



JAFRA and the American Heart Association Offer Tips for Protecting Your Heart ... and Looking Your Best

Heart disease is the #1 killer of women in the United States. There is not much we can do about some heart health risk factors such as age and heredity. But we do have control in dealing with other major risk factors. Below are tips to address the risk factors we can positively impact, and some tips to help us look as good as we will feel when we are living more heart healthy lives!

- ♥ **Stop smoking.** If you smoke, quit. If someone in your household smokes, encourage them to quit. We know it's tough. But it's tougher to recover from a heart attack or stroke or to live with chronic heart disease.
- ♥ *Beauty-wise ...* next to sun exposure, smoking is the highest factor in wrinkling. Cigarette smoke releases free radicals that break down the vitamin C in the skin and contribute to premature wrinkling.
- ♥ **Reduce blood cholesterol.** Fat lodged in your arteries is a disaster waiting to happen. Sooner or later it could trigger a heart attack or stroke. You've got to reduce your intake of saturated and trans fat and get moving. If diet and exercise alone don't get those numbers down, then medication is the key. Your total cholesterol should be less than 200 mg/dl. Check with your doctor to see what your heart healthy HDL (good) cholesterol and LDL (bad) cholesterol numbers should be.
- ♥ *Beauty-wise ...* growing research shows a link between a relatively nutritious diet and improved skin tone. It has been shown that people suffering from malnutrition show obvious signs of increased aging because of vitamin deficiencies.
- ♥ **Lower high blood pressure.** It's the single largest risk factor for stroke and the No. 3 killer in the United States. Shake that salt habit, take any medication the doctor recommends *exactly as prescribed* and get moving. Those numbers need to get down and stay down. **Your goal is less than 120/80 mmHg.**
- ♥ *Beauty-wise ...* there's no doubt that exercise improves blood circulation and the tone of the skin, resulting in a healthy glow. It also improves the skin's elasticity, strength and firmness.
- ♥ **Be physically active every day.** Getting 30–60 minutes of physical activity on most days of the week can help lower blood pressure, lower cholesterol and keep your weight at a healthy level. Studies show that people who have achieved even a moderate level of fitness are much less likely to die early than those with a low fitness level.
- ♥ *Beauty-wise ...* remember to drink 8 glasses of water per day as there is unanimous agreement it will improve the beauty of your skin.

- ♥ **Aim for a healthy weight.** Good nutrition and physical activity are the only way to maintain a healthy weight. Obesity places you at risk for high cholesterol, high blood pressure and insulin resistance, a precursor of type 2 diabetes — the very factors that heighten your risk of cardiovascular disease. Your Body Mass Index (BMI) will tell you if your weight is healthy. Please visit www.americanheartassociation.org to learn more about BMI and heart health.
- ♥ *Beauty-wise ...* frequent weight gains and losses can also dramatically affect the elasticity of the skin. A gradual weight loss should not impact the skin, but be sure to follow a healthy, well balanced weight loss plan to maintain your skin's natural, healthy glow.
- ♥ **Reduce stress.** Some scientists have noted a relationship between coronary heart disease risk and stress in a person's life that may affect the risk factors for heart disease and stroke. For example, people under stress may overeat, start smoking or smoke more than they otherwise would.
- ♥ *Beauty-wise ...* stress and prolonged, uncontrolled tension, anger, anxiety all negatively impact healthy skin and can lead to diseases which can damage the structure and integrity of the skin.
- ♥ **Limit alcohol.** Drinking too much alcohol can raise blood pressure, cause heart failure and lead to stroke. It can contribute to high triglycerides, produce irregular heartbeats and affect cancer and other diseases. It contributes to obesity, alcoholism, suicide and accidents.
- ♥ *Beauty-wise ...* some research indicates a link between alcohol consumption and aging. Alcohol can leave toxic by-products in the tissues that can speed up aging. It can also cause blotchiness and dull, dehydrated skin.
- ♥ **Manage diabetes.** People with diabetes are two to four times more likely to develop cardiovascular disease due to a variety of risk factors, including high blood pressure, high cholesterol, smoking, obesity and lack of physical activity. The risk of diabetes is the most prevalent among African American and Hispanic women.
- ♥ *Beauty-wise ...* exercise and healthy eating is the key to managing diabetes and to youthful, healthy looking skin.

Sources: Heart health tips are provided by the American Heart Association and the World Health Organization. Beauty-wise tips are taken from the following sources: www.freebeautytips.org, www.prevention.com, www.health.discovery.com, www.majon.com, www.skinclinic.com, and www.sciencedaily.com.