

YOUR HEART THE INSIDE STORY



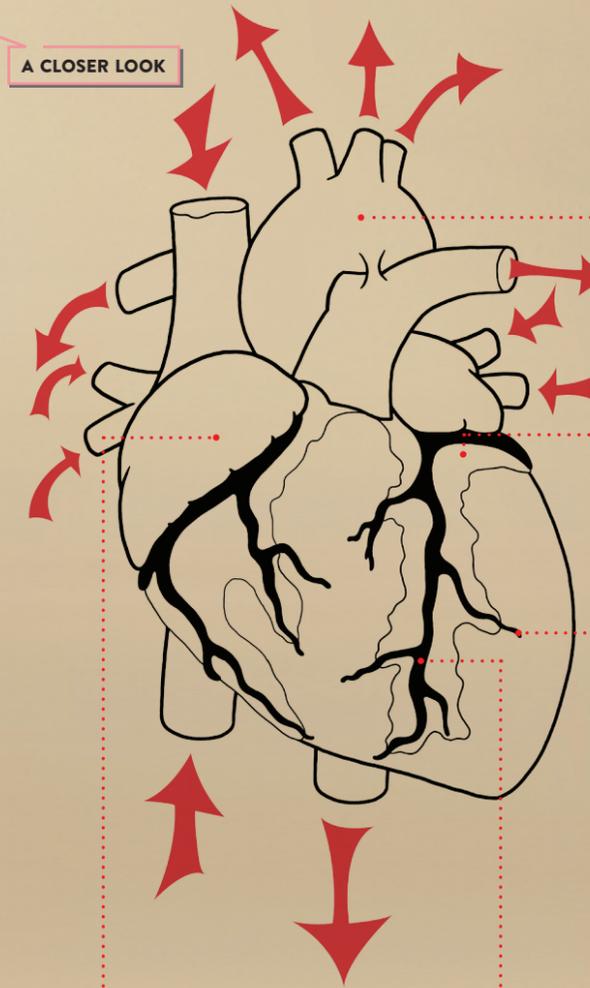
The way you manage your day actually changes your heart. See how (and make it stronger).

▶▶▶ Your heart handles a lot in a day. Fortunately, it has an assistant—you! When you know more about what it goes through from morning to night, you can help it stay stronger, healthier, and happier. And keep you that way, too.

Every second of every day, your heart is there for you—it purrs during a good hug, picks up its pace on a power walk, keeps a steady beat when you work, play, and sleep. Can you visualize your body's critical engine doing all that? Probably not, and that's a shame, says Nieca Goldberg, M.D., medical director of NYU Langone's Joan H. Tisch Center for Women's Health in New York. On a panel last year, Goldberg watched women fire questions at a cosmetic surgeon about wrinkles and cellulite. "I realized that if people could look in the mirror and see inside

their arteries, my job would be a lot easier," she says. Instead, "out of sight, out of mind" may be a big reason heart disease remains the number one killer of women. So in this report we bring you an exclusive peek inside, a chance to spend 24 hours hanging out with your heart—"that elegant organ that's been beating your whole life," Dr. Oz says. You'll zoom in on a health-minded (but not annoyingly perfect) woman like yourself and see her ticker responding to a day. Ride along, and learn how to protect your amazing heart, tomorrow and always.

A CLOSER LOOK



• The **aorta**, the biggest blood vessel in the body, is about as wide as a garden hose.

• Your heart *isn't* bright red! True color: a brownish red with yellowish fatty streaks on it. (Some fat here is normal.)

• The tinier arteries don't accumulate plaque the same way large ones do. They still can cause heart attacks, however, by squeezing shut or opening up at the wrong times, especially in women.

• Your heart has a built-in electrical system. Nodes—bunches of specialized muscle cells—send out electrical impulses that control the rhythm and speed of your heartbeats.

• Most common place for clogs: the left anterior descending artery, which supplies blood to large areas of the heart. Blockages can be so deadly that docs call them widow-makers.

[VITALS]

Average weight
9-11 ounces
That's a little heavier than a large apple.

