

February is American Heart Month. Do you know someone with heart disease? Did you know that heart disease is the leading cause of death for both men and women? Every year close to 1 million people suffer from a first heart attack. Don't let that be you. You need to take care of your heart and the hearts of your loved ones. The key to keeping your heart healthy is to eat healthy and stay active. Each of us has risk factors for heart disease that we can and cannot change. Be sure to talk to your doctor and pharmacist about changes you can make today to become more Heart Healthy.

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