

Colorful, delicious and nutritious fruits and vegetables help keep our bodies and minds healthier, longer.

What they offer:

A nutritional power boost free of fat and sodium

Convenient, easy, and affordable

Low calorie but high in fiber and water for better weight control

Assist in lowering your risk for heart disease, obesity, high blood pressure, diabetes and other chronic health conditions.

Improve your overall health and control your weight, cholesterol, blood sugar and blood pressure.

Manage your health during sick days or if chronic illnesses:

- Schedule an appointment with your doctor at the first sign of feeling sick
- If you have recently been to the hospital, schedule an appointment within 1 week after discharge
- Discuss a plan for diet and medications for when you are sick
- Diabetic patients: log your blood sugar readings
- Hypertension patients: log your blood pressure readings
- Bring all logs to your doctor's appointments
- If blood pressure/blood sugar is higher than normal call your doctor

Smoking/Smoking Cessation Education

Smoking greatly increases the risk of heart disease, cancer, and stroke. If you and your family do not smoke, continue this healthy choice! Remember to avoid secondhand smoke. Remember that vape, pipes, cigars, and e-cigarettes are tobacco products. There are many options that may be FREE/COVERED by your insurance to assist you as you decide to QUIT! Your primary care physician can discuss options for quitting.

During your hospital stay, consider the risks of smoking and benefits of stop smoking and learn how to live tobacco free. Free resources are listed below:

- Local in-person Tobacco Cessation Program:
 - Cardiovascular Institute of the South, Website: www.cardio.com/smoking-cessation or 1-877-288-0011
- Phone/website support:
 - Quit With Us, Louisiana website: quitwithusla.org or 1-800-784-8669
 - National Cancer Institute, www.smokefree.gov or 1-877-448-7848
 - American Heart Association (800) AHA-USA1
 - American Cancer Society 1-800-227-2345