

5 Keys to a Healthy Heart

A GUIDE FOR AFRICAN AMERICANS

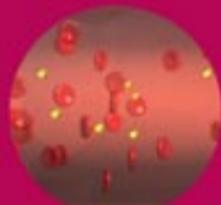
F E A T U R I N G



Herman Edwards



Marla Gibbs



Cholesterol



Blood Pressure



Prevent Diabetes



Healthy Eating



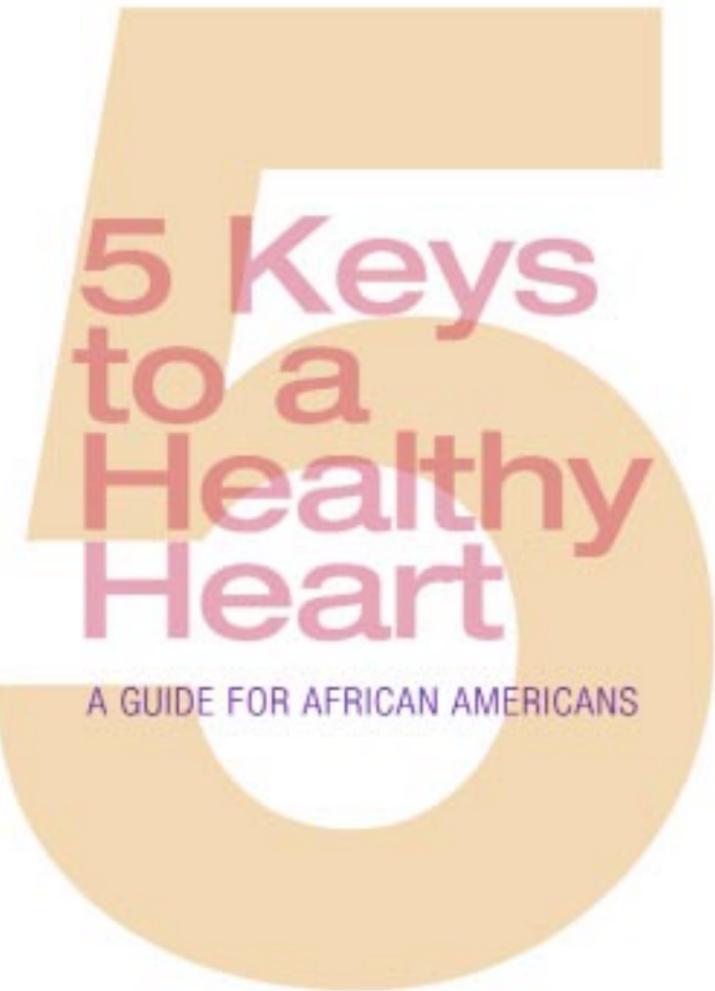
Exercise

ACP

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5 Keys to a Healthy Heart

A GUIDE FOR AFRICAN AMERICANS

Introduction

Did you know that you can help prevent heart disease and stroke? Cardiovascular disease is the number one cause of death in the U.S., and African Americans are at especially high risk. Fortunately, there's a lot you can do a lot to decrease your risk.

Even if you don't die from heart disease or a stroke, it can spoil the quality of your life. That's why taking preventive steps is so important. This guidebook and video program will help you and your loved ones take charge of your heart health and enjoy the benefits for many years to come.

First, watch the video. Share it with your family members and friends. You'll see how actress Marla Gibbs and New York Jets Coach Herman Edwards each take charge of their heart health. You'll also get helpful advice from leading African American physicians.

Next, use this guidebook. You'll find essential information about cholesterol, blood pressure, preventing diabetes, and other keys to heart health. You'll also find useful tips for exercising and enjoying healthy foods. Plus, there are several charts where you can record your own heart-health numbers.

Now is the time to start doing a huge favor for yourself and your family. Follow the *Five Keys to a Healthy Heart*, and look forward to a bright and fulfilling future.

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Manufactured in the United States of America

For further information contact:

Conrad & Associates, LLC
10415 Stapleford Hall Drive
Potomac, MD 20854
(800) 553-0504
(301) 983-6417

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1



When cholesterol builds up in the walls of the arteries, it can lead to heart disease.

Control Your Cholesterol

Did you know that nearly half of all African American adults have unhealthy blood cholesterol levels? Maintaining healthy cholesterol levels is extremely important for preventing heart disease. Anyone with total blood cholesterol over 200 mg/dL needs tests to determine if they are at increased risk for a heart attack or stroke.

Fortunately, it's in your power to help control your cholesterol levels. Daily exercise and eating healthy foods can make a bigger difference than you might think. Some people also need to take medication to control their cholesterol levels.

→ What Is Cholesterol?

