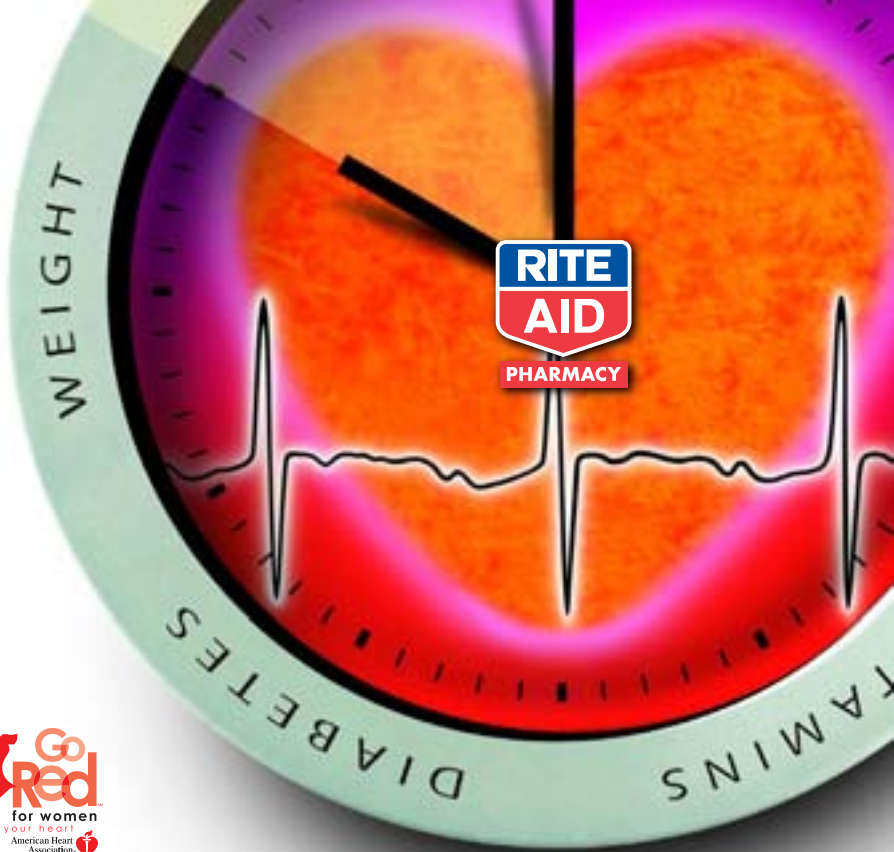


Healthy Heart guide

It's time to simplify heart health.
Tips and advice from your pharmacist.





Rite Aid – Helping You Get Heart Smart

Rite Aid is committed to providing the everyday products and services that help our valued customers lead healthier, happier lives. An important part of that quality service is found in patient education. That’s why Rite Aid has worked together with the American Heart Association (AHA) to obtain information to develop this guide.

The AHA is dedicated to helping protect people of all ages and ethnicities from the ravages of heart disease and stroke. By investing in research, professional and public education, and advocacy, the AHA makes it possible for people across America to learn what they can do to reduce their risks and live longer, healthier lives. The American Heart Association is focused on providing comprehensive educational information regarding heart disease and stroke, but does not endorse any particular pharmacy or commercial product within this guide.

Did you know? Heart disease is the No. 1 killer of women over age 25.



Go Red - Wear it, feel it, live it!

The American Heart Association's Go Red For Women is a nationwide movement that aims to raise funds for research and increase awareness among women, helping them to make heart healthy choices and encouraging them to visit their doctors for screening. Get involved by calling 1-888-MY-HEART (1-888-694-3278) or by visiting www.americanheart.org.

- ♥ Donate to Make a Difference. Every donation will help raise awareness that heart disease is the number one killer of women. Donate online at www.americanheart.org.
- ♥ The Red Dress – Get One. Give One. Purchase a paper “Red Dress” for \$1 at your local Rite Aid. All proceeds go to the American Heart Association.

Take the Go Red Heart Check Up

Take the Go Red Heart Checkup at www.goredforwomen.org to find out your personal risk for heart disease. The American Heart Association's goal is to get one million women to take the test, see their health care providers to understand their risk, commit to one action to live a longer, healthier life and share their stories with other women to encourage them to take the check-up.

What is Heart Disease?

One out of every two women will die from some form of heart disease*, which is a general term that encompasses many heart conditions that can lead to heart attack or other problems. These conditions may include coronary heart disease, abnormal heart rhythms (arrhythmias), heart failure, heart valve disease, heart muscle disease and pericardial disease. Although heart disease is the leading cause of death for both men and women in the U.S., more females than males have died yearly from the disease since 1984. Heart disease, stroke and other cardiovascular diseases claim the lives of nearly half a million women every year. That's almost one death a minute and nearly twice the number of lives claimed by all forms of cancer combined, including breast cancer. Luckily, you can take preventive measures, and in the next few pages, you'll learn how.

