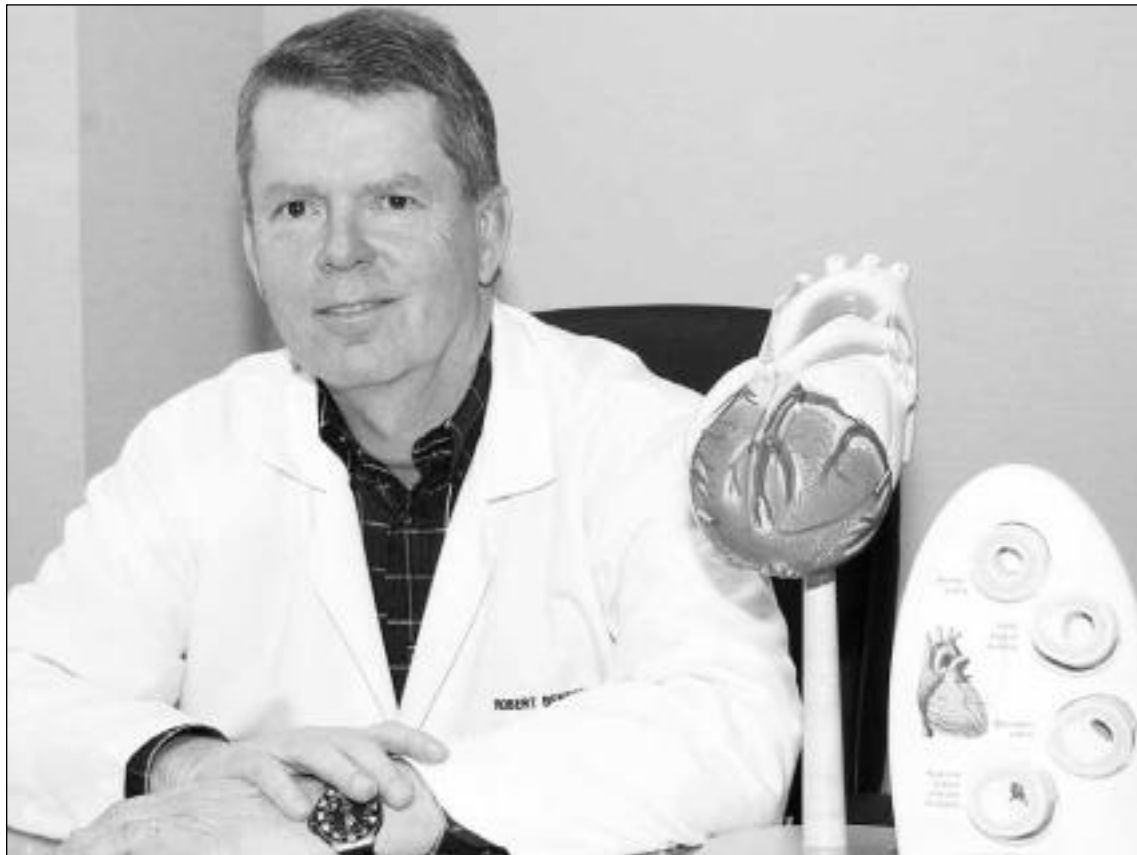


# Dr. Benson to discuss heart health at luncheon



River Park cardiologist Dr. Robert Benson will be the speaker next week for Lunch and Learn at

McMinnville Civic Center. The first 40 people to RSVP get a free lunch.

By LISA HOBBS

Staff reporter for the Southern Standard  
(McMinnville, Tenn.)

September is National Cholesterol Education Month. That makes it an opportune time to learn about heart health while enjoying a healthy lunch.

There will be a Lunch and Learn Session at McMinnville Civic Center next Wednesday, Sept. 9, from 12-1 p.m. to learn about heart health. Guest speaker will be Dr. Robert Benson, a cardiologist at River Park Hospital. Lunch will be provided for the first 40 people who RSVP.

McMinnville Parks and Recreation wellness specialist Kristie Sanders thinks combining the two is the best way to show people what they should be eating for heart health.

"Thanks to River Park Hospital, which will be providing the lunch, people will get to learn about heart health while

they eat a heart-healthy lunch," said Sanders. "That's something we've never been able to offer before, a lunch while learning. That's so much better than just telling people what they should be eating."

To educate people about the dangers associated with high blood cholesterol levels, the National Cholesterol Education Program sponsors National Cholesterol Education Month every September. The NCEP recommends adults age 20 years or older have their cholesterol checked once every five years.

High blood cholesterol affects over 65 million Americans. It is a serious condition that increases the risk for heart disease. The higher the cholesterol level, the greater the risk.

However, people can have high cholesterol and not know it. A cholesterol test called a lipoprotein profile can be done to measure your total cholesterol levels.

Total cholesterol should be less than 200 mg/dL. LDLs, or "bad" cholesterol, should be less than 100 mg/dL. HDLs, or "good" cholesterol, should be 40 mg/dL or higher. Triglycerides should be less than 150 mg/dL.

Lowering cholesterol levels that are too high lessens the risk for developing heart disease and reduces the chance of having a heart attack or dying of heart disease. Levels can be lowered through lifestyle changes — healthy eating, increased physical activity and weight control — and medications.

Lunch and Learn sessions are held at McMinnville Civic Center. Sessions are free and sponsored by the city of McMinnville through Parks and Recreation.

Everyone is welcome, but only the first 40 individuals to call will receive a free lunch. To RSVP call Sanders at 473-1212.



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