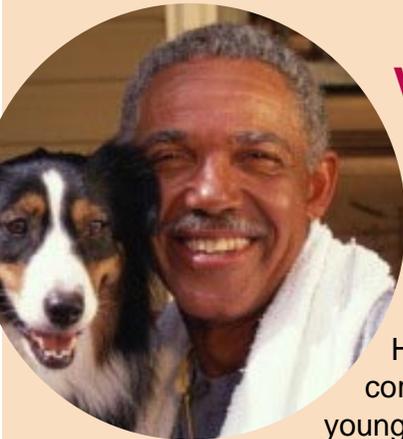
Your blood carries oxygen and nutrients through the arteries that feed your heart and your brain. It also carries a fat-like substance called cholesterol. Your body needs a little bit of cholesterol, but if there's too much cholesterol in your blood, it forms deposits in the walls of your blood vessels and your arteries can become narrow or get blocked.

When cholesterol builds up in the walls of the arteries, it can lead to coronary artery disease – the most common type of heart disease. Coronary artery disease occurs when the arteries that carry blood to the heart become hardened and narrowed, reducing the flow of blood to the heart.

If you have heart disease, you may experience chest pain called angina when some part of your heart is not getting enough blood. When cholesterol build-up severely reduces or blocks the flow of blood to the heart, a *heart attack* can occur.

When cholesterol build-up reduces or blocks the flow of blood to the brain, it can lead to a *stroke*. A stroke can occur when a blood vessel in the brain gets clogged. (A stroke can also occur when a blood vessel to the brain bursts, but this type isn't related to cholesterol build-up.)





Who is at Risk?

Anyone can develop unhealthy cholesterol levels, but the risk increases after age 45 for men and after age 55 for women.

Having a close family member with coronary artery disease at a relatively young age can also raise your risk. Did your father or brother have coronary disease before age 55? Did your mother or sister have coronary disease before age 65? If so, you are at increased risk.

You can't control your age or your family health history, so focus on the factors that you can control: blood pressure, weight, diet, and exercise.

- > People who have **high blood pressure** are at increased risk for unhealthy cholesterol levels.
- > People who are **overweight** are also at increased risk.
- > Eating high-fat foods raises a person's risk, especially **saturated fat** and **trans fatty acid**, also known as **trans fat**.
- > Eating foods that contain dietary cholesterol raises the risk, too. Any food that comes from animals contains dietary cholesterol. Eggs, liver, kidneys, and certain other foods from animal sources are especially high in dietary cholesterol.
- > On the other hand, getting plenty of exercise helps **lower** your risk of unhealthy cholesterol levels.

Know Your Numbers

Do you know your cholesterol levels? You can have unhealthy cholesterol levels without any warning signs. That's why it's so important to get your cholesterol checked. All adults should have their *total cholesterol* measured at least once every five years beginning at age 45 for men and at age 55 for women.

If your total cholesterol is more than 200 milligrams per deciliter (mg/dL) or if other factors put you at increased risk for a heart attack, your healthcare provider will obtain a blood test to measure your *lipoprotein* levels. This is a blood test that provides four important numbers:

- 1. Total cholesterol.**
- 2. LDL.** Also called "bad" cholesterol, this is the type that lays down fat deposits in your arteries. Eating foods that are high in saturated fat can increase your LDL. These include high-fat meats, whole milk, cheese, and butter. Trans-fatty acids, found in margarine and shortening, can also raise your LDL.
- 3. HDL.** Also called "good" cholesterol, this type helps clean "bad" cholesterol out of your arteries. Having high HDL lowers your risk of heart attack and stroke. Being physically active helps raise your HDL.
- 4. Triglycerides.** These are fatty substances that your liver makes from the foods you eat. High triglyceride levels raise the risk of heart disease. People who are obese, eat too much sugar, are inactive, or have diabetes are likely to have high triglyceride levels.



Cholesterol Targets

Talk with your healthcare provider about your risk for heart attack or stroke and what cholesterol levels you should aim for. The levels shown below are based on the National Heart, Lung, and Blood Institute of the National Institutes of Health, ATP III Classification. After talking with your healthcare provider, note your own targets in the space provided.

You need to follow a healthy lifestyle now, and stay in the habit over time.

CHOLESTEROL AND TRIGLYCERIDE LEVELS (mg/dL)		
Category	ATP III “Healthy” Classification	My Individual Target
Total cholesterol	Below 200	
LDL	Below 100	
HDL	60 or higher	
Triglycerides	Below 150	

If you have healthy cholesterol levels...

To help keep it that way, you need to follow a healthy lifestyle now and stay in the habit over time. The risk of high cholesterol increases in men after age 45 and in women after age 55.

- > Choose foods that are low in saturated fat and trans-fatty acids.
- > Exercise for at least 30 minutes most days.
- > Control your weight.

If you have unhealthy levels...

