



## Contents of Appendix I

The PREDICT study was a six-month study; OPTIONS was a three-month study. During the course of the studies, subjects received educational materials on a periodic basis. Due to its shorter duration, OPTIONS study participants did not receive all of the educational materials.

The educational materials are as follows:

1. Pravacare Program Newsletter, Volume 1 (cover article "See Your Doctor Before You Start"). This newsletter was used in both the PREDICT and OPTIONS studies.
2. Pravacare Program Newsletter, Volume 2 (cover article "Time To Schedule Your Follow-Up Visit"). This newsletter was used in both the PREDICT and OPTIONS studies.
3. Pravacare Program Newsletter, Volume 3 (cover article "Maintaining Your Diet"). This newsletter was used only in the PREDICT study.
4. Pravacare Program Newsletter, Volume 4 (cover article "Keeping Motivated: Making Healthy Lifestyle Changes That Stick"). This newsletter was used only in the PREDICT study.
5. PREDICT Study Materials; Postcards Volume 1. These postcards were used in both the PREDICT and OPTIONS studies.
6. PREDICT Study Materials; Postcards Volume 2. These postcards were used only in the PREDICT study.


**INSIDE THIS ISSUE**
**TAKING PRAVACHOL 10 FOR BEST RESULTS**
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**SEE YOUR DOCTOR BEFORE YOU START**
**EATING OUT, EATING HEALTHY**
**CHECK IT OUT: EXERCISE**
**FOR YOUR RECIPE BOOK**
**PRAVACHOL 10**

The place to start managing your cholesterol is at your doctor's office. This is the best place to find out your cholesterol numbers, including your Total Cholesterol and your LDL ("bad") cholesterol. While you're there,

**HOW TO BEGIN**

- See Your Doctor
- Find Out Your Cholesterol Number
- Know Your Other Risk Factors

**SEE YOUR DOCTOR BEFORE YOU START**

ask your doctor about other risk factors for heart disease. Making changes in your cholesterol and other risk factors is the best way to help prevent heart disease.

If you're over the age of 20, chances are you need to begin to manage your cholesterol level now. That's because almost 6 out of every 10 adults in the U.S. have

*(continued on next page)*

(continued from cover)

a cholesterol level that is higher than desirable (total cholesterol over 200 mg/dL). Some people will need prescription care to manage their cholesterol. These people include diabetics, people who already have heart disease, people with more than one of these risk factors (such as smoking, high blood pressure, or having a close relative who had a heart attack before age 60) and people whose total cholesterol is over 240 mg/dL.

But people with a total cholesterol that is between 200 - 240 mg/dL can often manage their own cholesterol, *without a prescription*. If you're in this group and the LDL portion of your total cholesterol is above 130 mg/dL, Pravachol 10 can help.

When cholesterol is above desirable levels, the best first step toward lowering it is to follow a program of a low-fat diet and exercise. But if you've tried diet and exercise and are still above a desirable cholesterol level, you're not alone. It's not your fault, you are probably just one of the people whose body makes too much cholesterol to begin with. Adding Pravachol 10 to your diet can improve your entire cholesterol profile and can get your cholesterol back to a desirable level.

#### PRAVACHOL 10 IMPROVES ENTIRE CHOLESTEROL PROFILE

- Lowers "Bad" Cholesterol
- Raises "Good" Cholesterol
- Lowers Triglycerides

Getting your cholesterol to a desirable level is only one important part of an overall approach to lowering your risk for developing heart disease. There are other things you can do to lower your risk of heart disease. These include: stopping smoking, controlling high blood pressure or diabetes (if you have these conditions) and increasing your level of activity or exercise.

#### OTHER WAYS TO REDUCE YOUR RISK

- Stop smoking
- Control high blood pressure
- Control diabetes
- Exercise

Lowering your risk of heart disease is the best investment you can make in your health. That's because more people - men and women - die each year from heart disease than from any other cause. That includes cancer, AIDS, accidents and lung disease.

PRAVACHOL\*10

Beginning a new way of eating to lower your risk of a heart attack? Some people think that a low-cholesterol, low-fat eating plan means giving up everything they like. In reality, you're simply substituting other delicious foods that provide less fat and more vitamins, minerals and fiber. This is a lifetime approach to eating, so there's no need to switch all at once. Take a few weeks—even a

month or two—to hit your stride. Let your palate adjust; collect low-cholesterol and low-fat recipes that suit your taste; compare restaurants; experiment. Low-cholesterol, low-fat eating should be fun! And it becomes more comfortable with practice. (Remember: Consult your doctor or a registered dietitian if you have questions about your nutrition plan, or before changing your diet.)

#### Dining out: easy does it.

Nothing can sabotage a healthy nutrition plan faster than dining out at a restaurant. But eating out doesn't have to mean giving up your habit of healthy eating. It just means you need to be a little careful. Here are a few good tips.

#### Start with the right kind of restaurant.

It's tougher to eat healthy at a restaurant that features fried food than at one that features seafood. So before you go, pick a restaurant with the least temptation—and the most healthy choices on the menu.

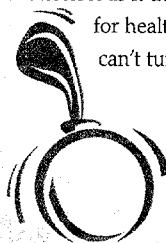


## EATING OUT, EATING HEALTHY

BY LINDA VAN HORN, PH.D.

Food doesn't suddenly get healthier just because you're eating out.

A baked potato smothered in sour cream at a restaurant has just as much fat and cholesterol as it does at home. So when you eat out, stick with the foods that make for healthy eating: fish, poultry, fruits, vegetables, and grains. If the chef can't turn these into great dishes, you're eating at the wrong restaurant.



#### Read the menu carefully.

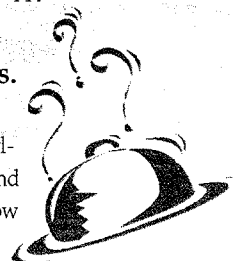
Watch for the fine print. Is the chicken fried? Are the carrots swimming in butter sauce? To be healthy, food has to be prepared healthily. Read carefully.

#### Don't feel you're at the mercy of the menu.

If you don't want the salmon with hollandaise sauce, just tell the waiter you'd rather have it with lemon juice. Most restaurants will be happy to alter dishes, and may even prepare new ones at your suggestion.

#### Remember, most chefs are not nutritionists.

Even at the best restaurants, it's still "caveat diner" (diner beware). To be sure you're eating healthy, be careful, knowledgeable, and assertive. And because good restaurants tend to be overly generous with their servings, you need to know when enough is enough. Portion control is up to you.



Dr. Van Horn is Professor of Preventive Medicine,  
Northwestern University Medical School



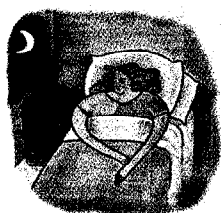
## TAKING PRAVACHOL 10 FOR BEST RESULTS

### Take Pravachol 10 on a regular basis.

To get the best effects from Pravachol 10, it is very important to take your dose each day. Do not take more or less of it during any one day. If you should forget a day's dose until the next day, skip it; do not try to catch up with the dose you missed a day before.



### Take Pravachol 10 at bedtime.



Because your body makes most of its cholesterol at night, the best time to take Pravachol 10 is at bed time. But any time of day

is alright, just pick a time that is easy for you to remember and stick to it.

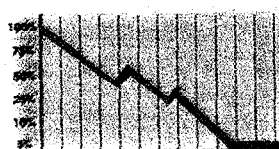
### While you are taking Pravachol 10

it is important to continue to do all of the things that improve your chance of preventing a heart attack, including eating a low-fat diet, maintaining normal weight, exercising regularly, stopping smoking, and taking your Pravachol 10 daily.



