

FEBRUARY WELLNESS

FOCUSES OF THE MONTH:

HEART HEALTH & CANCER PREVENTION



February is American Heart Month and National Cancer Prevention Month.

There are lifestyle habits that can help with both of these wellness issues. Leading healthy lifestyles, such as making smart food choices and participating in physical activity, has been shown to help with cancer prevention and heart disease prevention. For additional information, please see the articles listed below.

Ongoing research is finding that the intake of fruits, vegetables and cereal grains may reduce the risk of developing certain cancers. In addition, there is evidence that maintaining a total fat intake of 30% or less of your total caloric intake can also have an impact on cancer prevention. To learn about the specific compounds of food that impact decreased risks for developing cancer, as well as specific foods which have these compounds in them, click on this link to reach the article offered through the BCBS *a healthy me* website.

[Phytochemicals, Antioxidants, and Omega-3 Fatty Acids for Cancer Prevention](#)

One of the best things you can do to prevent a heart attack or stroke, is to be physically active. Physical activity helps your heart by increasing HDL levels (the “good” cholesterol), lowering body weight or maintaining a healthy body weight, lowering blood pressure and controlling blood sugar. It may even help you in the event of a heart attack. Click below to read the article through Fallon’s website on how being active can help during a heart attack, and more about physical activity and heart health.

[Physical Activity Helps Prevent Heart Attacks and Strokes](#)

Experts believe that there are lifestyle habits that can be incorporated to help prevent one-third to one-half of all cancers. These lifestyle habits include staying active, eating well and maintaining a healthy weight. To read more about these lifestyle habits, and to learn about additional habits to implement in order to help prevent cancer, visit Tuft’s website by clicking here: [Tufts Health Plan Website](#). Go to the members page, and click on the Health Information & Tools tab. Click on Topics A-Z and input Cancer Prevention to reach the link to the article:

[“Lifestyle Changes That May Help Prevent Cancer”](#)

Maintaining a healthy diet plays a significant role in the prevention of heart disease and conditions that lead to heart disease, such high cholesterol and high blood pressure. Healthy diet recommendations include limiting total fat intake to 25 - 35% of total daily calories, limiting trans fats as much as possible, and keeping daily servings of cooked lean meat, poultry or fish servings to 5 - 6 ounces.

To learn more about food choices for a healthy heart, click here to reach an article offered through the Harvard Pilgrim website:

[Heart Disease and Diet](#)