Lifestyle changes can do a lot to help improve your cholesterol and triglyceride levels.

- > You may need to change your eating habits.
- > You may need to exercise more.
- > If you are overweight, you need to lose weight. Talk with your healthcare provider to help set a healthy weight goal.

If lifestyle changes are not enough to improve your cholesterol levels, you might also need to take medication. Several different types of cholesterol medications are available. Your healthcare provider can help determine which type is best for you.

Even if you are taking cholesterol medication, it's still very important to pursue a healthy lifestyle.

2



Left untreated, high blood pressure can lead to a heart attack, stroke, or other serious health problems.

Take Charge of Your Blood Pressure

Why is high blood pressure called the “silent killer?” Because most people who have it feel healthy and don’t even know they have it.

More than one-third of African American men and women have high blood pressure. In fact, high blood pressure is more common among African Americans than any other ethnic group in the world. People living in rural areas of Africa tend to have very low blood pressure.

Left untreated, high blood pressure can lead to a heart attack, stroke, or other serious health problems. If you know that you have high blood pressure, however, you can monitor it and take medication if necessary to stay healthy and prevent heart disease.

Protect Yourself

The risk of high blood pressure increases with age. African Americans tend to develop high blood pressure at a younger age than people of other ethnic backgrounds—often before age 50. By age 65, two-thirds of African American women have high blood pressure.

To help control your blood pressure at any age, you need to exercise and eat foods that are low in fat and sodium. In addition, it’s very important to have your blood pressure measured regularly. Fortunately, this is simple to do, painless, and takes just a minute or two.

As an African American, one of the most important things you can do for your health is to get your blood pressure checked regularly. No matter how healthy you feel, have your blood pressure measured at least once year. **Don’t wait until the damage starts to find out that you’re at risk.**



A blood pressure measurement shows the amount of force it takes for your heart to pump blood through your body. A healthy level is below 120/80.

A blood pressure measurement always includes two numbers. The top number shows the amount of pressure while your heart is beating (systolic). The bottom number is the amount of pressure when your heart is resting between beats (diastolic).

BLOOD PRESSURE LEVELS (mm/Hg)

*“Normal” means that **both** the top and the bottom numbers are in the normal range.*

Category	Normal	Borderline Pre-hypertension*	High Blood Pressure
Systolic (Top Number)	Below 120	120-139	140 or higher
Diastolic (Bottom Number)	Below 80	80-89	90 or higher

* Indicates increased risk for developing high blood pressure.

Based on National Heart, Lung, and Blood Institute of the National Institutes of Health, ATP III Classification.

When Blood Pressure is Too High

If either of the top or bottom number of your blood pressure result is in the high or borderline (pre-hypertension) range, have your blood pressure checked more often than once a year. In addition to getting it checked at your doctor's office or clinic, you can get your blood pressure checked at some shopping malls, pharmacies, health clubs, fire stations, or events such as a church health fair. Consider buying an inexpensive automatic blood pressure machine that lets you measure your blood pressure at home and print out the results.

You can help lower your blood pressure by exercising more, losing weight if you are overweight, eating foods that are low in fat and sodium, and not smoking. Don't expect to change your lifestyle overnight. Work with your healthcare provider, and allow yourself to take it a step at a time. Each step in the right direction will get you closer to your goal.

Most people with elevated blood pressure also need to take medication. Your healthcare provider can tell you about the many effective blood pressure medications that are available.



Don't expect to change your lifestyle overnight.

3

Prevent Diabetes



Can you believe that one out of every four African Americans between ages 65 and 74 has diabetes? It's true.

Following a healthy lifestyle doesn't just help control cholesterol and blood pressure. It also helps prevent diabetes. If you already have diabetes, a healthy lifestyle is important for controlling it and preventing serious health complications.

Too much glucose (sugar) in the blood is what leads to diabetes, a leading cause of heart disease and stroke.

Diabetes is the disease a person gets when the body has trouble making or using insulin, so too much glucose (sugar) builds up in the blood. About two-thirds of people with diabetes die of heart disease. Diabetes can also cause other serious health problems, such as kidney damage, blindness, and arm and leg amputations.

African Americans are at high risk for diabetes. On average, African Americans are about twice as likely to have diabetes as Caucasian Americans of similar age.

Can you believe that one out of every four African Americans between ages 65 and 74 has diabetes? It's true. Furthermore, the diabetes rate among African Americans of all ages has been increasing dramatically.

