

Don't Work Yourself to Death

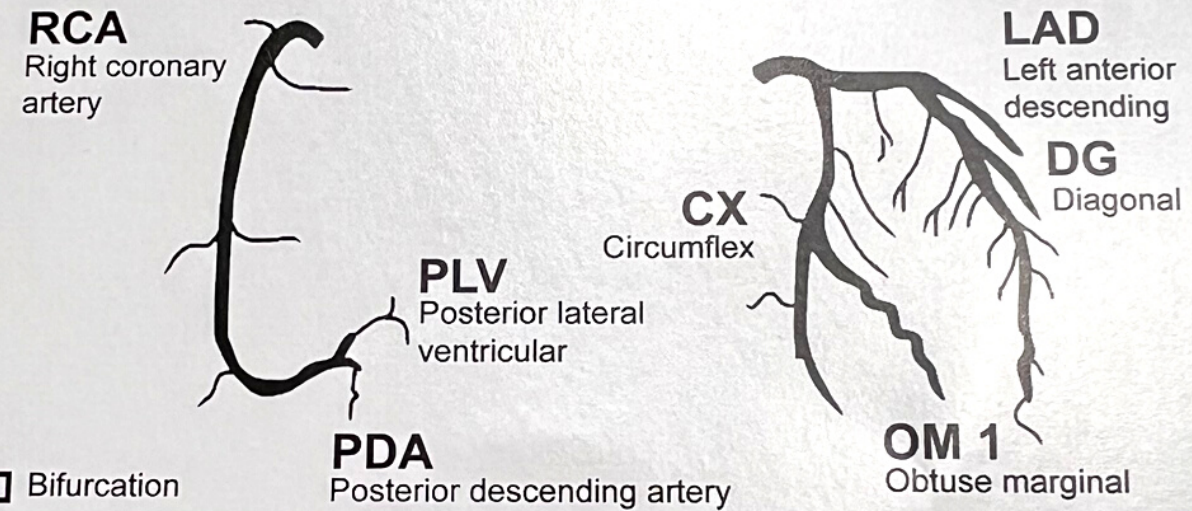
*The Kenai Peninsula
Economic Development District*



Do you know what this is?

____ mg of _____ must be taken ____ times per day through _____
 ____ mg of _____ must be taken ____ times per day through _____

IMPORTANT: Do not stop your antiplatelet medications before the above dates without contacting your cardiologist. If surgery, dental work, or any other procedure (e.g., colonoscopy) that would require you to stop taking the above medications early is recommended, you and your cardiologist should carefully consider the risks and benefits of this additional surgery versus possible risks from early discontinuation of these medications.



Note the deployment location of each stent implant in the area below:

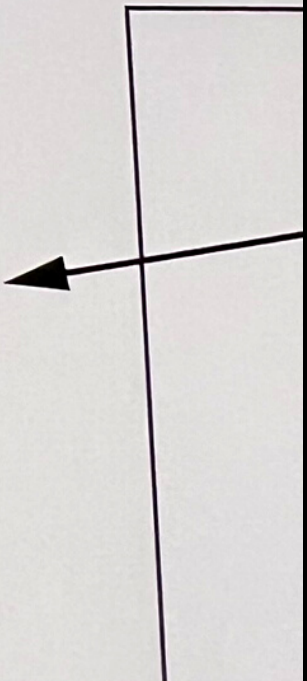
Stent #1	Stent #2	Stent #3	Stent #4
LAD	LAD	CIRC	CIRC

RX
ICE Skypoint™ 2.5 mm x 38 mm
 I: (01)08717648233128
 1804250-38 **LOT** 2051641

RX
ICE Skypoint™ 3.0 mm x 23 mm
 I: (01)08717648233258
 1804300-23 **LOT** 2080441

RX
ICE Skypoint™ 2.5 mm x 38 mm
 I: (01)08717648233128
 1804250-38 **LOT** 2071841

RX
CE Skypoint™ 3.5 mm x 15 mm
 I: (01)08717648233395
 1804350-15 **LOT** 2032242



How did I get here?


- Too much screen time
- Not setting boundaries with people
- Poor stress management



How to prevent getting there?

- Taking time for yourself
- Eating Healthy
- Exercising
- Finding your happy place



A person is standing on a rocky mountain peak, arms raised in a gesture of triumph or joy. The background shows a vast, hazy mountain range under a soft, overcast sky. The foreground is dominated by large, dark rocks and patches of green and yellow vegetation.

“It can be tempting, in our goal-oriented society, to push ourselves beyond our capacities in pursuit of success. But when we do this we tell ourselves that our work is more important than our health. Without our health our success means nothing. No promotion, no raise, no accolade will mean anything if you aren’t happy and healthy.”

-Olivia Kram Her

Thank You

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