### Continue to take Pravachol 10

even after your cholesterol level goes down. In general, any treatment of cholesterol must be continued in order to keep



cholesterol levels down. If you stop taking Pravachol 10, your cholesterol level will go back up.

## Don't think of exercise as a chore—but as something you enjoy.

Did you know that exercising regularly can help control body weight, condition your heart and reduce stress? So why not see your doctor and start an exercise program right away!

The secret is to pick an activity you enjoy—for example, walking, jogging, swimming, biking, aerobic dancing—and make it

## EXERCISE ISN'T AS HARD AS IT SOUNDS

BY JEROME COHEN, MD

part of your normal routine. Your minimal goal is to engage in an aerobic activity—the kind that gets your heart pumping but not racing—at least three times a week, for a minimum of 20 minutes each time. You may also want to tone your muscles and improve your flexibility.

These are two of the common excuses I hear as a physician as to why people don't exercise. One is, "I'm too busy." My answer to that is it's a matter of priorities: if you have time to watch television, you certainly have time to exercise. The second is, "Doesn't it have to hurt before it can help?" Don't believe the old expression, "no pain, no gain." Because it simply isn't true. In fact, a moderate, easy-to-follow exercise program may offer more health benefits than a rigorous one. As in diet and other areas of health management, moderation is the key. Unduly stressing yourself is of little value and may put you out of action, which is definitely the last thing we want.

Consult with your doctor when you plan your exercise program—he or she is the best person to help you determine what's right for your physical condition and your health goals.

Here are some things you can do now to get in better shape.

- **Park your car farther away... and walk.**

Walking is one of the best exercises—it can be aerobic without putting too much strain on the joints. For a conditioning effect, try to walk as briskly as possible. Briskly walking a mile burns the same number of calories

as running a mile. So much for the "no pain, no gain" theory.

- **Use the stairs instead of the elevator.**

It's easy to incorporate into your routine. If you work on the 27th floor, use the stairs to the third or fourth floor, then take the elevator the rest of the way.

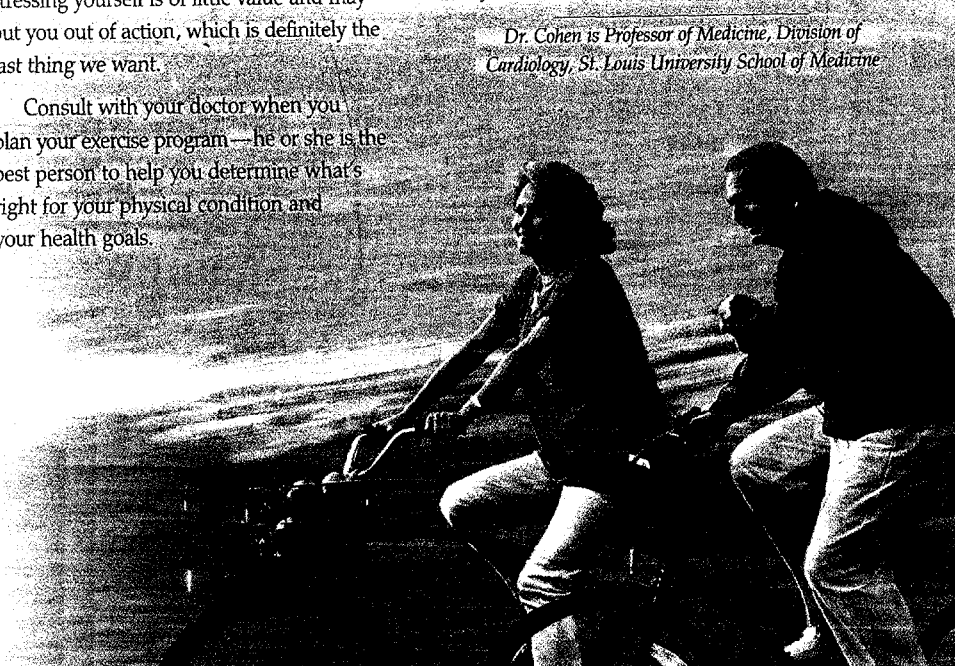
- **Buy a jump rope.**

It's simple, it's cheap and you can use it anywhere. No special equipment is needed.

- **Do stretching exercises while watching TV.**

You can get a book on stretching from your library, rent a video or join a class. Any of these will help you learn the basics. Stretch with a slow, continuous motion—do not bounce or stretch abruptly, and don't overdo it. Best results are achieved after the muscles are warmed up. Remember, stretching is not an aerobic exercise, but it will help prepare you for an aerobic workout.

*Dr. Cohen is Professor of Medicine, Division of Cardiology, St. Louis University School of Medicine*



**COMMON QUESTIONS ABOUT THERAPY**

**Why is Pravachol 10 only for people with a total cholesterol between 200 - 240 mg/dL?**

Pravachol 10 is the low-dose version of a prescription-proven medicine for lowering cholesterol. Some people are at greater risk from cholesterol damage and should seek prescription treatment. These people include those with heart disease or diabetes and people with more than one other risk factor (smoking, high blood pressure, family history of heart disease, total cholesterol more than 240 mg/dL).

**Is there really that much fat and cholesterol in fast foods, and how can I tell?**

Yes. A typical fast-food cheeseburger has approximately 28.6 grams of fat, 95 mg of cholesterol and 518 calories. And a 3.5-oz. serving of fried chicken has approximately 17.8 grams of fat, 133 mg of cholesterol and 290 calories. Many fast-food chains now offer low-fat, low-cholesterol selections, and are also supplying nutrition information on the labeling. Be sure to check the menus.

**I like to exercise, but it's so expensive to join a health club. Any suggestions?**

Exercise is a basic daily activity most of us take too much for granted. We have to think about it a little more to be sure we're getting the health benefits. For example, walking (upstairs or to the store rather than taking the elevator or driving), stretching or skipping rope (while watching TV) are all forms of exercise you can afford. But these alone won't do it. Your doctor will help you work out a personal exercise plan that fits your pocketbook and lifestyle. Be sure to consult your doctor before starting. And be sure to read the article on exercise in this issue by Dr. Jerome Cohen. It will give you lots more useful information and tips!

**How can I help myself remember to take my medication?**

The best way is to associate this activity with something already included in your routine. For example, if your medicine should be taken once a day at bedtime, maybe putting your prescription bottle next to your toothbrush will help you remember to take your medication.

