

# Did You Know?

(NAPS)—New cholesterol guidelines from the American Heart Association emphasize a personalized approach to preventing and treating high cholesterol and cardiovascular disease. [www.heart.org/cholesterol](http://www.heart.org/cholesterol).

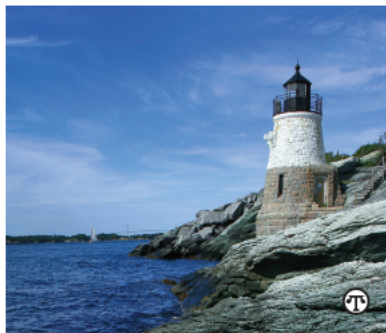
Millions of students, teachers, parents and community leaders celebrate School Choice Week from January 20 to 26. Learn more from the experts at [www.schoolchoiceweek.com](http://www.schoolchoiceweek.com).

One in five Americans suffers from bunions. Foot and ankle surgeons have made several advancements to surgical techniques and fixation methods that allow patients to return to activities sooner than with the traditional method. Learn more from the American College of Foot and Ankle Surgeons at [www.FootHealthFacts.org](http://www.FootHealthFacts.org).

Your car is always there for you. An oil change, tune-up and basic service can be a great way to return the favor, advises the nonprofit Car Care Council. For a free “Car Care Guide” and more information, visit [www.carcare.org](http://www.carcare.org).

Your mobile phone and the Walgreens app can help you set a daily reminder to be sure you take your medicine. Learn more at [www.walgreens.com/pharmacy](http://www.walgreens.com/pharmacy).

You don't have to live with clutter and chaos. A Professional Organizer or Productivity Consultant from the National Association of Productivity & Organizing Professionals (NAPO) can help. You can find one at [www.napo.net](http://www.napo.net).



“Ninety percent of Raynaud’s sufferers don’t seek treatment and too many physicians pay short shrift to those who do,” says Lynn Wunderman, founder and chair of the Raynaud’s Association. Learn more, including how you can help, at [www.raynauds.org](http://www.raynauds.org).

During National School Choice Week, millions of students, parents, teachers, schools, organizations and community groups host events and activities to connect with parents and communities—celebrations such as school fairs, open houses, information sessions and student showcases.

The world’s leading voluntary organization focused on heart and brain health, American Heart Association, and The Paul G. Allen Frontiers Group, a division of the Allen Institute, launched a \$43 million research project to bridge the science of vascular and brain health through revolutionary, out-of-the-box thinking.