

Survive the Downturn

Stress and anxiety have made men more susceptible to heart disease, diabetes, and other serious health threats. Here's how you can fight back.

It isn't just your portfolio that took a beating last year. Your health probably did, too. The economic turmoil of the last 18 months has caused everyone tremendous stress, which physicians say can lead to everything from simple fatigue to hypertension, to elevated risk of heart disease. "People are generally not feeling well," says Columbia University cardiologist Marc Eisenberg, MD. "They have symptoms of chest pain and shortness of breath, which can result from anxiety. Stress can increase blood pressure and heart rate, which can tax the heart. We're seeing more people who are putting on weight because they aren't eating well under stress—they're eating worse food, their insulin levels are going up, and the higher salt content is affecting their blood pressure."

A study released earlier this year suggests that losing your job can increase your odds of developing a new stress-

related health problem by about 80%—and research also indicates that even the threat of losing your job can send your health spiraling downward. "The stress of organizational downsizing can increase cardiovascular death rates even among those employees who manage to keep their jobs," says Kate Strully, Ph.D., a sociologist at the University of Albany who conducted the research for the Harvard School of Public Health.

The irony, of course, is that this is the period when you most need your health. You need to be healthy to keep your own medical costs down, and you need to be healthy so you can focus on your career and your business. Strully understands well the challenge of trying to maintain good health when it seems like the world is crumbling around you. "It becomes very hard to take good care of yourself," she notes. "When you're stressed, you usually don't eat as well, you exercise less, and you might smoke or drink more. And psychological stress impacts your cardiovascular system, your metabolism, and your immune

system. I'm sure lots of people have had the experience where you're under a huge amount of stress and next thing you know you have a cold on top of it. That's not a coincidence."

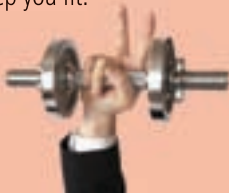
So if you want to keep your health—in good times and bad—follow our expert advice.

Maintain a Healthy Attitude

Managing stress is key to managing your health. Strully says that in order to do this, men need to do something that they tend to be not particularly good at: opening up. "Time and again, studies show that stress is less harmful for health when people have social support—supportive relationships with friends, family, neighbors, spouses, or significant others," she says. "What most of the evidence on job loss and stressful life events in general suggests is that you need to manage and cope with stress in the best and healthiest way you can, and this may mean drawing on the supportive relationships in your life—friends who might help keep you on track during a stressful

Health Tips

Simple strategies can help keep you fit.



Master Portion Control

Crunching an apple about 15 minutes before lunch will not only help you eat fewer calories during your mid-day meal, but you'll also feel fuller afterwards, Penn State researchers found in a recent study.

Lower Your Heart Rate

If you can lower your resting heart rate to below 80 beats per minute, you'll be five times less likely to develop diabetes, according to Japanese researchers. How do you do this? Exercise at least three times a week.

Stressed Out? Dump the Joe

Caffeine can boost your cortisol levels, the hormones that are released in times of stress. When you're feeling the most freaked-out, slug some water between the cups of coffee to help slow down your consumption.



time, a spouse or significant other to talk with about worries." In short, she says, don't keep everything bottled up.

Sleep is also hugely important when you're under stress. It's one of the first things to suffer when you're struggling with tension, yet it's also one of the most important ways you can battle it. "You may need medication to help you get the rest, but by far the best thing you can do for your sleep is 45 minutes to an hour each day of exercise," Dr. Eisenberg says. "It's an extremely effective treatment for depression and anxiety."

Stick to a Daily Workout

By far the hardest part of sticking to an exercise regimen is simply finding the time for it. But Steve Edwards, Ph.D., a sports psychologist at Oklahoma State University, says you don't have to join a fitness club. "Getting to the gym every day is not necessary," he says. "Start with a simple walking program. Not only will this help you get away from your stress for a while, but research suggests that just doing *anything* will have some benefits for you. There are psychological benefits as well as physical benefits."

He also stresses that exercising alone is less effective than buddying up to do it. "Humans are herd animals; we gather in groups," he says. "And there are benefits to being part of a group. You spread out the problems and they don't seem as monumental." For this reason, Edwards is particularly keen on group activities such as pick-up basketball games and class-based programs. "Yoga is becoming incredibly popular with men, and it's very demanding physically," he says. Guys who think outside the norm tend to be the most successful with their exercise programs, he says. "Some people will think that jogging is the only way to get in shape, but even sports that aren't physically demanding can be great for you."

Follow a Heart-Healthy Diet

Dr. Eisenberg notes that during tough economic times, people also tend to drink more alcohol and caffeine. While alcohol can be beneficial at more moderate intakes—studies show that one or two drinks each day can raise your HDL cholesterol, which is the "good" cholesterol—more than two drinks each day can elevate your blood pressure and stress your liver.