**LIN'S CHICKPEA DIP**  
LOW FAT

**Ingredients**

1 20-oz. can chickpeas, drained	3 tablespoons non-fat plain yogurt
1/4 cup lemon juice	1/2 cup chopped onion
2 garlic cloves, crushed	Dash of salt and black pepper
1/3 cup parsley (fresh or dry)	Hot cayenne pepper to taste

**Directions**

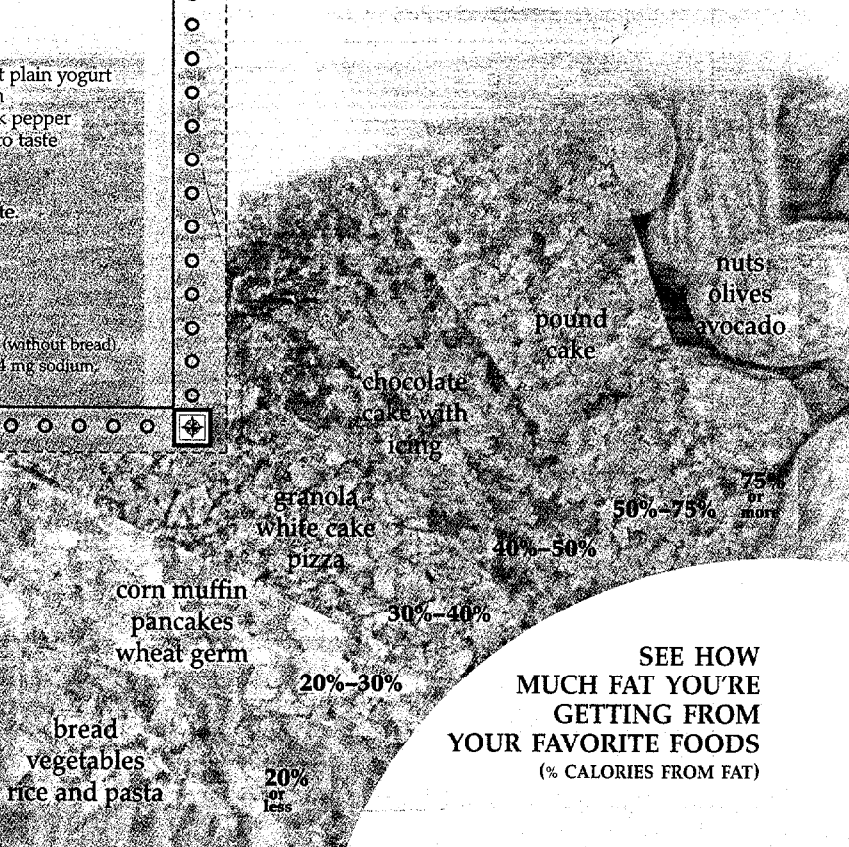
Blend all ingredients except parsley into thick paste. Chill 1/2 hour. Garnish with parsley. Serve as dip with toasted pita bread triangles, whole wheat crackers or fresh vegetables. Serves 8.

Nutrition Information per individual serving (4 tablespoons): 130 calories (without bread), 2.5 grams of fat (mostly mono/polyunsaturated), 6.8 grams protein, 204 mg sodium, 4.5 grams total dietary fiber.

Each issue will include a recipe that's been changed slightly to make it lower in fat. For example, this recipe substitutes non-fat plain yogurt for oil.

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**SEE HOW MUCH FAT YOU'RE GETTING FROM YOUR FAVORITE FOODS (% CALORIES FROM FAT)**



## INSIDE THIS ISSUE

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COMMON QUESTIONS ABOUT THERAPY

FOR YOUR RECIPE BOOK

## PRAVACHOL•10

How will you know if Pravachol 10 is lowering your cholesterol? After taking Pravachol 10 for about eight weeks, just visit your doctor once again for a cholesterol profile test. They can tell you whether you've reached a healthy level. If you have, keep taking Pravachol 10 daily. This will help maintain your new, lower cholesterol level. If you have not reached a healthy level yet, ask your health care provider about prescription treatments. Either way, be sure to

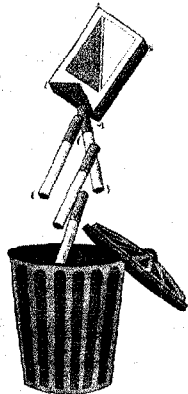
## TIME TO SCHEDULE YOUR FOLLOW-UP VISIT

continue by having your cholesterol profile tested once a year (or as directed by your doctor).



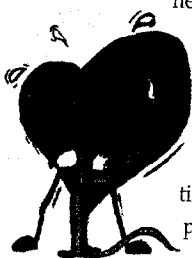
## Cigarette smoking

Smokers have more than twice the risk of heart attacks than nonsmokers. It's important for you to stop before the signs of heart disease appear. By quitting, you can reduce your risk to that of a nonsmoker. So don't put it off—put it out instead! You just need to find what will work best for you. Your doctor can help.



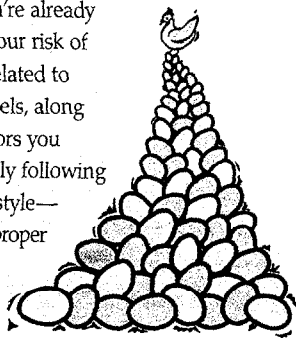
## High blood pressure

High blood pressure often results from constriction of your arteries, which makes your heart work harder to pump blood throughout your body. The resistance caused by narrow arteries can cause your heart to enlarge and weaken over time. In general, blood pressure increases with age. Eating a low-fat diet, exercising and taking medication if your doctor determines you need it can help keep blood pressure within healthy limits.



## Elevated cholesterol levels

This is one that you're already taking control of! Your risk of heart attack is correlated to your cholesterol levels, along with other risk factors you may have. By actively following a heart-healthy lifestyle—which includes the proper diet, exercise and medication such as Pravachol—you can help reduce your risk of a heart attack.



Don't worry. You don't have to make these changes overnight. But, the more you understand your risk factors, the more you'll see why it's so important to follow your doctor's treatment plan. If you have any questions at all about the plan, be sure to talk it over with your doctor.

PRAVACHOL\*10

## CARBOHYDRATES: SMART FOR YOUR HEART

BY DR. LINDA VAN HORN, PHD, RD

Name something delicious, but virtually fat-free. Something that fills you up without weighing you down. Something in the only food category not associated with any leading disease, including heart disease.

The answer to all three is the same: carbohydrates. Surprised? You probably grew up on meat and potatoes. And you may have believed that because the steak supplied the protein, it was healthy, and the potatoes were the sinful part. In fact, potatoes and other carbohydrate foods, such as whole-grain breads, pasta, rice, corn, beans, fruits and vegetables, are the healthiest foods you can eat!

Contrary to popular belief, carbohydrates are not fattening. It's fat that gives us those unwanted calories and, in excess, can also contribute to heart disease. Take a look at the following example:

*A plate of plain, cooked pasta has only about 240 calories and 0 grams of fat vs.*

*A 5-ounce T-bone steak has at least twice that number of calories, and a whopping 20 grams of fat!*

Carbohydrates are also more filling and satisfying, so they help you eat less. For many people, 5 ounces of steak is hardly more than an appetizer. When you eat a plate of pasta, maybe accompanied by a tossed salad with fat-free dressing and whole-grain bread, you're eating a healthy, high-carbohydrate, low-fat, balanced meal.

### Complex vs. simple

There are two classes of carbohydrates: simple and complex. Complex carbohydrates include vegetables, fruits and grains—foods you should increase in your diet. Simple carbohydrates (sugars) are still low in fat and calories, but have no vitamins, minerals or fiber.

The complex carbohydrates are hearty, starchy foods such as breads, pasta, oatmeal, rice, potatoes, corn, peas and beans. Simple carbohydrates, on the

other hand, are abundant in processed foods, so most people get too many of them.

According to the Dietary Goals of the Senate Select Committee on Nutrition and Human Needs, carbohydrates should constitute at least 55% to 60% of your total caloric intake, the bulk of this (45% to 50%) coming from complex carbohydrates. Foods such as pasta primavera, oven-browned whole-grain bread, crisp juicy apples and sweet corn on the cob make a high-carbohydrate diet sound enticing!