* Includes diseases of the heart, stroke and other cardiovascular diseases.

Prevention - Risk Factors You Can Control

Heart disease prevention begins with knowing your risk factors and how to reduce them. The more risk factors you have, the greater your chance of contracting heart disease.

- **Smoking:** Cigarette smokers are two to four times more likely to develop heart disease than nonsmokers. There is simply no safe way to smoke. The only safe and healthful course is not to smoke at all.
- **Exposure to Secondhand Smoke:** Research now indicates that breathing other people's smoke is also deadly. There is no safe level of exposure to secondhand smoke. In fact, tens of thousands of nonsmokers die every year from coronary heart disease because they are exposed to other people's smoke.
- **High Cholesterol:** As blood cholesterol levels rise, the risk of heart disease increases. Cholesterol levels are affected by diet, heredity and age. Today, about a quarter of all American women have blood cholesterol levels high enough to pose a serious risk for heart disease.

Too much cholesterol causes plaque that can clog arteries in the heart, brain or other parts of the body, causing ruptures or clots. If a clot blocks an artery to the heart, it causes a heart attack. If it blocks an artery to the brain, it causes a stroke. Testing is essential. If your cholesterol level is 200 milligrams per deciliter of blood (mg/dl) or above, you are at higher risk for heart disease.

Category	Total Cholesterol (mg/dl*)
Desirable – lower risk	Less than 200
Borderline high – higher risk	200 to 239
High – more than twice the risk of desirable level	240 or higher

* Milligrams per deciliter

- **High Blood Pressure:** High blood pressure increases the workload of the heart, causing it to weaken over time. It also increases the risk of stroke, heart attack, kidney failure and congestive heart failure. Unfortunately, it has no obvious symptoms, so testing is crucial. The following chart shows ranges of blood pressure (BP) levels for adults 18 years and older.



Did you know? Stroke is the third leading cause of death among women.



Category	Systolic BP (mm Hg*)		Diastolic BP (mm Hg*)
Normal	Less than 120	and	Less than 80
Pre-hypertension	120-139	or	80-89
High – Stage One	140-159	or	90-99
High – Stage Two	160 or higher	or	100 or higher

* *Millimeters of mercury*

- **Physical Inactivity:** As little as 30 minutes of moderate activity on most, and preferably all, days of the week helps protect heart health.
- **Diabetes:** The risk of death from heart disease is about two to four times higher in women with diabetes. Even when glucose levels are under control, diabetes seriously increases the risk of heart disease and stroke.
- **Excess Weight and Obesity:** Overweight women are much more likely to develop heart-related problems, even if they have no other risk factors. Excess weight increases the strain on the heart and influences blood pressure, blood cholesterol and triglyceride levels, making diabetes more likely to develop. A diet low in sugar and fat and a regular exercise program are key to maintaining a healthy heart.

Commit to Quitting

Quitting smoking is one of the most beneficial things you can do to reduce your risk of heart disease. Today, there are many approaches you can take to kick this deadly habit. Among them are:

- **Counseling:** Individual and group counseling increase the likelihood of successful smoking cessation.
- **Medication:** The US Food and Drug Administration (FDA) has approved seven medications as smoking cessation aids, all of which are effective. On the next page is a guide to the most common medications.

FDA-Approved Smoking Cessation Medications

Bupropion, sustained-release: Zyban (prescription only)

Dosage: 150 mg daily for 3 days, then 150 mg twice a day. Begin 1–2 wks before quit date, then 7–12 wks.

Precautions/Contraindications: Seizure, eating disorder **Side Effects:** Insomnia, dry mouth

Nicotine gum: Nicorette, Nicorette DS, Nicotine Mint, Nicorette Orange (OTC* only)

Dosage: Up to 24 pieces/day; use 2 mg if smoke <25 cigs/day; use 4 mg if smoke >25 cigs/day. Up to 12 wks.

Precautions/Contraindications: Recent heart attack, angina, arrhythmias, uncontrolled BP

Side Effects: Sore mouth, dyspepsia

Nicotine inhaler: Nicotrol Inhaler (prescription only)

Dosage: 6–16 cartridges/day. Up to 12 wks then taper over 6-12 wks.

Precautions/Contraindications: Recent heart attack, serious angina, bronchospastic disorder **Side Effects:** Mouth/throat irritation, coughing

Nicotine nasal spray: Nicotrol NS (prescription only)

Dosage: 1–2 doses/hour; 8–40 doses/day. 3–6 mo.

