

Heart disease **KILLS** more
NEW YORKERS than anything else.

High cholesterol puts you at risk –
especially if you have
heart disease
or diabetes.



Protect Your Heart – Control Your Cholesterol



**Eat foods low in
saturated fats**



**Get physically
active**



**Take your medicine
if prescribed**

**For more information, talk to your
health care provider or call 311.**

Stamp Provider Information Below

_____ has an appointment on
Date _____

- | | |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Monday | <input type="checkbox"/> Thursday |
| <input type="checkbox"/> Tuesday | <input type="checkbox"/> Friday |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Saturday |

Time _____



nyc.gov/health

THE NEW YORK CITY DEPARTMENT
of HEALTH and MENTAL HYGIENE

Michael R. Bloomberg, Mayor

Thomas R. Frieden, M.D., M.P.H., Commissioner



Keep Your Heart Healthy:

A Key Step to a

Healthier New York