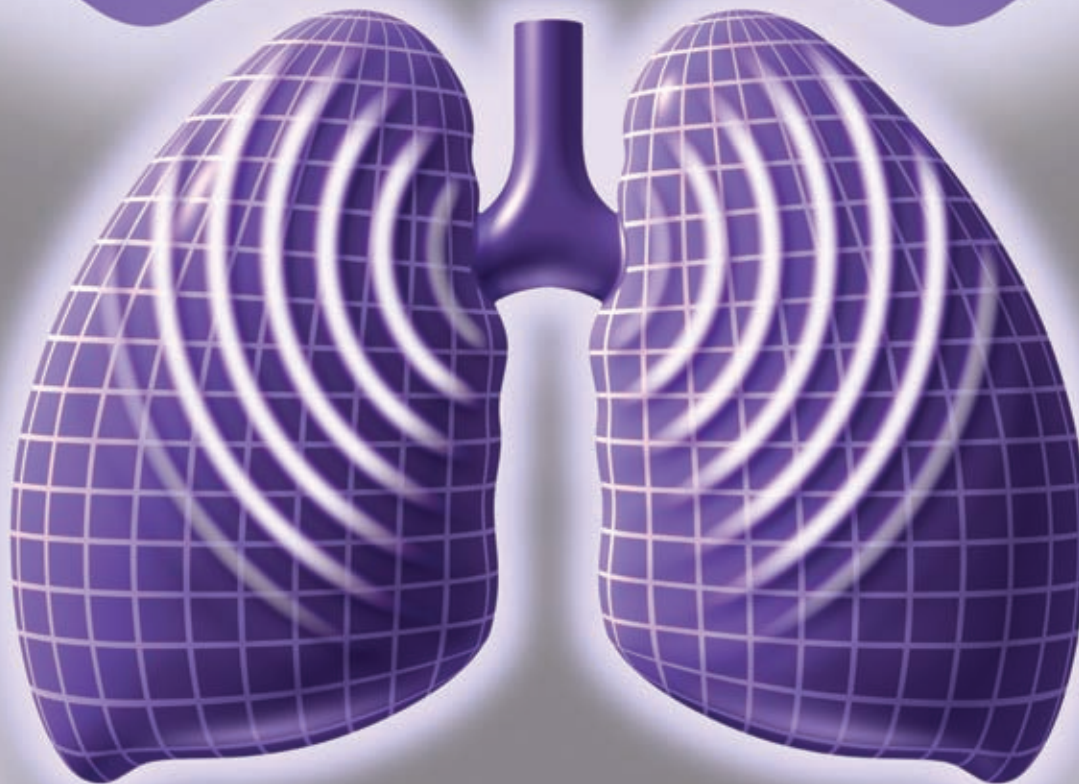
Wake up every morning thinking about what you're going to do to improve your health, such as exercising or seeking stress relief, Fintel says.

"Constantly be scheming about how you're going to get those few extra minutes into your daily regimen," he suggests. "You may not manage it every day, but you'll have a much better chance of achieving your goal if you plan your day in advance."

7 watch your numbers

High cholesterol, high blood pressure and diabetes are major risk factors for heart disease. Have cholesterol, blood pressure and blood sugar levels checked at least once a year, and if they're higher than they should be, take the necessary steps to control them. Exercise and a healthy diet can help bring these numbers to acceptable levels, and medication can be added for people who need it.





ADVAIR[®] helps significantly improve lung function so you can breathe better.*



If you have COPD associated with chronic bronchitis, ADVAIR 250/50 may help.

ADVAIR works differently than other COPD medications. It is the only product with an anti-inflammatory and a bronchodilator working together to help improve lung function. Talk to your doctor and find out if ADVAIR is right for you.

Get your first full prescription FREE.[†] Go to advairCOPD.com or call 1-800-768-0200.

It is not known how anti-inflammatories work in COPD.

Important Information: ADVAIR DISKUS 250/50 is approved for controlling symptoms and preventing wheezing in adults with COPD associated with chronic bronchitis. The benefit of using ADVAIR DISKUS for longer than 6 months has not been evaluated. You should only take 1 inhalation of ADVAIR DISKUS 250/50 twice a day. Taking higher doses will not provide additional benefits but may increase your chance of certain side effects. Lower respiratory tract infections, including pneumonia, have been reported with ADVAIR. Patients at risk for developing bone loss (osteoporosis) and some eye problems (cataracts or glaucoma) should be aware that use of inhaled corticosteroids, including ADVAIR DISKUS, may increase your risk. You should consider having regular eye exams. ADVAIR DISKUS does not replace fast-acting inhalers for acute symptoms.

*Measured by a breathing test in people taking ADVAIR 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Maximum effects may take several weeks. Your results may vary.