### A diamond in the roughage

Complex carbohydrates contain something vitally important to your health: dietary fiber or "roughage." All fruits, vegetables and grains have fiber, which has been associated with reduced blood cholesterol levels and improved glucose tolerance. Fiber can also help lower the risk of diseases like cardiovascular disease, colon cancer and diabetes.

A gentle reminder: While carbohydrates in general are good for you, be sure they are part of a balanced nutrition plan. Too many calories from anything, even a good thing, can be fattening! ♦♦

*Dr. Van Horn is Professor of Preventive Medicine, Northwestern University Medical School.*



## NEARLY 100,000 PATIENT-YEARS AND COUNTING

If you counted all the patients in medical studies who have used the medicine in Pravachol 10 and counted all the years they have taken it for, it's now nearly 100,000 patient-years of treatment. More than any other medication of its kind. And more patients are being studied every day.

It's comforting to know that there is a large amount of data that shows you can safely take



low-dose Pravachol 10 to lower and control your cholesterol over long periods of time. That's important, because treatment to lower cholesterol must be continued to keep it under control. It's like putting on a sunscreen before a day at the beach. The sunscreen doesn't "cure" sunburn, but it can prevent it as long as you remember to use it each day and limit your exposure whenever possible.

## YOUR PHARMACY: A VALUABLE RESOURCE

BY DR. JAMES MCKENNY

*Beth Payes went to her local pharmacy to fill a prescription. The pharmacist found that Beth was taking another medication that shouldn't be taken with the one she was getting that day. He alerted her doctor, who changed the prescription to one that could be taken with the first medicine.*

Today's pharmacy is more than just a place for you to fill your prescriptions. It's also a valuable health care resource that not enough people take advantage of. Pharmacists have been taught about medications and they're willing to share their knowledge with you.

Most often, you won't need an appointment. However, some pharmacists do take appointments to make sure you get the time you need to get answers to your questions.

### If you don't know, ask

To start off getting the many benefits of your pharmacist's expertise, don't be afraid to ask questions! To the right are sample questions you can ask each time you fill a prescription for any new medication.

If you think of some other questions about any medication you might be taking—including Pravachol—write them down. You can ask your pharmacist specific questions about your condi-

tion. If he or she can't answer them, you'll be referred back to your doctor.

Pharmacists can also offer other services, such as keeping a personal pharmacy profile. This is not a medical history, but a list of all your allergies, conditions, and disorders, in addition to any medications you may be taking. This allows your pharmacist to see whether the medications that are prescribed by different doctors can be taken together safely. If you're not sure if a profile has been started for you, ask your pharmacist.

### Honesty is the best policy

When your pharmacist asks you about your health and what medications you are taking, be honest. Mention all medications you're taking, even over-the-counter products, as these can be important in helping your pharmacist determine exactly how a prescription drug will affect you.

You'll find that taking just a little bit of time to discuss a treatment plan with your pharmacist and physician is not just a good idea—it's good medicine.

*Dr. McKenny is Professor of Pharmacy, Medical College of Virginia, School of Pharmacy*

? When can I expect a response?

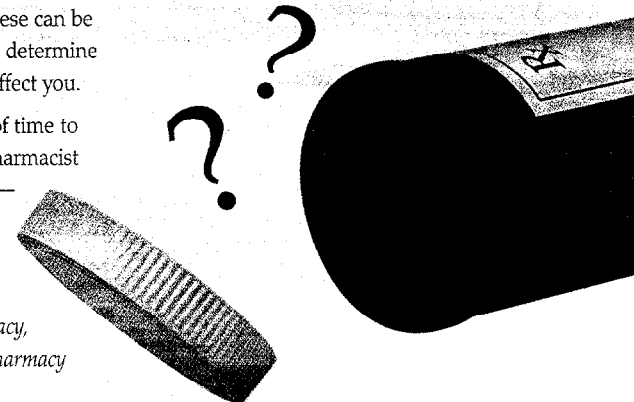
? What time of day should I take this?

? Should I avoid certain foods?

? How will this react with other medications I am taking?

? What about refills?

? What will happen if I miss a dose?





## COMMON QUESTIONS ABOUT THERAPY

**How will I know if Pravachol 10 is lowering my cholesterol?**

After taking Pravachol 10 for about eight weeks, get your cholesterol tested again. Your health care provider can tell you if you've reached a healthy level. If you have, keep taking it daily to maintain this level. If you have not reached a healthy level, you may need prescription treatment.

**I've been advised to eat more fruits and vegetables. How can I eat the right amount without eating all day long?**

It does sound as though only Peter Rabbit could actually eat five servings of vegetables and fruits every day. However, a serving is really not all that much: a handful of raisins, a half-cup of salsa, one large carrot, or a 6-oz. glass of orange juice. When you see five portions laid out before you, it looks more like a treat than a health requirement. And you could take care of three servings in a well-designed salad. Just be sure to watch out for the dressing!

**Can housework and yardwork be considered a form of exercise?**

Anyone who does housework will agree... housework is work! And yes, it can count as exercise. Just being more active in your daily life will increase the number of calories you burn and may help prevent the health problems associated with inactivity. For example, a 130-lb. woman can burn 150 calories by raking leaves for 30 minutes. To stay fit and keep your weight under control, however, you need to spend at least half your workout time doing more traditional exercises, such as walking, cycling or swimming.

**PRIVACHOL 10**

## FOR YOUR LOW-FAT RECIPE BOOK

SOME HEART-HEALTHY CHOICES

Here are two more easy and delicious recipes. Some simple ingredients have been replaced with low-fat substitutes to make them healthier for you. Try them out for yourself—we think you'll enjoy them!

### CREAMY MASHED POTATOES

#### Ingredients

2 lbs. red boiling potatoes  
 1/2 tsp. freshly ground black pepper  
 1/4 cup light sour cream or nonfat plain yogurt, room temperature  
 1 tsp. salt  
 1/2 cup skim milk, scalded

#### Directions

Peel potatoes and cut into pieces, about 1 1/2 in. across. Place in medium pot, add water to cover and 1/2 tsp. of salt. Bring to boil, cook until very tender (about 25 min.). Drain thoroughly. Use high-speed hand mixer in the same pot. Season with pepper and remaining salt. Slowly add scalded skim milk to potatoes, beating thoroughly. Stir in light sour cream or yogurt, taste and adjust seasonings.

Serves 4 to 6

Nutrition information per individual serving (based on 6 servings): 154 calories, 4 grams protein, 33 grams carbohydrate, 1 gram fat (7% of calories), 2 grams fiber, 2 mg cholesterol, 382 mg sodium.

### TWO-MEAT MEAT LOAF

#### Ingredients


1/2 lb. lean ground round  
 1/4 lb. ground chicken breast or turkey  
 1 tsp. finely chopped garlic  
 1 cup coarsely chopped onion  
 1/2 cup coarsely chopped green pepper  
 1/2 tsp. salt (optional)  
 Approx. 1/4 cup no-added-salt beef broth  
 1/2 tsp. freshly ground black pepper  
 1/4 tsp. dried thyme, crumbled  
 1/2 tsp. dried marjoram, crumbled  
 1/2 cup bread crumbs  
 1/3 cup oat bran  
 1/4 cup nonfat egg substitute

#### Directions

Preheat oven to 350 degrees. Combine all ingredients except broth, knead with fingers until blended. Shape mixture into a firm loaf and place in shallow baking pan. Pour broth into bottom of pan. Bake, basting and adding broth as necessary for 1 hr. or until cooked.