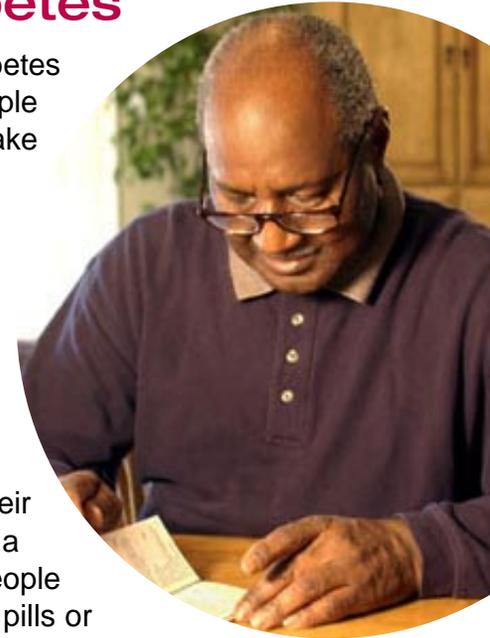
Types of Diabetes

The two main types of diabetes are type 1 and type 2. People who have type 1 need to take insulin to stay alive, and they often have diabetes in childhood.

Type 2 diabetes is much more common, especially among African Americans. It can start at any age. People who have type 2 diabetes need to control their blood glucose by following a healthier lifestyle. Some people also need to take diabetes pills or insulin, or both.

About 95 percent of African Americans who have diabetes have type 2. In fact, the rate of type 2 diabetes among African Americans is 60 percent higher than among Caucasians. One out of every four African American women over 50 has diabetes!

Although type 2 diabetes usually begins after age 45, more and more people under 45 are getting this disease. Why? Because too many are overweight, eat foods with too much fat and sugar, and don't exercise enough.



Have You Been Tested?

A person can have diabetes without experiencing any symptoms. That's why many people with diabetes don't realize they have it until it leads to a serious problem such as a heart attack.

The only way to find out for sure if you have diabetes is to have a blood test. Talk with your healthcare provider about whether you should have a diabetes test if you have ever had a heart attack or if you have any of the following:

- High blood pressure
- High cholesterol
- A parent, brother, or sister with diabetes

A fasting plasma glucose test is a diabetes test that measures the amount of glucose (sugar) in your blood on an empty stomach.

FASTING PLASMA GLUCOSE TEST

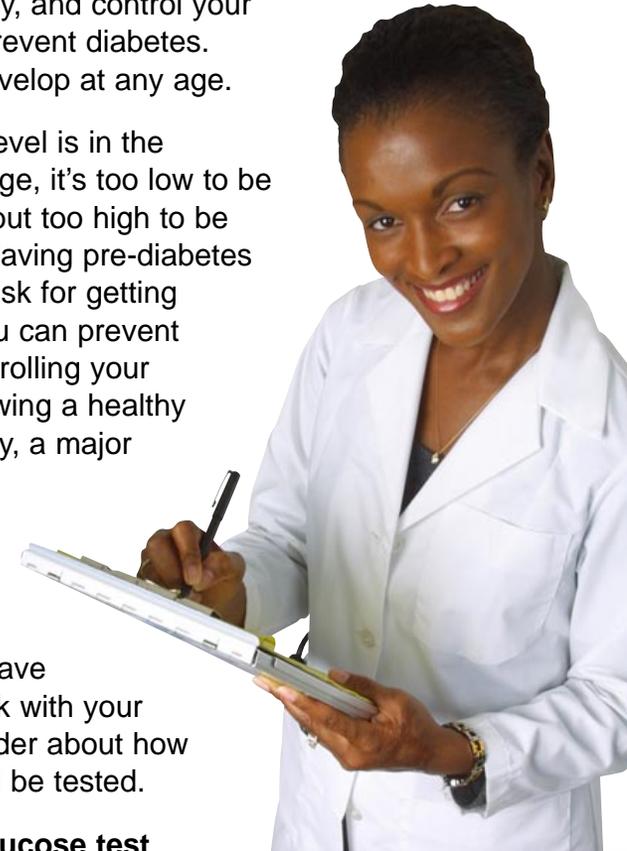
What the Numbers Mean (mg/dL)

110 or lower	Healthy
111-125	Pre-diabetes
126 or higher	Diabetes

If your glucose level is in the *healthy* range, you still need to make healthy food choices, exercise regularly, and control your weight to help prevent diabetes. Diabetes can develop at any age.

If your glucose level is in the *pre-diabetes* range, it's too low to be called diabetes but too high to be called healthy. Having pre-diabetes increases your risk for getting diabetes, but you can prevent diabetes by controlling your weight and following a healthy lifestyle. Recently, a major study found that losing just 10 pounds can cut the risk of diabetes by 58 percent! If you have pre-diabetes, talk with your healthcare provider about how often you should be tested.

If your blood glucose test shows a level of 126 mg/dL or higher, you probably have diabetes. Having diabetes raises your risk for heart disease, but controlling your blood pressure and cholesterol will go a long way toward preventing heart disease.



The only way to find out for sure if you have diabetes is to have a blood test.