He recommends not only adding fruits and vegetables to your diet—the increased fiber has been shown to produce a 40% to 50% reduction in heart disease, and a decrease in insulin levels—but also combating high triglycerides with Omega-3 fatty acids. "You can reduce your triglycerides, which we're now realizing are huge heart risk factors, with exercise, cutting alcohol, and weightlifting," Dr. Eisenberg says. "But eating foods high in Omega-3s, such as shrimp and salmon, or taking them in supplements can really protect you."

Balancing your diet in this manner—as well as working in whatever exercise you can—will help you manage your immediate stress as well as combat its long-term effects. That's not a bad return on your investment. ●

Very high triglycerides
is a medical term for
something serious:

TOO MUCH FAT IN YOUR BLOOD.

Treat it with the only medication made
from omega-3 fish oil: LOVAZA

If you have high cholesterol, high blood pressure, or diabetes, you may also have very high triglycerides, which is a serious medical condition. LOVAZA, along with diet, has been clinically proven to effectively lower very high triglycerides*, but it hasn't been shown to prevent heart attacks or strokes. LOVAZA is the only FDA-approved medication made from omega-3 fish oil. It's purified. It's concentrated. And you can't get it at a health food store. Ask your doctor about LOVAZA—the prescription that starts in the sea.

*Individual results may vary.

Important Safety Information for LOVAZA

LOVAZA, along with diet, helps to lower very high triglycerides (≥ 500 mg/dL) in adult patients. Tell your doctor if you are allergic to fish or shellfish as LOVAZA may not be right for you. Talk to your doctor about any medical conditions you have and any medications you are taking, especially those that may increase your risk of bleeding. In some patients, LDL-cholesterol levels may increase. Your healthcare provider should do blood tests before and during treatment with LOVAZA to check your cholesterol and triglyceride levels. If you have liver disease, you may require additional monitoring.

Possible side effects include burping, infection, flu-like symptoms, upset stomach and change in sense of taste.

How supplied: 1-gram capsule

Please see important Patient Information on the next page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Ask your doctor if LOVAZA is right for you
Visit **LOVAZA.com** or call **1-877-LOVAZA1**


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omega-3-acid ethyl esters

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Capsule shown not actual size

PATIENT INFORMATION**LOVAZA® (lō-vā-ză)
(omega-3-acid ethyl
esters) Capsules****LOVAZA®
omega-3-acid ethyl esters**

Read the Patient Information that comes with LOVAZA before you start taking it, and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your doctor about your condition or treatment.

What is LOVAZA?

LOVAZA is a prescription medicine, called a lipid-regulating medicine, for adults. LOVAZA is made of omega-3 fatty acids from oils of fish, such as salmon and mackerel. Omega-3 fatty acids are substances that your body needs but cannot produce itself.

LOVAZA is used along with a low-fat and low-cholesterol diet to lower very high triglycerides (fats) in your blood. Before taking LOVAZA, talk to your healthcare provider about how you can lower high blood fats by:

- losing weight, if you are overweight
- increasing physical exercise

Treatment with LOVAZA has not been shown to prevent heart attacks or strokes.

LOVAZA has not been studied in children under the age of 18 years.

What should I tell my doctor before taking LOVAZA?

Tell your doctor about all of your medical conditions and all the medicines you take, including prescription and non-prescription medicine, vitamins, and herbal supplements. LOVAZA and certain other medicines can interact causing serious side effects.

Especially tell your doctor if you take medicines:

- To reduce clotting—known as anticoagulants or blood thinners. These include aspirin, warfarin, coumarin and clopidogrel (PLAVIX®).

Tell your doctor if you are allergic to fish and/or shellfish. LOVAZA may not be right for you.

Who should NOT take LOVAZA?

Do not take LOVAZA if you:

- **are allergic to LOVAZA or any of its ingredients.**

What are the possible side effects of LOVAZA?

The most common side effects with LOVAZA are burping, infection, flu symptoms, upset stomach and change in sense of taste.

LOVAZA may affect certain blood tests.**It may change:**

- One of the tests to check liver function (ALT)
- One of the tests to measure cholesterol levels (LDL-C)

Talk to your doctor if you have side effects that bother you or that will not go away.

These are not all the side effects with LOVAZA.

Ask your doctor or pharmacist for a complete list.

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Manufactured for GlaxoSmithKline by:

Catalent Pharma Solutions, St. Petersburg, FL
Accucaps Industries Limited, Windsor, Ontario, Canada
Banner Pharmaceuticals Inc., High Point, NC

Distributed by:

**GlaxoSmithKline**

GlaxoSmithKline
Research Triangle Park, NC 27709

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December 2009