



Get passionate about heart health!

I'm thrilled that one of the American Heart Association's volunteers is featured on the cover of this issue of *Heart Insight*—just in time for National Wear Red Day® (February 1) and American Heart Health Month. Star Jones is not only a vivacious TV personality, lawyer and former prosecutor—she's also a heart disease survivor and outspoken heart-health advocate.

Star's story begins at age 47, when she started experiencing shortness of breath, heart palpitations, fatigue and lightheadedness. A visit to her doctor revealed that Star had valvular heart disease, and she subsequently underwent surgery to repair the genetic abnormality. Star's newfound health brought about a passion to raise awareness about heart disease, and she's been working tirelessly with the AHA ever since. Read Star's story on page 4 and you'll be inspired to make heart health a priority in your life, too.

One of the biggest challenges when caring for a loved one comes when the illness changes the person that your loved one used to be. But we're here to help you meet that challenge with "Chapter Two" (page 9), which provides insight into coping with the changes that illness can bring. Despite the disappointment and frustration, there can be a silver lining in the storm cloud.

Many of you have probably been prescribed one or more blood pressure medications by your doctor, but you may not know exactly what they do or why they were prescribed. Learn more about these medicines by reading "So Many Meds: Making Sense of Blood Pressure Drugs" on page 12. It takes a look at the different types of drugs available, what they're prescribed for and how they work. You don't have to be confused anymore!

"Life's Simple 7," on page 16, provides information on modest lifestyle and behavioral changes that can lead you to a lifetime of good health. In this issue, you'll find cooking tips to help lower your cholesterol; thoughts on recognizing roadblocks to losing weight; a look at "food deserts"; steps to take while walking to get the most out of it; and ideas for helping kids make healthy choices at school. And be sure to try some of the delicious dinner recipes that you can share with your Valentine on page 20.

Don't forget to visit us at HeartInsight.com and read our online-only article, "Be Your Own Diva: Get Heart Healthy with Star Jones," where Star shares her no-nonsense tips for working women and moms who want to make the most of their health.

As always, we'd love to hear your thoughts and suggestions—e-mail us at HeartInsight@wolterskluwer.com or write to **HEART INSIGHT**, 323 Norristown Road, Suite 200, Ambler, PA 19002. You can also follow us on Twitter: twitter.com/Heart_Insight.

Sincerely,

KATHLEEN L. GRADY, Ph.D., A.P.N., F.A.H.A., F.A.A.N.,
Editorial Board Chair, HEART INSIGHT



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