Protect Your Children



If you have diabetes, your children are at increased risk for diabetes. Encourage heart-healthy habits starting at a young age. Making healthy food choices, exercising, and weight control are important for heart health in all children, and especially for anyone who is at high risk for diabetes.

People with diabetes need to control their blood glucose. *Controlling your blood glucose won't help prevent heart disease*, but it can help prevent other serious complications, such as blindness, kidney disease, and foot problems. Exercise, healthy eating, and weight control are very important for controlling blood glucose. Some people also need to take diabetes pills or insulin, or both.

People with diabetes check their blood sugar several times a day using a finger stick. In addition, anyone with diabetes should have health exams two to four times a year, including an A1C blood test.



Do You Smoke?

Smoking injures the walls of the blood vessels and contributes to hardening of the arteries. Quitting smoking will greatly reduce your chances of having a heart attack or stroke. One year after quitting, your risk of having a heart attack or stroke will drop to about half of what it was when you smoked. As you remain smoke-free over time, your risk will continue to decrease.

If you have tried to quit without success, try again. Some people try over and over several times before they finally succeed. If you need help, talk with your healthcare provider. Healthcare providers can offer useful advice and support. They also have medications that can help you stop smoking.

Too much stress can make cigarettes more tempting. Therefore, developing strategies for coping with stress can help you quit smoking.

4

Make Healthy Food Choices



Finding ways to enjoy healthy foods is the easiest way to break unhealthy eating habits.



You may already know that eating too much fatty food—especially saturated fat—is bad for the heart. You might also have heard that too much sodium can raise your blood pressure, and that people with diabetes need to limit sugar and other carbohydrates. But did you also know that choosing healthy foods can be tasty, fun, and convenient?

Heart-Friendly and Delicious

Finding ways to enjoy healthy foods is the easiest way to break unhealthy eating habits. So, start each day with a bowl of whole grain cereal and low-fat milk...or yogurt topped with fresh fruit. You might want to try peanut butter on whole-wheat toast. Be creative.

Throughout the day, focus on fruits, vegetables, and whole grains. These contain carbohydrates, plenty of nutrients, and fiber.

Do you love fried foods? You would probably also love the same foods baked or grilled. There are many delicious ways to prepare skinless chicken, turkey, fish, lean meats, and low-fat dairy products.

Need fast-food convenience? Think salad. If you eat lunch on the go, look for opportunities to eat a salad or a sandwich with low-fat chicken or turkey on whole-grain bread. At home, stock up on your favorite salad ingredients and keep a bowl of ready-to-eat salad available. Start each meal with a salad and low-fat dressing.

Enjoy fries and chips? Try cucumber slices or carrot sticks with low-fat dip for a snack or side dish.

When you crave cookies or other sweets, grab a handful of berries instead. You might want to stock up on unsweetened frozen strawberries, raspberries, or blueberries. Thaw and eat them alone or on low-fat yogurt.

Eating almonds, cashews, or peanuts is another way to help satisfy a craving for sweets. Many types of nuts and seeds (and fish) contain omega-3 and omega-6 fatty acids, which are especially good for heart health. Nuts are high in fat, but it's mostly unsaturated fat, which helps maintain healthy cholesterol levels if you limit yourself to no more than a handful per day—or a tablespoon of peanut butter.

Drink plenty of water instead of soda or other sweet drinks. Maybe you prefer ice water or sparkling water. Try adding a slice of lemon. You might also enjoy unsweetened tea, or low-fat or skim milk.



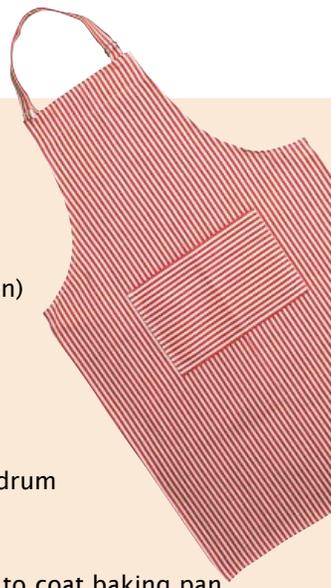


CRISPY OVEN-FRIED CHICKEN

- 1/2 cup skim milk or buttermilk
- 1 tsp poultry seasoning
- 1 cup cornflakes, crumbled
- 1 1/2 Tb onion powder (Tb = Tablespoon)
- 1 1/2 Tb garlic powder
- 2 tsp black pepper
- 2 tsp dried hot pepper, crushed
- 1 tsp ginger, ground
- 8 pieces skinless chicken (4 breasts, 4 drum sticks or thighs)
- A few shakes of paprika
- 1 tsp vegetable oil or cooking spray to coat baking pan