[†] See advairCOPD.com for eligibility rules.

Please see accompanying important information about ADVAIR DISKUS 250/50.

If you don't have prescription coverage and can't afford your medicines, visit pparx.org, or call 1-888-4PPA-NOW (1-888-477-2669)



ADVAIR DISKUS[®] 250/50
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)

If you smoke and want to quit, you can learn more at way2quit.com.

ADVAIR DISKUS[®] 100/50, 250/50, 500/50

(fluticasone propionate 100, 250, 500 mcg and salmeterol 50 mcg inhalation powder)

What is the most important information I should know about ADVAIR DISKUS?

In patients with asthma, long-acting beta₂-agonist medicines such as salmeterol (one of the medications in ADVAIR[®]) may increase the chance of death from asthma problems. In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. So ADVAIR is not for patients whose asthma is well controlled on another asthma controller medicine such as low- to medium-dose inhaled corticosteroids or only need a fast-acting inhaler once in a while. Talk with your doctor about this risk and the benefits of treating your asthma with ADVAIR.

ADVAIR should not be used to treat a severe attack of asthma or chronic obstructive pulmonary disease (COPD) requiring emergency medical treatment.

ADVAIR should not be used to relieve sudden symptoms or sudden breathing problems. Always have a fast-acting inhaler with you to treat sudden breathing difficulty. If you do not have a fast-acting inhaler, contact your doctor to have one prescribed for you.

What is ADVAIR DISKUS?

There are two medicines in ADVAIR: Fluticasone propionate, an inhaled anti-inflammatory belonging to a group of medicines commonly referred to as corticosteroids; and salmeterol, a long-acting, inhaled bronchodilator belonging to a group of medicines commonly referred to as beta₂-agonists. There are 3 strengths of ADVAIR: 100/50, 250/50, 500/50.

For Asthma

- ADVAIR is approved for the maintenance treatment of asthma in patients 4 years of age and older. ADVAIR should only be used if your doctor decides that another asthma controller medicine alone does not control your asthma or that you need 2 asthma controller medications.
- The strength of ADVAIR approved for patients ages 4 to 11 years who experience symptoms on an inhaled corticosteroid is ADVAIR DISKUS 100/50. All 3 strengths are approved for patients with asthma ages 12 years and older.

For COPD associated with chronic bronchitis

ADVAIR 250/50 is the only approved dose for the maintenance treatment of airflow obstruction in patients with COPD associated with chronic bronchitis. The benefit of using ADVAIR for longer than 6 months has not been evaluated. The way anti-inflammatories work in the treatment of COPD is not well defined.

Who should not take ADVAIR DISKUS?

You should not start ADVAIR if your asthma is becoming significantly or rapidly worse, which can be life threatening. Serious respiratory events, including death, have been reported in patients who started taking salmeterol in this situation, although it is not possible to tell whether salmeterol contributed to these events. This may also occur in patients with less severe asthma.

You should not take ADVAIR if you have had an allergic reaction to it or any of its components (salmeterol, fluticasone propionate, or lactose). Tell your doctor if you are allergic to ADVAIR, any other medications, or food products. If you experience an allergic reaction after taking ADVAIR, stop using ADVAIR immediately and contact your doctor. Allergic reactions are when you experience one or more of the following: choking; breathing problems; swelling of the face, mouth and/or tongue; rash; hives; itching; or welts on the skin.

Tell your doctor about the following:

- If you are using your fast-acting inhaler more often or using more doses than you normally do (e.g., 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row or a whole canister of your fast-acting inhaler in 8 weeks' time), it could be a sign that your asthma is getting worse. If this occurs, tell your doctor immediately.
- If you have been using your fast-acting inhaler regularly (e.g., four times a day). Your doctor may tell you to stop the regular use of these medications.
- If your peak flow meter results decrease. Your doctor will tell you the numbers that are right for you.
- If you have asthma and your symptoms do not improve after using ADVAIR regularly for 1 week.
- If you have been on an oral steroid, like prednisone, and are now using ADVAIR. You should be very careful as you may be less able to heal after surgery, infection, or serious injury. It takes a number of months for the body to recover its ability to make its own steroid hormones after use of oral steroids. Switching from an oral steroid may also unmask a condition previously suppressed by the oral steroid such as allergies, conjunctivitis, eczema, arthritis, and eosinophilic conditions. Symptoms of an eosinophilic condition can include rash, worsening breathing problems, heart complications, and/or feeling of "pins and needles" or numbness in the arms and legs. Talk to your doctor immediately if you experience any of these symptoms.
- Sometimes patients experience unexpected bronchospasm right after taking ADVAIR. This condition can be life threatening and if it occurs, you should immediately stop using ADVAIR and seek immediate medical attention.
- If you have any type of heart disease such as coronary artery disease, irregular heart beat or high blood pressure, ADVAIR should be used with caution. Be sure to talk with your doctor about your condition because salmeterol, one of the components of ADVAIR, may affect the heart by increasing heart rate and blood pressure. It may cause symptoms such as heart fluttering, chest pain, rapid heart rate, tremor, or nervousness.
- If you have seizures, overactive thyroid gland, liver problems, or are sensitive to certain medications for breathing.
- If your breathing problems get worse over time or if your fast-acting inhaler does not work as well for you while using ADVAIR. If your breathing problems worsen quickly, get emergency medical care.
- If you have been exposed to or currently have chickenpox or measles or if you have an immune system problem. Patients using medications that weaken the immune system are more likely to get infections than healthy individuals. ADVAIR contains a corticosteroid (fluticasone propionate) which may weaken the immune system. Infections like chickenpox and measles, for example, can be very serious or even fatal in susceptible patients using corticosteroids.

