

# Get Healthy Queens!™



## Prevent Heart Disease & Stroke

Heart disease is the #1 killer of Americans. A heart-healthy lifestyle is your best defense against heart disease and stroke. By following these simple steps, you can reduce your risk for heart disease, heart attack and stroke.

**Stop Smoking**—If you smoke, quit. As hard as it is to stop smoking, it is tougher to recover from a heart attack or stroke, or to live with chronic heart disease. Talk to your healthcare professional about ways to quit.

**Reduce Blood Cholesterol**—Fat in the arteries can trigger a heart attack or stroke. To reduce cholesterol, you must lower your intake of saturated and trans fat and exercise. If diet and exercise alone don't lower your numbers, your doctor may prescribe medication.

**Lower High Blood Pressure**—It is the single largest risk factor for stroke. Stop using salt, start exercising and take any medication your doctor recommends as prescribed to get and keep your blood pressure down.

**Be Physically Active**—30 to 60 minutes of exercise most days can help lower blood pressure and cholesterol, and keep you at a healthy weight. Studies show that people who have achieved even a moderate level of fitness are less likely to die early than those with a low fitness level.

**Aim For A Healthy Weight**—Good nutrition and exercise are the only way to maintain a healthy weight. Obesity puts you at risk for high cholesterol, high blood pressure and insulin resistance (a precursor of type 2 diabetes)—the factors that heighten your risk of heart disease.

**Manage Diabetes**—People with diabetes are two to four times more likely to develop cardiovascular disease, which is the leading cause of diabetes-related death.

**Limit Alcohol**—Drinking too much alcohol can raise blood pressure, cause heart failure and lead to stroke. It can also contribute to high triglycerides and produce irregular heartbeats.

Source: American Heart Association

## FEBRUARY Health & Wellness Events

**6 Wednesday, 4:00 PM**  
**Update On Reconstructive And Minimally Invasive Cosmetic Surgery**  
 Marco Harmaty, MD  
 Refreshments will be served  
 Registration Required. Call 1-800-Your-MDS  
 Mount Sinai Hospital of Queens  
 Patient Resource Room, 1st Floor  
 25-10 30th Avenue, Long Island City

**6 Wednesday, 8:00 PM-10:00 PM**  
**New Trends In Breast Surgery**  
 Panagiotis Manolas, MD  
 Registration Required. Call 1-800-Your-MDS  
 Greek Homeowners Association  
 23-49 31st Street, Long Island City

**12 Tuesday, 3:00 PM-4:00 PM**  
**Cooking For The Heart**  
 Thomas Stone, Chef  
 Space is limited  
 Registration Required. Call 1-800-Your-MDS  
 Mount Sinai Hospital of Queens  
 Administrative Annex, 4th Floor  
 23-34 30th Avenue, Long Island City

**26 Tuesday, NOON**  
**Go Red Luncheon: Take Charge Of Your Heart!**  
 Sergio Sokol, MD  
 Lunch will be served  
 Registration Required. Call 1-800-Your-MDS  
 Crescent Tower, Community Room  
 23-22 30th Road, Long Island City

**27 Wednesday, 3:00 PM-6:00 PM**  
**Breast Cancer Screening & Education**  
 George Tsioulis, MD, PhD  
 Co-sponsored with  
 Queens Breast Health Partnership  
 with support from SHAREing & CAREing  
 By Appointment Only. Call 718-274-0365  
 No charge to eligible patients  
 Mount Sinai Queens Physician Associates  
 27-15 30th Avenue, Long Island City



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FOR A PHYSICIAN REFERRAL, CALL: 1.800.YOUR.MDS OR VISIT: WWW.MSHQ.ORG