Serves 6 to 8

Nutrition information per individual serving (based on 8 servings): 195 calories, 23 grams protein, 4 grams carbohydrate, 9.7 grams fat (44.7% of calories), 0.4 grams fiber, 54 mg cholesterol, 225 mg sodium.

 Cut and keep for healthy eating.

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## INSIDE THIS ISSUE

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DEFUSING THE STRESS IN YOUR LIFE

FOR YOUR RECIPE BOOK

UNDERSTANDING DIETARY FAT

## PRAVACHOL 10

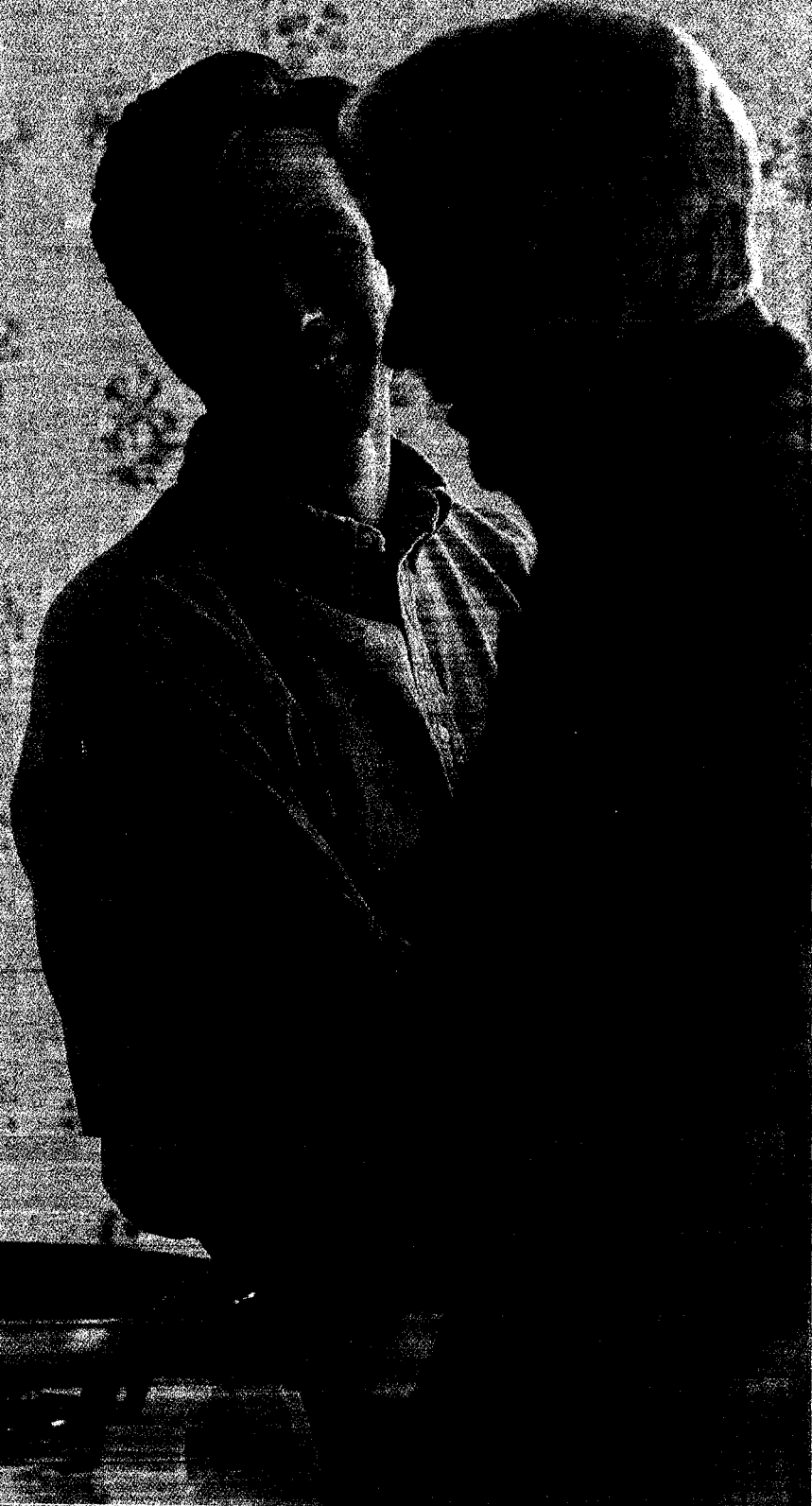
Even though you've been taking Pravachol 10, maintaining your diet will help you get the most out of the medication. Knowing what you're eating is the place to begin. You can find this out just by reading food labels.

It's a lot easier than it sounds. The fact is, food labels are simpler to understand today than they were a few years ago. All processed foods are now required to list the amounts of certain nutrients in a standardized format. And all information is based on an average serving size.

## MAINTAINING YOUR DIET

Starting at the top, we'll take you step by step through the information on labels that can help you plan a healthier daily diet.

*(continued on next page)*





(continued from page 1)

**Every label tells a story.**

Here's what you'll see on food labels:

**A** *Serving Size* is useful when you're planning portions. Compare the serving size you eat and the serving size on the label. If you eat double the serving size, you must double the nutrient and calorie values.

**B** *Calories* are clearly shown. A typical daily diet often consists of 2,000 calories for women and 2,500 calories for men. If you're overweight, try to cut back.

**C** *Calories From Fat* are prominently featured to help you limit them. For a healthy heart, choose foods where the number of calories from fat is just a small portion of the total calories.

**D** *Amounts* of total fat, saturated fat, cholesterol, sodium, total carbohydrate, dietary fiber, sugars and protein are all specified, so you know just how much you're getting per serving.

**E** *% Daily Values* are listed for each of the above nutrients. These show how much of the typical daily allowance is provided by a serving, based on 2,000 or 2,500 calories. For fat, saturated fat, cholesterol and sodium, choose foods with a low % Daily Value. For total carbohydrates, dietary fiber, vitamins and minerals, your Daily Value goal is to reach 100% of each.

**Look before you eat.**

Try to read labels closely and study the ingredient list. (Ingredients in the largest quantity appear first.) The following guidelines can help you make choices that are good for your health.

- Avoid foods that are high in cholesterol or saturated fats. If a food label says "cholesterol-free," it can still be high in total fat, saturated fat and calories.
- Know what the terms mean. For example, the term "low fat" means 3 grams of fat (or less) per serving; "fat-free" is less than 0.5 grams of fat per serving.
- Try to limit your sodium intake to between 2,400 and 3,000 mg per day. Sodium may be linked to high blood pressure—a contributor to heart attacks.

By reading labels and planning menus with these suggestions in mind, you'll soon be eating a diet that's not only good for you, but good for your heart as well.

*NOTE: You may want to review your own nutrition needs with your physician, a registered dietitian or a qualified nutritionist. Before making any significant changes to your diet, you should always consult your doctor.*



**Nutrition Facts**

**A** Serving Size 1/2 cup (114 g)  
**B** Servings Per Container 4

<b>C</b> Amount Per Serving		<b>E</b> % Daily Value*	
<b>B</b> Calories 260		Calories from fat 120	
<b>D</b> Total Fat 13 g			20%
Saturated Fat 5 g			25%
Cholesterol 30 mg			10%
Sodium 660 mg			28%
Total Carbohydrate 31 g			11%
Sugars 5 g			
Dietary Fiber 0 g			
Protein 5 g			11%

Vitamin A 4% • Vitamin C 2% • Iron 4% • Calcium 15%

\*Percents (%) of a Daily Value are based on a 2,000-calorie diet. Your Daily Values may vary higher or lower depending on calorie needs.