1. Preheat oven to 350° F.
2. Add 1/2 teaspoon of poultry seasoning to the milk or buttermilk.
3. Combine all other spices with the cornflake crumbs and place in a plastic bag.
4. Rinse the chicken pieces and pat each piece dry with a paper towel.
5. Dip each chicken piece into the milk, shake it a little to remove excess milk, then quickly shake the piece in the plastic bag with the seasoning and crumbs.
6. Refrigerate for 1 hour.
7. Spread the oil onto the baking pan to coat the bottom (or use a vegetable oil cooking spray instead). Then place the chicken pieces on the pan, evenly spaced.
8. Cover with aluminum foil (shiny side facing the chicken) and bake 40 minutes.
9. Remove the foil and continue baking for an additional 30 to 40 minutes or until the chicken can easily be pulled away from the bone with a fork. The crumbs will form a crispy coating. Do not turn chicken while baking.

Adapted from *Heart-Healthy Home Cooking, African-American Style*, NIH Publication 97-3792.



What to Limit

You can continue to enjoy good eating and still limit the following:



- > **Portion size.** How much you eat can be as important as what you eat. Resist the temptation to super-size your meals.
- > **Fried foods.** Instead of foods cooked in butter, margarine, shortening, or lard, enjoy moderate amounts of “good” fats. Try to bake food instead of frying. If you need to fry something, use canola, olive, peanut, sunflower, or safflower oil. These are high in monounsaturated and polyunsaturated fats, which are good when used in moderation.
- > **Saturated fat.** This type of fat raises LDL cholesterol. Limit butter, cheese, whole milk, and fatty cuts of meat. Forget bacon. Say “no” to hot dogs. Remove the skin from chicken and turkey.
- > **Trans fatty acids (trans fat).** These are found in vegetable shortening, some margarines, crackers, candies, baked goods, cookies, many snack foods, fried foods, salad dressings, and many processed foods. Check the ingredient list for “shortening,” “hydrogenated vegetable oil,” or “partially hydrogenated vegetable oil.” Eating too much trans fat raises LDL.
- > **Dietary cholesterol.** Any food that comes from animals contains dietary cholesterol. Eggs, liver, kidneys, and certain other foods from animal sources are especially high in dietary cholesterol.

> **Sodium.** Too much sodium can contribute to high blood pressure. Many convenience foods are high in sodium, so try to prepare your own meals from scratch. Instead of cooking with salt, use spices, herbs, and salt-free seasoning blends.

What About Carbohydrates?

Healthy eating can include a lot of complex carbohydrates such as bread, cereal, rice, and pasta. These foods come from grains. Whole grains—such as whole wheat bread, brown rice, and oatmeal—have more nutrients and fiber than refined grains. Therefore, try to eat whole grains instead of refined grains.

Complex carbohydrates are generally better for you than simple carbohydrates, such as candy and sodas. Having too much sugar and refined grains can raise a person's risk for diabetes.



READ THE LABEL
Check the nutrition labels on food packages to find out how much fat, saturated fat, sodium, and cholesterol is in the foods you eat.

A food is high in trans fat if one of the first ingredients listed is “shortening,” “partially hydrogenated vegetable oil” or “hydrogenated vegetable oil.”



Start here →

Limit these

Get plenty of these

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

Quick guide to % daily value
5% or less is low
20% or more is high



Sample Food Journal

Date: 7/15

Time	Amount & Type of Food	Activity While Eating
7:00 am	1 bowl pf cereal (oatmeal flakes) 1/2 cup skim milk 1/2 cup orange juice tea with lemon	read newspaper
10:30 am	12 almonds	working on computer
12:30 pm	small green salad turkey breast sandwich on a whole wheat roll	lunch with Mary
4 pm	handful of strawberries chocolate cake (thin slice)	office birthday party
6:30 pm	baked chicken breast 1 serving rice 1 serving green beans 1/4 cup cole slaw	family dinner

→ Keep a Food Journal

One of the best ways to control your eating habits is to keep a food journal. Each day, record what you eat and when. Noting what activities you do can help encourage healthy habits such as sitting down to meals as a family instead of watching TV while eating. Keeping track of what you eat can also be very helpful if you are trying to lose weight.

5



To help stay in the habit of exercising, plan a weekly routine.

Exercise!

Staying physically active can help you feel better all over, and it's one of the best things you can do for your heart health. Exercising regularly can help to:

- Lower your blood pressure.
- Lower your LDL “bad” cholesterol and triglyceride levels.
- Raise your HDL “good” cholesterol level.
- Control diabetes.
- Control your weight.
- Decrease stress.

Plan Your Routine

Make exercise a daily habit. Try to be active for at least 30 to 45 minutes most days.