How should I take ADVAIR DISKUS?

ADVAIR should be used 1 inhalation, twice a day (morning and evening). ADVAIR should never be taken more than 1 inhalation twice a day. The full benefit of taking ADVAIR may take 1 week or longer.

If you miss a dose of ADVAIR, just skip that dose. Take your next dose at your usual time. Do not take two doses at one time.

Do not stop using ADVAIR unless told to do so by your doctor because your symptoms might get worse.

Do not change or stop any of your medicines used to control or treat your breathing problems. Your doctor will adjust your medicines as needed.

When using ADVAIR, remember:

- Never breathe into or take the DISKUS[®] apart.
- Always use the DISKUS in a level position.
- After each inhalation, rinse your mouth with water without swallowing.
- Never wash any part of the DISKUS. Always keep it in a dry place.
- Never take an extra dose, even if you feel you did not receive a dose.
- Discard 1 month after removal from the foil pouch.
- Do not use ADVAIR with a spacer device.

Children should use ADVAIR with an adult's help as instructed by the child's doctor.

Can I take ADVAIR DISKUS with other medications?

Tell your doctor about all the medications you take, including prescription and nonprescription medications, vitamins, and herbal supplements.

If you are taking ADVAIR DISKUS, do not use other long-acting beta₂-agonist-containing medications, such as SEREVENT[®] DISKUS or Foradil[®] Aerolizer[®], for any reason.

If you take ritonavir (an HIV medication), tell your doctor. Ritonavir may interact with ADVAIR and could cause serious side effects. The anti-HIV medicines Norvir[®] Soft Gelatin Capsules, Norvir Oral Solution, and Kaletra[®] contain ritonavir.

No formal drug interaction studies have been performed with ADVAIR.

In clinical studies, there were no differences in effects on the heart when ADVAIR was taken with varying amounts of albuterol. The effect of using ADVAIR in patients with asthma while taking more than 9 puffs a day of albuterol has not been studied.

ADVAIR should be used with extreme caution during and up to 2 weeks after treatment with monoamine oxidase (MAO) inhibitors or tricyclic antidepressants since these medications can cause ADVAIR to have an even greater effect on the circulatory system.

ADVAIR should be used with caution in people who are taking ketoconazole (an antifungus medication) or other drugs broken down by the body in a similar way. These medications can cause ADVAIR to have greater steroid side effects.

Generally, people with asthma should not take beta-blockers because they counteract the effects of beta₂-agonists and may also cause severe bronchospasm. However, in some cases, for instance, following a heart attack, selective beta-blockers may still be used if there is no acceptable alternative.

The ECG changes and/or low blood potassium that may occur with some diuretics may be made worse by ADVAIR, especially at higher-than-recommended doses. Caution should be used when these drugs are used together.

In clinical studies, there was no difference in side effects when ADVAIR was taken with methylxanthines (e.g., theophylline) or with FLONASE[®] (fluticasone propionate).

What are other important safety considerations with ADVAIR DISKUS?

Osteoporosis: Long-term use of inhaled corticosteroids may result in bone loss (osteoporosis). Patients who are at risk for increased bone loss (tobacco use, advanced age, inactive lifestyle, poor nutrition, family history of osteoporosis, or long-term use of drugs such as corticosteroids) may have a greater risk with ADVAIR. If you have risk factors for bone loss, you should talk to your doctor about ways to reduce your risk and whether you should have your bone density evaluated.

Glaucoma and cataracts: Glaucoma, increased pressure in the eyes, and cataracts have been reported with the use of inhaled steroids, including fluticasone propionate, a medicine contained in ADVAIR. Regular eye examinations should be considered if you are taking ADVAIR.

Lower respiratory tract infection: Lower respiratory tract infections, including pneumonia, have been reported with the use of inhaled corticosteroids, including ADVAIR.

