

Health NEWS & NOTES

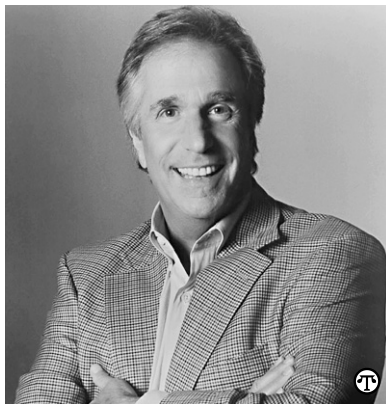
Actor/Director Henry Winkler Urges Americans To Have a Heart-to-Heart With Their Doctors

(NAPSA)—Henry Winkler is best known as “The Fonz” on television’s “Happy Days” and, more recently, as a lawyer on the Emmy award-winning comedy “Arrested Development.” Now Winkler is taking on another role that is very close to him personally. He is working with the American Heart Association on The Cholesterol Low Down to help dispel myths about heart disease and urge people to have heart-to-heart talks with their families and doctors about their personal risk factors for heart disease.

“I’ve always tried to stay healthy by watching what I eat and exercising when I can. I thought I was doing everything right,” Winkler said. “So I was surprised and worried when my doctor told me I had high cholesterol and that I could be at risk for heart disease.”

Winkler is proof that anyone can have high cholesterol and be at risk for heart disease: young or old, overweight or thin. Winkler’s parents both suffered from heart disease. Family history of high cholesterol or heart disease can play a major role regardless of how much a person weighs or how they eat. In fact, the majority of cholesterol found in the blood is made by the body. Only a small amount comes from the foods we eat.

“I’m encouraging everyone to have a heart-to-heart with their families and doctors about their personal risk factors for heart disease. I did and now I’m taking steps to lower my risk for heart attack and stroke by eating better, exercising regularly and taking



Henry Winkler

medication to help lower my cholesterol,” said Winkler. “I want to be around to enjoy my children and their children.”

Risk factors for heart disease include high cholesterol, high blood pressure, diabetes, family history of heart disease, age, smoking, lack of exercise and being overweight.

“Don’t wait to take care of your heart,” Winkler said. “Have your heart-to-heart today—for yourself and for your family.”

Join The Cholesterol Low Down by calling 1-800-AHA-USA1 (1-800-242-8721) or by visiting www.americanheart.org/cld. When you join, you will receive free educational materials about cholesterol and heart disease.

The American Heart Association’s The Cholesterol Low Down is a national cholesterol education campaign sponsored by Pfizer Inc. Pfizer is also a proud national sponsor of The American Heart Association’s Go Red For Women campaign.