Precautions/Contraindications: Dependency, recent heart attack, arrhythmias, angina, asthma **Side Effects:** Nasal irritation

Nicotine patch: Nicoderm CQ (OTC* only), Rite Aid Nicotine Transdermal System patch (OTC* only)

Dosage: >10 cigs/day: 21 mg/d for 6 wks, then 14 mg/d for 2 wks, then 7 mg/d for 2 wks; <10cigs/day: 14 mg/d for 6 wks then 7 mg/d for 2 wks. Up to 10 wks.

Precautions/Contraindications: Recent heart attack, arrhythmias, angina, uncontrolled BP

Side Effects: Local skin reaction

Nicotine lozenge: Commit (OTC* only)

Dosage: Up to 20 lozenges/day; no more than 5 in 6 hours; use 2 mg if 1st cigarette smoked 30 min after wake up; use 4 mg if 1st cig is within 30 min of waking. Up to 12 wks.

Precautions/Contraindications: Recent heart attack, heart disease, arrhythmia, uncontrolled BP

Side Effects: Insomnia, nausea, heartburn, headache

Varenicline: Chantix (prescription only)

Dosage: 0.5 mg every day for 3 days; 0.5 mg twice daily for days 4-7; 1 mg twice daily day 8 thru end of treatment. Begin 1 week before quit date; then up to 12 wks.

Precautions/Contraindications: renal impairment/disease **Side Effects:** Insomnia, unusual dreams, nausea, headache

* OTC indicates Over-The-Counter. Zyban, Nicorette, Commit, and Nicoderm are products of Glaxo SmithKline; Nicotrol is a product of Pharmacia, Inc.; Chantix is a product of Pfizer.



Know the Signs

Some heart attacks are sudden and intense. No one has any doubts about what's happening. But most heart attacks start slowly, with mild pain or discomfort.

Here are some of the signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This feeling may occur with or without chest discomfort.
- **Other signs of discomfort.** These may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

At the first warning sign, call 9-1-1 without delay. Don't be afraid to take an ambulance to the hospital. Emergency personnel can begin treatment upon arrival, and are equipped to treat you if your heart stops beating. In addition, patients arriving by ambulance tend to receive faster treatment. There are medications and treatments that can prevent or limit damage to the heart. However, to be the most effective, they need to be given within one hour of the start of symptoms.

Take Charge of Your Health

Make it a point to ask your doctor or your pharmacist about the risks you face as a woman and the preventive measures you should take.

Top Ten Questions to Ask Your Doctor

1. What are my risk factors for heart disease?
2. Am I at risk for stroke?
3. What should I know about the effects of menopause on my health?

4. Do I need to lose or gain weight for my health?
5. What is a healthful eating plan for me?
6. What kind of physical activity is right for me?
7. What is my blood pressure? Is that healthy for someone my age?
8. What are my blood cholesterol levels? Are those healthy levels for someone my age?
9. What is my blood glucose level? Is that a healthy level for someone my age?
10. Based on my history and risk factors, what can I do to lower my risk of heart disease and stroke?

Remember, your Rite Aid pharmacist and doctor are there to support you, so don't hesitate to share your concerns about heart disease.

Products Aimed at Prevention*

There are many over-the-counter (OTC) products to help you maintain a healthy heart.

Product Type	Use
Blood Pressure Monitor	Helps you track your blood pressure.
Body Fat Monitor	Determines your body fat percentage and Body Mass Index (BMI). These are good measures of fitness and can help you measure progress in weight loss/physical activity programs.
Home Cholesterol Test	Helps you track your cholesterol levels with a small blood sample.
Low Dose Aspirin	In appropriate patients, can reduce the risk of a heart attack.

If you have a heart condition, always consult with your Rite Aid pharmacist or physician before selecting an OTC product for another condition (i.e. cold, flu, arthritis pain). Certain OTC medications may worsen your heart condition. Herbal and dietary supplements may also worsen your heart condition. In addition, your prescription medication may interact with OTC products.

Aspirin

An aspirin a day may lower your risk of problems if you have coronary artery disease, a heart attack or angina. Aspirin interferes with platelets in your blood, making it less likely to clot. However, aspirin can cause gastrointestinal bleeding and other problems. Talk to your doctor about whether you should consider taking aspirin.

* These products are listed for educational purposes only and are not intended as a substitute for medical advice or diagnosis. Please consult your healthcare professional with any questions about what treatment options may be right for you.

