

Healthy living is everyone's goal, but to maintain healthy living is sometimes difficult to do, especially during holiday seasons or vacations. I will try to share and make some topics, which would help to take control of your health. In addition, I hope to mention some hints and suggestions for you to consider and try out.

As the first issue, I like to mention about heart disease. The heart disease is the leading killer of men and women. In fact, heart disease kills more women than all types of cancer combined. Because heart disease is so common and often silent until it strikes, it is important to recognize the factors that put you at risk. By making changes in your lifestyle, you can actually reduce your risk for heart disease.

According to American Heart Association, cardiovascular disease causes roughly 1.4 million heart attacks each year, and more than 40 percent of those suffering from a heart attack will die. Main contributing factors are smoking, cholesterol level, physical inactivity and stress and anger.

So, let's starting one by one such as kicking the smoking habit, eating foods with less cholesterol, walking 30 minutes every day, or do some indoor/outdoor sports. I know you can take one step at a time to reduce your risk for heart disease and to try to live healthy. Pick and start one of the above in this week. It will make you feel a whole lot better. Unless you start out, no one will do for you!

Dr. Jackie Fujikawa