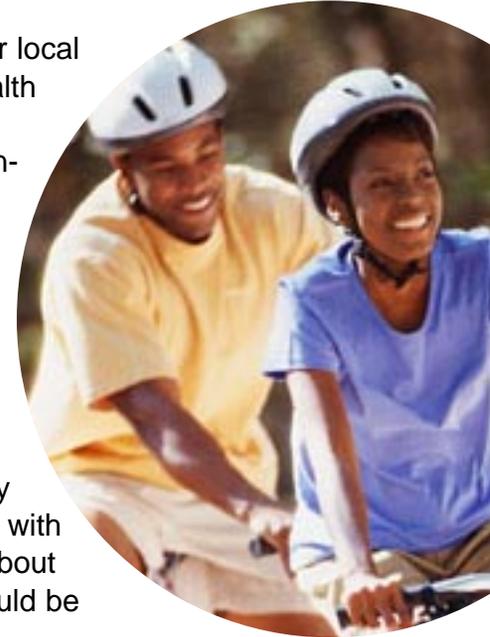
The key to remaining motivated is to find activities that you enjoy. Dancing? Tennis? Basketball? Running? Swimming? Bicycling? Soccer?

One of the best activities you can do is simply walk. Try taking walks regularly with a friend. Walk to the store to do your shopping. Walk to the playground with your children or grandchildren. If bad weather or safety concerns discourage walking in your neighborhood, try taking walks in a shopping mall.

Check out activities at your local community center or a health club. You might enjoy an aerobics class, weight training, stationary bicycling, jazz dance, yoga, or walking on a treadmill. You could also use a treadmill at home and watch television while exercising.

If you have diabetes or any other health condition, talk with your healthcare provider about what types of activities would be best for you.

The best way to stay in the habit of exercising is to plan a weekly routine. Write down the activities you'll do each day. To encourage yourself to keep following the plan, keep a record of the activities that you actually do each day.



Sample Exercise Routine

Day	Activities
Monday	Morning walk (30 min.)
Tuesday	Aerobics class; evening walk
Wednesday	Morning walk
Thursday	Swimming
Friday	Morning walk; aerobics class
Saturday	Go out dancing
Sunday	Play tennis



Need to Lose Weight?

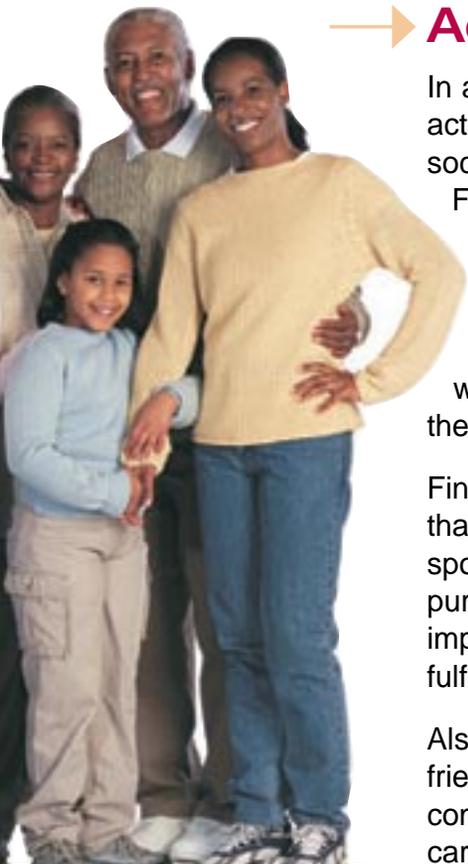
Did you know that more than 75 percent of African American women and more than 60 percent of African American men are overweight? Talk with your health-care provider about whether you need to lose weight, and if so, how much.

If you are overweight, losing weight will help to reduce LDL “bad” cholesterol, lower your blood pressure, and prevent or control diabetes.

Your genes and your environment can contribute to obesity, but it boils down to this: You are taking in more calories than you use. An effective weight-loss program includes choosing healthy foods, limiting portion size, and exercising regularly. Don’t forget to make exercise part of your weight-loss plan.

Weight-Loss Tips

- Exercise at least 30 to 45 minutes most days.
- Follow an exercise plan.
- Exercise before eating.
- Limit portion size.
- Eat slowly.
- Drink plenty of water.
- Follow the healthy eating advice in this guidebook.



→ Active Living

In addition to staying physically active, it's important to stay socially and emotionally active.

From communities that provide social and spiritual support to gospel music that uplifts the soul, African Americans have powerful ways of exercising the body, the mind, and the spirit.

Find time to pursue activities that you enjoy. From the arts to sports to gardening and more, pursuing your interests is an important key to feeling fulfilled.

Also find time to reach out to friends, family members, your community, and others. Taking care of a person in need, a pet, your plants, or your house can also help you feel active and involved.

Stay socially and emotionally active. Find time to reach out to friends, family members, your community, and others.

Feel Good All Over



Congratulations! By reading this book and watching the video, you have taken a giant step toward a healthier heart and a more fulfilling future.

