

# What Men Need to Know About Their Heart

Men need to look after their heart, so they don't have a heart attack or stroke.

More men get heart disease than women, because:

- Their hormones are different
- They often have higher blood pressure
- More men smoke than women

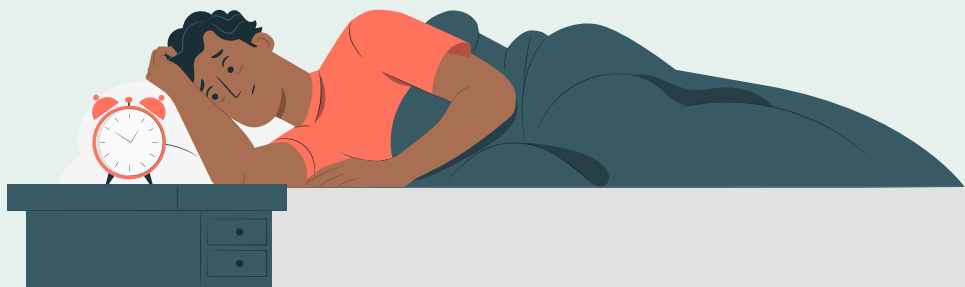


You should visit your doctor for a checkup:

- Even if you don't feel sick
- If you have sexual issues
- If you have high cholesterol, diabetes or obesity

What you can do to protect your heart:

- Find ways to deal with stress
- Don't drink too much alcohol
- Stay away from processed, sugary or salty foods
- Eat more fruits and vegetables
- Exercise
- Get enough sleep
- Find out if anyone in your family has had heart disease



You don't want to have a heart attack or stroke. So, remember, healthy choices mean a healthy heart.



Toll-free:

Request a call back: \*134\*905#

Get in touch online: <http://app.lyrawellbeing.health/>

Your company code:

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