



- 1. ...
- 2. ... 250,000 ... 60% ... 0%
- 3. ...
- 4. ...



**Some key heart health myths to be aware of:**

- **Myth:** ... **Fact:** 44%
- **Myth:** ... **Fact:** 40%
- **Myth:** ... **Fact:** ...

**Remember these heart health goals:**

... 30, 60. ...

**BEST bits**

■ **Watch infants and their screen time.** every additional hour of screen time (from less than one hour to more than four hours), one-year-olds had a higher risk of developmental delays in communication and problem-solving at ages two and four, according to a study published last year in ... The study involved 437 children and their parents in Singapore from 2010 to 2020. Parents reported the amount of screen time. Since mobile devices became available, children between six and 18 months get two to three hours of screen time a day. The American Academy of Pediatrics advises parents to keep children away from screens until they're 18 months old, except for video chats, and limit digital media for two- to five-year-olds to one hour daily.

■ **February is National Children's Dental Health Month** — raising awareness about the importance of oral health — starting early in life and giving kids a jump on a lifetime of healthy teeth and gums. Nearly one in five kids have untreated cavities; the pain can make it hard to eat and speak, and prevent kids from playing and learning. As soon as baby teeth appear, parents can start brushing their kids' teeth with a soft toothbrush and plain water twice a day. Children can start brushing with supervision at about age three. Fluoride varnish treatments applied by a pediatrician or a dentist can prevent about a third of cavities in baby teeth.

■ **National Donor Day is February 14.** Also known as Organ Donor Day, this event aims to increase awareness about organ donation, and the lives it saves. More than 120,000 people in the U.S. are waiting for a life-saving donation, whether it be for organs, tissue, marrow, platelets or blood. This date pays tribute to those who have provided the gift of donation, have received a donation, are waiting, or have died waiting by joining the donor registry. Every day can be a good day to donate. Learn more at [organdonoralliance.org](http://organdonoralliance.org)

# eating smart



# Slow Down Racing Thoughts

By Eric Endlich, PhD

**If you've experienced racing thoughts — feeling like your mind has sped up — you know they can make it difficult to calm down and focus.**

When you're experiencing racing thoughts, your mind is racing with ideas, worries, and memories. This can be overwhelming and make it difficult to focus on the task at hand. Here are some strategies to help you slow down your racing thoughts:

**Try a few of these strategies and see what works best for you:**

Reading does more than inform and entertain.

Reading also has multiple health benefits. Research shows it can reduce stress, ease muscle tension and slow the heart rate. Reading may lower inflammation, too. What's more, reading can increase empathy toward others, and that can positively impact relationships. Reading before bed can help your sleep quality. And you're never too young or too old to enjoy reading. Brain benefits can begin early — reading to babies helps them build language and social skills, according to the Cleveland Clinic. Did you know? Studies suggest aging bookworms may have a lower risk of Alzheimer's disease.



Q:

A:



**Q:** Need okay before exercising?

**A:**

How does evening exercise



**Exercise is key to heart health.**