Nutrient		2,000		2,500	
		Calories		Calories	
Total Fat	Less than	65 g	80 g		
Sat Fat	Less than	20 g	25 g		
Cholesterol	Less than	300 mg	300 mg		
Sodium	Less than	2,400 mg	2,400 mg		
Total Carbohydrate		300 g	375 g		
Fiber		25 g	30 g		

**UNDERSTANDING DIETARY FATS**

You will want to consider sources of fat when planning your eating pattern. Dietary cholesterol and saturated fat—primarily found in regular full-fat or whole-milk-based dairy products, meats and other animal foods—can raise blood cholesterol and contribute to the risk of a heart attack. Other fats, including polyunsaturated fats and monounsaturated fats, may actually help reduce blood cholesterol. Here is a rundown.



**Saturated Fats**

These harmful dietary fats can actually increase your liver's production of cholesterol and cause LDL or "bad" cholesterol in your blood to increase. Main animal sources: full-fat or whole-milk-based dairy products; the skin on poultry and fat on untrimmed beef, pork and veal; lard. Main plant sources: hydrogenated oils such as coconut oil, palm oil, palm kernel oil.



**Polyunsaturated Fats**

In moderate amounts, they may help lower blood cholesterol levels. Two types of polyunsaturated fats include Omega-6, found in safflower, soybean, corn, sesame, cottonseed and sunflower oils, and Omega-3, found mostly in the flesh of cold-water fish such as salmon, herring and mackerel. A way to get Omega-3 fatty acids is to eat more of these fish.



**Monounsaturated Fats**

Like polyunsaturated fats, they may help lower blood cholesterol levels. They are found primarily in olive oil and canola oil as well as in sunflower seeds, and in sunflower, soybean and safflower oils.

Remember, overall it's best to reduce all fat intake to no more than 30% of total calories, but it is especially important to reduce the saturated fat sources.



You know that becoming more physically active is one of the most positive steps you can take as part of a plan to help your heart. But if joining a gym doesn't appeal to you and the weather isn't right for year-round outdoor activities, maybe a piece of home exercise equipment is the answer.

*Remember, you should always be sure to check with your doctor first before you embark*

## SO YOU WANT TO EXERCISE AT HOME

*on any new physical activity.*

Consider a few of the advantages of "owning your own" exercise equipment:

- The equipment is right there so you don't have to go to another location.
- Its presence is a reminder to be active.
- You can wear whatever comfortable clothes you want (even your underwear).
- It's a one-time financial investment.
- Other family members can use it, getting into the exercise habit, too.
- You can watch television or listen to music while you're exercising.
- It's in your home so you can exercise more than once a day if you wish.

### How do you choose?

Just about everything at a health club or gym is available in a home model: cross-country skiing machines, stationary cycles, stair-climbing machines, treadmills, rowing machines and even weight machines.

One way to narrow the field is to focus on what type of cardiovascular exercise attracts you. Or you can go to several stores that specialize

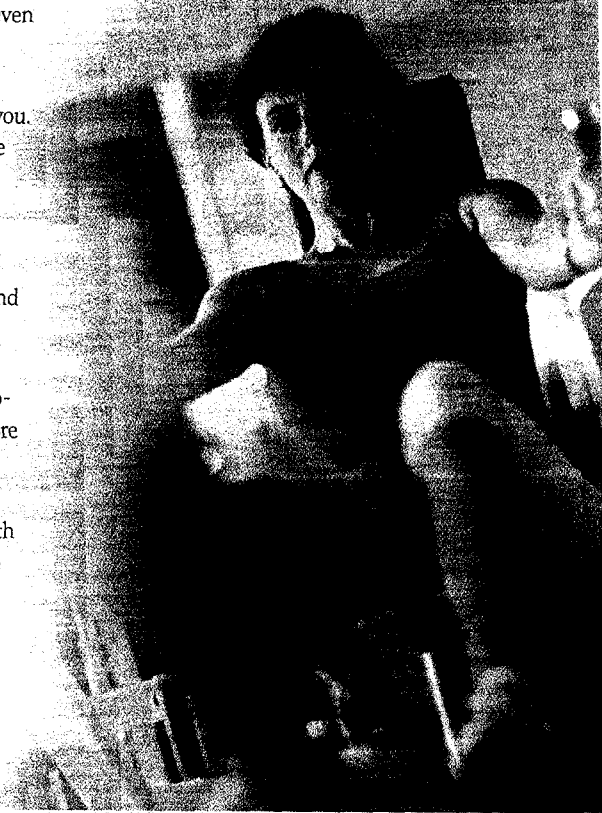
in home exercise equipment and see what kind of equipment appeals to you.

Ask questions. And most importantly, try out different types of equipment. Dress appropriately so you can really test things out. Before you purchase, you need to be sure.

Sometimes a store has a rental plan that allows you to lease a specific piece for a month or so. If you like it, the rental is applied to the purchase price of the equipment.

### Get yourself equipped to exercise.

The idea is to find the equipment that will make you want to exercise. Remember, this is not just a piece of furniture you're buying. It's an investment in your health!



## DEFUSING THE STRESS IN YOUR LIFE

In prehistoric times, stress served a life-saving function.

When the caveman was under attack, his body kicked out stress hormones—natural body chemicals—that enabled him to run more swiftly.

Today, however, we find the body is more apt to kick out stress hormones in response to mental stress. A screaming boss, a traffic jam, too many commitments—these all produce stress. And that can be a significant risk factor for heart attacks.

Situations that produce stress prompt the body to put out lots of chemicals that cause your heart to beat faster and that give you that sinking feeling in the pit of your stomach. The constant stress-induced release of the stressor hormones use up incredible amounts of energy.

One common source of stress is having no "downtime." If you're like many Americans, you go from home to work to volunteer activities to social commitments without time for your own pleasures. Such a hectic schedule is very stressful and doesn't give you time to relax.

Your mental health is important. And if it suffers, it can take a physical toll on you. To defuse the stress in your life, try to make a few simple changes wherever you can.

**Create downtime in your schedule.** Find time when you don't have to answer to anyone, when you have no responsibilities. Do what you enjoy doing, such as gardening, reading or walking the dog.

**Slow down.** Could you leave for work earlier and avoid traffic? Perhaps your boss would let you come in 30 minutes earlier and leave 30 minutes earlier.

**Manage stress.** There's not much you can do about an unreasonable, screaming boss. But you can choose to process the stressful situation differently. Learn yoga, deep breathing and other relaxation techniques to help release excess tension.

Stress can be dangerous. But with the appropriate steps, you can manage to keep it under control. Try it today, just one step at a time. And in no time at all you can eliminate many of the stressful situations in your life.

**FOR YOUR LOW-FAT RECIPE BOOK**

### Cheesecake Crust

**Ingredients**

4 oz. chocolate wafers	2 tbsp. sugar
1 cup grape-nuts cereal	3 tbsp. canola or safflower oil
2 tbsp. unsweetened cocoa powder	

**Directions**

Preheat oven to 325° F.

Coat a 9" springform pan with nonstick cooking spray.

Place wafers, grape-nuts, cocoa and sugar in food processor.

Use pulse setting or on/off motion; process until you have fine crumbs.

Add oil and 3 tbsp. water; process until crumbs are moistened.

Press mixture into bottom and 1/2 inches up sides of pan. Set aside.