Blood sugar: Salmeterol may affect blood sugar and/or cause low blood potassium in some patients, which could lead to a side effect like an irregular heart rate. Significant changes in blood sugar and blood potassium were seen infrequently in clinical studies with ADVAIR.

Growth: Inhaled steroids may cause a reduction in growth velocity in children and adolescents.

Steroids: Taking steroids can affect your body's ability to make its own steroid hormones, which are needed during infections and times of severe stress to your body, such as an operation. These effects can sometimes be seen with inhaled steroids (but it is more common with oral steroids), especially when taken at higher-than-recommended doses over a long period of time. In some cases, these effects may be severe. Inhaled steroids often help control symptoms with less side effects than oral steroids.

Yeast infections: Patients taking ADVAIR may develop yeast infections of the mouth and/or throat ("thrush") that should be treated by their doctor.

Tuberculosis or other untreated infections: ADVAIR should be used with caution, if at all, in patients with tuberculosis, herpes infections of the eye, or other untreated infections.

What are the other possible side effects of ADVAIR DISKUS?

ADVAIR may produce side effects in some patients. In clinical studies, the most common side effects with ADVAIR included:

- Respiratory infections
- Throat irritation
- Hoarseness
- Sinus infection
- Yeast infection of the mouth
- Bronchitis
- Cough
- Headaches
- Nausea and vomiting
- Diarrhea
- Musculoskeletal pain
- Dizziness
- Fever
- Ear, nose, and throat infections
- Nosebleed

Tell your doctor about any side effect that bothers you or that does not go away. These are not all the side effects with ADVAIR. Ask your doctor or pharmacist for more information.

What if I am pregnant, planning to become pregnant, or nursing?

Talk to your doctor about the benefits and risks of using ADVAIR during pregnancy, labor, or if you are nursing. There have been no studies of ADVAIR used during pregnancy, labor, or in nursing women. Salmeterol is known to interfere with labor contractions. It is not known whether ADVAIR is excreted in breast milk, but other corticosteroids have been detected in human breast milk. Fluticasone propionate, like other corticosteroids, has been associated with birth defects in animals (e.g., cleft palate and fetal death). Salmeterol showed no effect on fertility in rats at 180 times the maximum recommended daily dose.

What other important tests were conducted with ADVAIR?

There is no evidence of enhanced toxicity with ADVAIR compared with the components administered separately. In animal studies with doses much higher than those used in humans, salmeterol was associated with uterine tumors. Your healthcare professional can tell you more about how drugs are tested on animals and what the results of these tests may mean to your safety.

For more information on ADVAIR DISKUS

This page is only a brief summary of important information about ADVAIR DISKUS. For more information, talk to your doctor. You can also visit www.ADVAIR.com or call 1-888-825-5249. Patients receiving ADVAIR DISKUS should read the medication guide provided by the pharmacist with the prescription.

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free online grocery list

Getting ready to head to the supermarket? Make sure the heart-healthiest foods are on your list. Visit the American Heart Association at americanheart.org and type "grocery list" into the search box. Foods are organized by category of food and manufacturer, and only include the best foods for your heart.

go

8 chill out

Reducing stress is another important component of a heart-friendly lifestyle. Healthy social outlets, supportive relationships and having fun are three ways to keep stress at bay, Yancy says.

But he adds that "blowing off steam" is equally important. Studies have demonstrated that internalizing hostility can be enormously destructive.

"Always have some outlet that allows you to decompress and redirect your energies," Yancy adds. "It's amazing how therapeutic it can be just to exhale."

9 enjoy life

Some indulgences—such as moderate amounts of dark chocolate and alcohol—can be good for your heart, Fintel says.

"There are a number of complex substances in dark chocolate that directly promote vascular health," he explains. "And consumption of no more than 10 drinks per week has been associated with a significant reduction of cardiovascular events."

Of course, not everyone drinks alcohol or (shockingly) likes chocolate. What matters most is making healthy decisions that make sense for you—and the life you want to live.

"I follow a prudent diet, but I still enjoy some indulgences once in a while," Yancy says. "You just have to balance that indulgence with the rest of your choices in a way that allows you to lead a heart-healthy lifestyle every day for years to come." **vev**

take this job and ...

Even the perfect job can be stressful at times. Because most of us have to work for a living, here are some tips from the American Psychological Association for managing job-related stress:

Make the most of workday breaks.

Just a few minutes of "me time" can improve your mood. If you have an office, close your door and meditate.

Or try taking a quick walk or chatting with a colleague about anything other than work.

If you feel angry, walk away.

Count to 10 and then take another look at the situation. Physical activity also can help defuse anger.

Set reasonable standards for yourself and others.

Don't expect perfection. Also, make sure you and your boss agree on your responsibilities and performance criteria so you can focus your energy appropriately.

