

SAND RUN PHARMACY

FEBRUARY 2020

When some think of February, they think of Valentine's Day. With this comes thoughts of pretty pinks and reds, chocolates, flowers, and *hearts*. This month, we're taking time to talk about your heart and things you can do to keep it healthy!

Heart disease is currently the leading cause of death in the United States, causing 165 deaths per 100,000 people.



KEEPING YOUR HEART HEALTHY

The American Heart Association recommends a heart-healthy diet (think whole grains, fruits and vegetables, lean meats), 150 minutes of moderate exercise per week, good sleep habits and stress management. In addition to those recommendations, there are various medications and over-the-counter supplements that can be beneficial for your heart health as well.

Some prescriptions used to treat & prevent the progression of heart disease and heart attacks include:

- **Statins** (common examples include Crestor/rosuvastatin, Lipitor/atorvastatin and Zocor/simvastatin): these medications help reduce cholesterol and prevent plaque buildup in your arteries
- **Diuretics**: help lower your blood pressure and reduce strain on your heart
- **ACE Inhibitors or ARBs** (common examples include lisinopril and losartan): lower blood pressure and improve blood flow
- **Beta Blockers**: reduce blood pressure and heart rate to reduce strain on your heart and help your heart pump blood more efficiently

Over-The-Counter Options:

- **Red Yeast Rice**: can reduce cholesterol and improve circulation (**recommended dose: 1200mg/day**)

Omega-3 Fatty Acids: can decrease triglycerides (unhealthy fats) and improve blood pressure (**recommended dose 1,000mg/day**)

Fiber– can increase “good” cholesterol and decrease “bad” cholesterol (**recommended dose: 25 to 30g/day**)

Sterols (CholestOff)– reduce the amount of cholesterol your body absorbs from food (**recommended dose: 1800mg/day**)

CoQ10– may help lower blood pressure and improve quality of life in patients with heart failure; especially useful in patients taking statins, as statins can decrease your body’s natural supply of Co-Q10(**recommended dose: 100mg/day**)

Green Tea– may lower “bad” cholesterol and triglycerides while increasing “good” cholesterol (**recommended dose: 150-2500mg/day**)

Garlic– can slightly lower blood pressure and slow the buildup of plaque in your arteries (**recommended dose: 300-1,000mg/day**)

*Before trying a new supplement, consult your physician or pharmacist.

Try CoQ-10 by OrthoMolecular!

Recommended dose: 1 capsule daily



Events and Special Pharmacy Hours

- February 14: Valentine's Day, open normal business hours
- February 17: President's Day, open normal business hours



WAKR Valentine's Day Senior Luncheon Series

Wednesday, February 12th
St. George Fellowship Hall
3204 Ridgewood Rd, Copley

- Doors open at 11 am
- Lunch, entertainment & door prizes

Get your tickets through WAKR by visiting their studio at 1795 West Market St in Akron
Or by calling the station at 330-869-9800