Nutritional information per serving for cheesecake (based on 16 servings):  
 76 calories, 2 grams fat, 25 mg cholesterol,  
 11 grams protein, 37 grams carbohydrates, 231 mg sodium

*Cut and keep for healthy eating.*

### Mocha Cheesecake Filling

**Ingredients**

2 oz. semisweet chocolate	32 oz. non-fat cottage cheese
8 oz. low-fat cream cheese (room temp.)	1 large egg + 2 large egg whites
3/4 cup unsweetened cocoa powder	1 cup low-fat sour cream
2 tbsp. cornstarch	1 tsp. vanilla extract
2 tbsp. instant coffee	1/8 tsp. salt
1 1/2 cups sugar	cheesecloth

**Directions**

Melt semisweet chocolate in double boiler. Cool slightly.

Dissolve instant coffee in 1 tbsp. boiling water and set aside.

Place cottage cheese in strainer lined with cheesecloth (double thickness).

Gather up cloth and squeeze out moisture.

Put cottage cheese solids in food processor; blend until smooth.

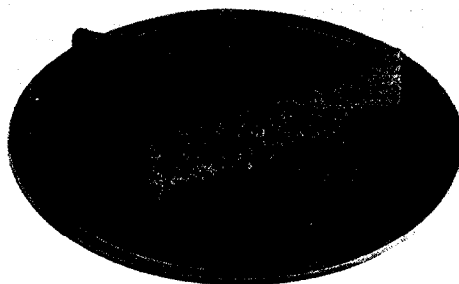
Add remaining ingredients; process until smooth. Pour into pan.

Bake 1 hour or until firm around edges, but slightly softer in the center.

Run knife around pan to loosen edges; let cool.

Cover and refrigerate until well chilled.

*Try this cheesecake recipe made with low-fat ingredients.*



**COMMON QUESTIONS ABOUT THERAPY**

**Why can't I go back to my old eating habits after I start taking cholesterol-lowering medication?**

You are taking medication because your exercise and diet plan haven't brought your cholesterol down to an acceptable level. Medication works with your exercise and diet plan to keep your cholesterol down. It is a supplement to these measures, not a substitute for them.

**Is Pravachol 10 a new medication?**

No. Pravachol 10 is the low-dose version of a prescription medication that physicians have been prescribing for many years. During this time, thousands of doctors have relied on the medication to treat millions of patients around the world.

**How safe is Pravachol 10?**

Pravachol 10 has had an excellent safety profile since its introduction. Throughout the world, the medicine in Pravachol 10 has been prescribed with confidence by thousands of doctors to treat millions of patients. Some side effects such as slight rash or stomach upset occur in about 2% to 4% of people. Pravachol 10 should not be taken by people with heart disease, diabetes or a total cholesterol level over 240 mg/dl (unless recommended by a doctor). Because they are at greater risk from cholesterol damage, they should seek prescription treatment. In addition, Pravachol 10 should not be taken by women who are pregnant or nursing, people who are allergic to any of its ingredients, or by anyone with liver disease.



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## PRAVACHOL 10

You've been working hard on lowering your cholesterol for over four months now. Some changes you have had to make were easy to adopt, such as remembering to take Pravachol 10 daily. Other changes, such as changes in diet and exercise, may have required more motivation. By now, your cholesterol should be at a healthy level (if not, be sure to see a doctor about prescription treatments). So how do you keep motivated to maintain your schedule of diet, exercise and Pravachol 10?

## KEEPING MOTIVATED: MAKING HEALTHY LIFESTYLE CHANGES THAT STICK

Experts recognize four key sources of motivation you can draw on to help make your changes for a healthier heart successful over the long term. Let's look at each.

*(continued on next page)*

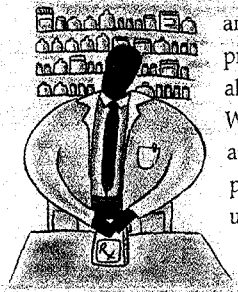




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**Talk to the Pros**

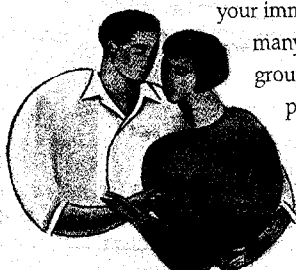
Physicians, pharmacists, nurses, dieticians and other health care professionals are equipped today to help you in many ways. They know that people like you, who are already involved in a cholesterol-lowering program and seek out additional information, are more likely to participate over time in plans for healthy living.



Of course, getting an annual cholesterol profile check-up is always recommended. While you're there, ask your health care provider for the most up-to-date information on lowering cholesterol.

**Spouses, Friends and Family**

Having the support of significant family members and friends is always helpful in any endeavor. For example, people who are successful at making dietary changes usually report that they receive significant support from their spouse or partner. The most helpful support behaviors? Helpful spouses make changes in food purchasing, preparation and meal planning to include more low-fat foods and cooking methods. They also limit the availability of inappropriate foods. Besides



your immediate family, many social support groups exist. These people are trying to make the same changes you are in their daily diet and

exercise plans. They can be found on the Internet (in "news groups" and "chat rooms"), through your local American Heart Association, or in organized groups like Weight Watchers.

**Healthy is as Healthy Does**

Want to make some healthy changes? One good way to get going is to place yourself in a healthier environment. You can accomplish this by surrounding yourself with lots of healthy

choices for both diet and exercise. On your next shopping trip for groceries, stock up on fruits and vegetables. Then, the next time you're looking for a snack, you'll be more likely to make a correct choice. Maybe it's time to buy a new pair of sneakers, a new tennis racket or at least a jump rope. Just having such items at hand really does increase the likelihood that you'll use them. And your heart will thank you!



**Believe in Yourself**

There's no denying that many attributes of your own personality contribute to your success. Keep two important things in mind about high cholesterol:

- The problem is not your fault, but
- You have the power to change!

Naturally, you did not ask to have high cholesterol. But it is a condition where you have the power to achieve a healthy lifestyle change that lowers your cholesterol. Learn as much as you can about high cholesterol, its causes and the benefits of treating it. People with more knowledge about cholesterol and heart disease do better at controlling it than people still in the dark. And believe in yourself! People who believe in themselves and their abilities accomplish more. Remember the childhood story about "The Little Engine That Could"? You *can* make permanent changes toward a healthy lifestyle. You just have to believe.



**WOMEN AND HEART DISEASE**

It's a common misconception that women don't have to worry much about heart disease. But in point of fact, according to statistics published by the American Heart Association, cardiovascular disease is the #1 killer of American women. Each year, it claims more lives than all forms of cancer combined.

Fortunately, women can help guard against this major health threat of heart disease by improving their personal risk profiles. This means controlling as many of the risk factors that can lead to heart disease as possible.

In addition to smoking, high blood pressure and elevated blood cholesterol levels, there are other controllable factors that should be modified. These include obesity, stress, physical inactivity and diabetes.

High blood cholesterol may be of particular concern to women because blood cholesterol levels tend to increase after the onset of menopause, when estrogen levels decline. This makes it more important for women in this age group to watch their dietary cholesterol and fat intake, and have their blood cholesterol levels checked on a regular basis by their doctor!