Common Prescriptions for Common Symptoms

	Type of Medicine – How it Works	Examples
Blood Pressure-Lowering	Diuretics – “Water pills” reduce the amount of fluid in your blood, lowering blood pressure.	Lasix (furosemide), hydrochlorothiazide, chlorothiazide, Bumex (bumetanide), triamterene, spironolactone
	Beta Blockers – Slow the force and rate of your heart beat. Less blood goes through the blood vessels, lowering blood pressure.	Tenormin (atenolol), Inderal (propranolol), Lopressor, Toprol (metoprolol), Betapace (sotalol)
	Angiotensin Converting Enzyme (ACE) Inhibitors – Prevent your body from making angiotensin II (a hormone). This hormone narrows blood vessels. By preventing this narrowing, blood pressure is lowered.	Capoten (captopril), Lotensin (benazepril), Vasotec (enalapril), Zestril (lisinopril)
	Angiotensin II Receptor Blockers (ARBs) – By blocking effects of angiotensin II, blood vessels widen, allowing blood pressure to go down.	Cozaar, Diovan, Atacand, Avapro, Benicar
	Calcium Channel Blockers (CCBs) – Block calcium from entering heart and blood vessel muscle cells. This relaxes the blood vessels and lowers blood pressure.	Adalat CC (nifedipine), Cardene (nicardipine), Dynacirc (isradipine), Plendil (felodipine), Norvasc (amlodipine), Cardizem, Tiazac (diltiazem), Verapamil
	Alpha Blockers – Reduce nerve impulses. Blood flows more easily through less tight blood vessels, lowering blood pressure.	Cardura (doxazosin), Minipress (prazosin), Hytrin (terazosin)

	Type of Medicine – How it Works	Examples
Blood Pressure-Lowering (continued)	Alpha-Beta Blockers – Combine the actions of alpha and beta blockers. Nerve impulses are reduced and the heart beat slows down, lowering blood pressure.	Trandate, Normodyne (labetalol), Coreg (carvedilol)
	Vasodilators – Relax blood vessels, making them wider and lowering blood pressure.	Nitrates: Monoket, Imdur (isosorbide mononitrate), Isordil, Sorbitrate (isosorbide dinitrate), Nitrostat, Minitran (nitroglycerin), Hydralazine
Cholesterol-Lowering	HMG-CoA Reductase Inhibitors – “Statins” – Block an enzyme that reduces the amount and frequency of cholesterol production, effectively lowering LDL cholesterol levels.	Lipitor (atorvastatin), Zocor (simvastatin), Lescol (fluvastatin), Mevacor (lovastatin), Pravachol (pravastatin), Crestor (rosuvastatin)
	Bile Acid Sequestrants – Absorb bile acid, preventing reabsorption of fats in the intestine, thus lowering LDL cholesterol. They are usually used with other medication.	Questran (cholestyramine powder), Colestid (colestipol)
	Nicotinic Acid – Lowers LDL cholesterol and triglycerides, and raises HDL cholesterol.	Niacin, Niacor, Niaspan
	Fibrates – Reduce liver production of triglycerides and cholesterol, lowering triglycerides. They may also increase HDL cholesterol.	Lopid (gemfibrozil), Tricor (fenofibrate)
	Cholesterol Absorption Inhibitors – Block cholesterol absorption in the intestine and lower LDL cholesterol.	Zetia (ezetimibe)

Coronary heart disease rates in women after menopause are 2-3 times those in women of the same age before menopause.



Choosing Healthy Snacks

How do you make food choices that can help protect your heart?

- Know what you're eating.
 - Look at product labels for sodium and fat content. Sodium levels should not exceed 2300 mg/day, while fat should be limited to no more than 30% of total daily calories. Saturated fat should be limited to 7%.
 - Avoid or limit sources of saturated fats, such as fatty cuts of meat, poultry skin, butter, whole milk, ice cream and cheese.
 - Avoid or limit sources of trans fats, such as some snack foods, most margarine and commercially baked products.
 - Remember that canned, processed and preserved vegetables may have added sodium.
 - Avoid palm or coconut oil.
- Make healthy substitutions in your food choices.
 - Use olive or canola oil for cooking instead of vegetable oil. Substituting with corn, sunflower and safflower oils may also help protect your heart.
 - Eat fish 2-3 times a week. This may help lower blood fat levels and help prevent arteries from clogging.
 - Broil, bake, roast, steam and/or grill foods to help cut down on total fat.
 - Add foods high in fiber like oatmeal, dried beans and peas, fruits and vegetables to your diet. Doing so may help lower cholesterol.
- Avoid or limit alcohol. Alcohol provides unnecessary calories, and may increase blood pressure and triglycerides. If you drink, limit intake to no more than one drink per day for women and two drinks per day for men. A drink is one 12 oz. beer, 4 oz. of wine, 1.5 oz. of 80-proof spirits, or 1 oz. of 100-proof spirits.





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