

## Health Wise

February is recognized as American Heart Association Month. Since CHOLESTEROL is one of the three risk factors for heart disease which we can modify, I would like to share a quiz with you on cholesterol. The answers can be found at the end of this article.

1. The single most important change you can make to lower your cholesterol level is to stop eating eggs?  
**T F**
2. Fish oil supplements are recommended to lower cholesterol levels?  
**T F**
3. To lower your cholesterol level you should eat less fat, saturated fat and cholesterol and lose weight if overweight?  
**T F**
4. Saturated fats raise your cholesterol level more than anything else in your diet?  
**T F**
5. If you cut back on fatty meats to lower your cholesterol, you can replace them with most cheeses?  
**T F**
6. When shopping you should always choose foods that are labeled “no cholesterol”?  
**T F**
7. If you eat oat bran every day, you do not need to make any other changes in your diet to lower your cholesterol level?  
**T F**

Answers to the cholesterol quiz:

1. F    2.F    3.T    4.T    5.F    6.F    7.F

## HAPPY HEART MONTH

February hosts both Valentine’s Day and American Heart Association month. “Above all else, guard your heart, for it is the wellspring of life” (Proverbs 4:23). Why not take out your “sweetheart” for a heart - healthy dinner.

Prayer thought: “Fill my heart with love and compassion toward my enemies as well as my friends. May brotherly love abound in our hearts as well as in our homes that peace and love may dwell there.

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