Don't be discouraged if you find you need to make a lot of changes in your lifestyle. Many of us do. And don't expect yourself to change everything overnight. Each step you take in the right direction brings you closer to the next step.

Maybe you'll start by making an appointment for a health checkup...or by taking a walk each day. Your next step might be to eat salads instead of hamburgers and fries. If you smoke, you know that quitting will be a huge accomplishment.

Take these steps for yourself because you are worth it. Take them for your loved ones, too. Be a healthy role model in your community, and everyone will benefit.



To learn more about what you can do to maintain a healthy heart, contact the following organizations or find them on the Internet.

For More Information

American College of Physicians
Philadelphia, PA 19106
215-351-2400
www.doctorsforadults.com

American Diabetes Association (ADA)
Alexandria, VA
1-800-DIABETES (1-800-342-2383)
www.diabetes.org

American Heart Association
Dallas, TX
800-242-8721
www.AmericanHeart.org

American Stroke Association
888-4STROKE (888-478-7653)
www.StrokeAssociation.org

Association of Black Cardiologists
Atlanta, GA
800-753-9222 or 678-302-4222
www.abccardio.org

Calorie Control Council
Atlanta, GA
www.caloriecontrol.org
Offers free information on weight control, diet, and exercise.

Centers for Disease Control and Prevention (CDC)
Atlanta, GA
404-639-3311
www.cdc.gov

National Diabetes Education Program (NDEP)
National Institutes of Health
Bethesda, MD
1-800-438-5383
<http://ndep.nih.gov>

National Heart, Lung, and Blood Institute
Bethesda, MD
301-592-8573
www.nhlbi.nih.gov

National Medical Association
Washington, DC
888-662-7497 or 202-347-1895
www.nmanet.org
Physician Locator Service provides referrals to African-American physicians in your local area.

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Reliant was founded in August 1999 and commenced commercial operations in the following year through the acquisition of rights to three marketed brands that supported the establishment of a sales force of more than 750 sales professionals. Since that time, the company has continued to expand its product portfolio through internal development efforts and the acquisition of an additional brand. Reliant's sales infrastructure has grown with its product portfolio and now comprises nearly 1,000 sales professionals across the United States. The company's sales force aids in the promotion of existing products, while the size of its strategic sales and marketing infrastructure creates operating leverage that allows Reliant to add products to its portfolio efficiently and effectively.

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The American College of Physicians is the nation's largest medical specialty organization and second-largest physician group. Its membership comprises more than 115,000 internal medicine physicians and medical students. Internists are specialists in the prevention, detection and treatment of illnesses that primarily affect adults.

For more information about internal medicine physicians, please visit: www.doctorsforadults.com



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Building a Culture of Excellence within the Black Church

ICAM is the nation's premier leadership development initiative designed for Black religious leaders. The ICAM leadership education and management training program is operated under the auspices of the Interdenominational Theological Center (ITC) in Atlanta, Georgia. ITC is the nation's largest African American institution for theological education.

Credits

Five Keys to a Healthy Heart has been made possible through the expertise, time, and efforts of many individuals who are committed to health and wellness in the African American community. Special gratitude to:

Reliant Pharmaceuticals, Inc.

American College of Physicians

Patrick C. Alguire, MD, FACP
Director, Education and Career Development
American College of Physicians

Institute of Church Administration and Management (ICAM)

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Contributors to the Video

Charles K. Francis, MD, FACP, FACC
President, American College of Physicians
Rudin Scholar in Urban Health
Director, Office of Health Disparities, New York Academy of Medicine

Elijah Saunders, MD, FACP, FACC
Professor of Medicine Cardiology and Hypertension
Head, Section of Hypertension
University of Maryland School of Medicine

Author

Nancy Henderson
Freelance Health Writer
Washington, DC

Video Production

Tania Wilk
Executive Producer
Alan Weiss Productions
New York, NY

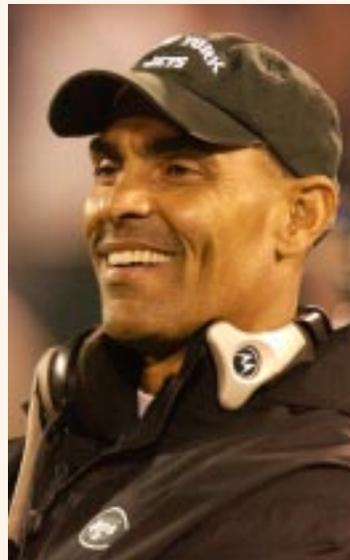
Project Manager

Gina Conrad
Conrad Productions

Cover and Guidebook Design

Design Partners www.dgdesignpartners.com

Special Thanks to



Coach Herman Edwards



Marla Gibbs

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