

Heart Disease Prevention: *The Rule of Three's*

A Model to Help Patients Reduce Their Risk of Heart Disease

PILLS

1. BABY ASPIRIN (81mg)

Shown to reduce risk of heart disease; Ask your doctor if it would be right for you to start

2. FOLATE

Folic acid & B-Vitamins reduce levels of a substance called homocysteine in blood, which may decrease risk of heart disease

3. OMEGA-3 FATTY ACIDS

Present in fish, walnuts, and flax; or as supplement, shown to reduce risk of heart disease

LIFESTYLE

1. NUTRITION

Eating healthier is good for your heart for many reasons; find healthy foods you love and fill your home with them

2. EXERCISE

Exercise (4 times per week for 30 minutes) can decrease your risk by helping your heart and reducing stress

3. STOP SMOKING

Smokers have a significantly higher rate of heart disease, quitting greatly reduces your risk

STRESS REDUCTION

1. MEDITATION

A simple way to help you relax (shown to reduce risk of heart disease)

2. YOGA

A great way to reduce stress (shown to reduce risk of heart disease)

3. THERAPY/ COUNSELING

Discussing problems with a therapist greatly reduces stress; Can be done as an individual and/or as a group