

# Staying Heart Healthy During *The Holidays*

The holidays bring people together — particularly at the dinner table.

While festive, the season can pose health problems for cardiovascular patients.

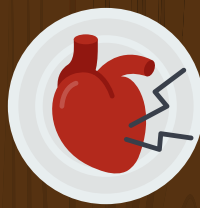
High-salt, high-fat and sugary foods can raise:



Blood pressure



Blood sugar



Heart rate



Many holiday foods can increase patients' risk of:



Heart attack



Stroke



Arrhythmia

But patients can take steps to **safeguard their heart health.**

- Keep up with prescription medications
- Don't overindulge at meals
- Limit alcohol consumption
- Stay active
- Get enough sleep

This season,  
don't take a holiday from your  
*heart health.*