**PRAVACHOL** 10



# SALUD PARA SU CORAZÓN

FOR THE HEALTH  
OF YOUR HEART

Over half of Latinos have cholesterol levels that are above normal and heart disease is the number-one killer of Latin Americans. Yet there are many things (such as making and keeping doctors' appointments and learning to prepare favorite dishes in a low-fat manner) that Latin Americans can do to prevent heart disease. To help, the National Heart, Lung and Blood Institute of the National Institutes of Health has put together a special bilingual program on heart disease called, "Salud para su Corazón." Part of this program includes a series of eight booklets and a cookbook, written with Latino interests in mind. Each booklet is printed side-by-side in Spanish and English. Topics available include, "Learn Your Cholesterol Number" and "Lower Your Blood Cholesterol." Call the National Heart, Lung and Blood Institute at 1-301-251-1222 for more information. You can also visit the web site at [www.nhlbi.nih.gov/nhlbi/nhlbi.htm](http://www.nhlbi.nih.gov/nhlbi/nhlbi.htm).



**COMMON QUESTIONS ABOUT THERAPY**

**If I keep taking Pravachol 10, will my cholesterol continue to go down?**

No. After taking Pravachol 10 for about 8 weeks, your cholesterol will reach a new lower level and stay there. Continuing to take one Pravachol 10 at bedtime will not keep lowering your cholesterol, but will help keep it at this new level.

**The active ingredient in Pravachol 10 is listed as "pravastatin sodium."**

**Isn't sodium bad for you?**

Too much sodium can be bad for you, especially if you have hypertension. But the amount of sodium in each tablet of Pravachol 10 is so small it is nothing to worry about.

**Is it okay to eat red meat, or do I have to cut it out altogether?**

You do not need to stop eating red meat or any other single food. Red meat is an important source of protein, iron, and other vitamins and minerals. Be careful though, because some red meat is high in saturated fat and cholesterol, which can raise your blood cholesterol. You just need to pick the right kinds of red meat and limit the serving size. Choose lean cuts of meat with the fat trimmed and eat no more than 6 ounces of meat a day.

**FOR YOUR LOW-FAT RECIPE BOOK**  
SOME HEART-HEALTHY CHOICES

*Here is one more easy and delicious recipe. Some simple ingredients have been replaced with low-fat substitutes to make them healthier for you. Try them out for yourself—we think you'll enjoy them!*



**GRILLED CHICKEN WITH GREEN CHILE SAUCE**



- Ingredients**
- 4 skinless, boneless chicken breasts
  - juice of 2 limes
  - 1/2 teaspoon black pepper
  - 10 to 12 tomatillos, husks removed and cut in half
  - 2 cloves garlic, finely chopped
  - 1/4 cup low-fat sour cream
  - 1/4 cup olive oil
  - 1/4 teaspoon oregano
  - 1/4 cup water
  - 1/2 medium onion, quartered
  - 2 serrano or jalapeño peppers
  - 1/4 teaspoon salt
  - 2 teaspoons cilantro finely chopped

**Directions**

Combine the oil, juice from one lime, oregano, and black pepper in a shallow glass baking dish. Place the chicken breasts in the baking dish and turn to coat each side. Cover the dish and refrigerate overnight. Turn over to marinate on both sides.

Put water, tomatillos, and onion into a saucepan. Bring to a gentle boil and cook uncovered for 10 minutes or until the tomatillos are tender. In a blender, place the cooked onion, tomatillos, and any remaining water. Add the garlic, peppers, cilantro, salt, and the remaining lime juice. Blend until all the ingredients are smooth. Place the sauce in a bowl and refrigerate.

Place the chicken breasts on a hot grill and cook until done. Place the chicken on a serving platter.

Spoon a tablespoon of low-fat sour cream over each chicken breast. Pour the sauce over the sour cream.

Yield: 4 servings. Serving size: 1 breast.  
Each serving provides: Calories: 220 mg, Total fat: 5g, Saturated fat: 2g, Cholesterol: 71 mg, Sodium: 0 mg, Calcium: 53 mg, Iron: 2 mg.

National Heart Lung and Blood Institute

*Cut and keep for healthy eating.*

**WHERE TO GO FOR MORE INFO**

Many sources are available for additional information on making healthy lifestyle changes, and a few sources are listed below. Limited quantities of most materials are free of charge.

American Heart Association  
7272 Greenville Avenue  
Dallas, TX 75231-4596  
1-800-242-8721  
www.americanheart.org

Citizens for Public Action Against Cholesterol  
P.O. Box 30374  
Bethesda, MD 20824  
1-301-770-1711

**PRAVACHOL 10**

**Bristol-Myers Products**

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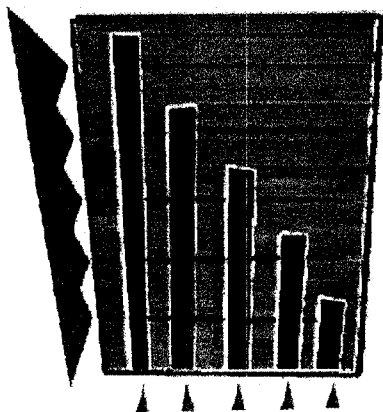
# PREDICT STUDY MATERIALS POSTCARDS VOL. 1



A Message from  
 **PRAVACARE**

*Make sure you've seen your doctor before  
you start taking Pravachol 10*

- ✓ Find out your total Cholesterol level
- ✓ Find out your LDL ("bad") Cholesterol level
- ✓ Discuss other risk factors you may have for heart disease



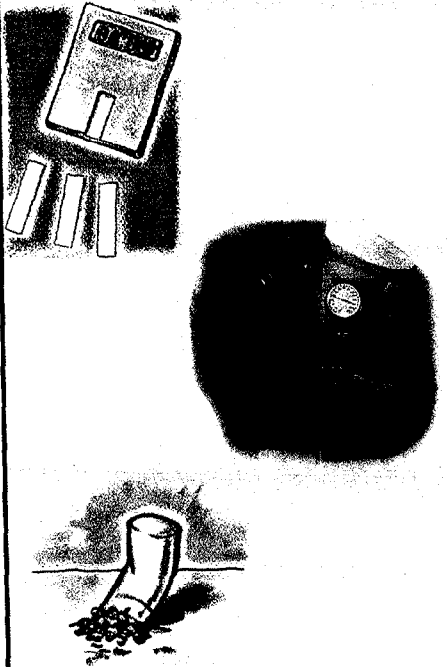
A Message from  
 **PRAVACARE**

*It's time to go back to your doctor to  
check your progress...*

*After 8 weeks of taking Pravachol 10*

- ✓ Find out if you've reached a healthy cholesterol level
  - *If you have, keep taking Pravachol 10*
  - *If you haven't, talk to your doctor about prescription treatment*

# PREDICT STUDY MATERIALS POSTCARDS VOL. 2




*A Message from*  
**PRAVACARE**

*Has the number of risk factors  
you have for heart disease changed?*

Developing any of these risk factors for heart disease means you are at greater risk from cholesterol damage:

- ✓ New or increased smoking
- ✓ Diabetes
- ✓ High blood pressure
- ✓ A close relative has a heart attack before age 60
- ✓ Man over age 44 OR Woman over 54.

Talk to your doctor about getting extra care if you develop any of these conditions or events, or if you develop heart disease.



*A Message from*  
**PRAVACARE**

*Keep up the good work on  
healthy cholesterol:*

- ✓ Keep taking Pravachol 10 daily. It will keep your cholesterol at a healthy level.
- ✓ Continue to stay on a low-fat diet.
- ✓ Once a year, have your cholesterol checked.
- ✓ Pravachol 10 safety is backed by more patient-years of medical studies than any drug of its kind.

If you've stopped taking Pravachol 10 for any reason, see your doctor about getting started again.