Average size
Slightly bigger than your fist

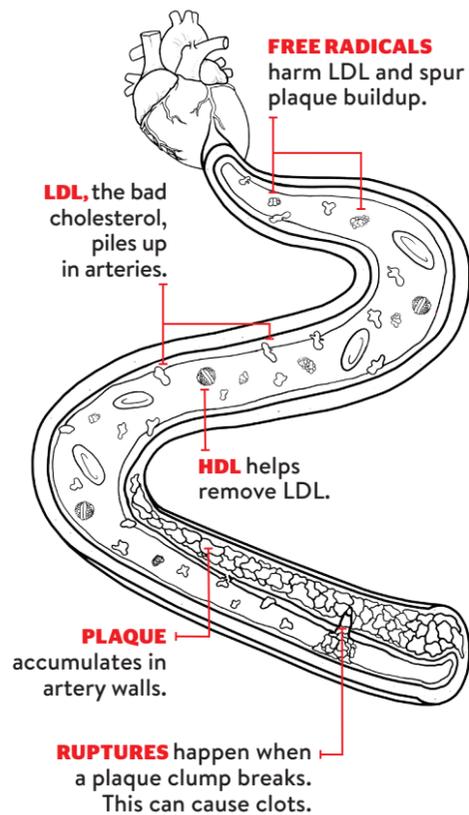
Location
Just left of your breastbone
Not all the way over on the left, where you were taught to put your hand during the Pledge of Allegiance.

Number of beats per day
100,000
Or about three billion times in your life.

Average output
5 quarts
*of blood are pumped around your system every minute. (In a year, it could fill **three** Olympic-size pools.)*

First, Meet Your Heart's Friends and Enemies

Before we head into your day, say hello to a few molecules that float around inside you, either helping your heart do its job or getting in the way. How you treat your body determines which players end up with the starring roles in your health. Will the good guys or the bad drive the plot? You have more control than you think.



[GLOSSARY]

/ LDL CHOLESTEROL /
Think of it as **lousy** cholesterol. Your body naturally produces this waxy fat—your cell membranes and some of your hormones need it. But eating too much of the wrong things can push production beyond what's good for you.

/ HDL CHOLESTEROL /
Also known as **healthy** cholesterol. These little spheres are the arteries' sanitation workers, picking up LDL in your blood and hauling it off to the liver for disposal. Exercise and eating the right foods help your body make more HDL.

/ FREE RADICALS /
Body stressors like smoking, infections, and pollution create these rogue oxygen molecules, thought to knock into and damage LDL, making it puffy, bloated, and ready to settle down in your artery walls.

/ PLAQUE /
Damaged LDL and other debris turns into gunky, foamy, inflamed plaque. If the plaque pileup ruptures, cells rush in to repair the damage and can form a blood clot, similar to a scab on a cut. When the clot grows, it may become so big that it blocks the artery right there or breaks off, travels around, and seals off another narrowed corridor. (In the brain, that causes a stroke.)

/ HIGH BLOOD PRESSURE /
A whole host of things can drive up blood pressure, including hormones, stress, diet, and lack of exercise. No matter what the cause, high blood pressure is like sandblasting on delicate artery walls. It leaves little scars that become inviting homes for plaque and inflammation. Plus, your heart has to put out extra effort to manage high pressure, which can weaken the organ over time.

/ INFLAMMATION /
Once LDL cholesterol burrows into artery walls, your immune system perks up to deal with the intruders. All sorts of inflammatory compounds rush in (their numbers boosted by a junky diet or the presence of belly fat), increasing the size of the gunky deposit. Too much inflammation can make plaque rupture.

A DAY IN THE LIFE OF YOUR HEART

6:30 A.M.

RISE THE ALARM GOES OFF & YOU STRETCH.

INSIDE STORY
ARTERIES SAY AAH.



In the two hours or so before sunrise, hormones tell your nervous system to boost your heart rate (it could go from an overnight low of about 65 beats per minute to the high 70s or more by midmorning) and push up your blood pressure by about 15 points. Don't worry—that's normal. Your heart's doing you a favor by revving up your body for the day, and a wake-up stretch helps that prep. Stretching regularly increases your arteries' flexibility by about 20%, possi-

bly by increasing the elastin in their walls. This lets arteries move in and out more easily, depending on what you're experiencing. (See someone you love? Open sesame. Get scared? Constrict.) Taking the kinks out of your muscles may also activate the soothing side of your nervous system—which, like your body's inner yoga instructor, also encourages arteries to relax. The serene result: In one study of 28 women, eight weeks of stretching reduced blood pressure by four to seven points.

STYLING BY MICHAEL NASH. HAIR AND MAKEUP BY CHRISTINA GUERRA USING KAT VON D MAKEUP AT CELESTINEAGENCY.COM

PREVIOUS SPREAD: LONDON FOG COAT, TORY BURCH BLAZER, TARGET BAG, WALLET, AND SKIRT. WHO WHAT WHERE FOR TARGET TOP

7:00 A.M.

FUEL

BREAKFAST IS OATMEAL, BERRIES, AND COFFEE.

INSIDE STORY
IT'S AN AWESOME ARTERY CLEANSE.

A good breakfast sends a microscopic crew of specialists into your bloodstream and digestive system, where they combat plaque buildup and keep blood pressure down. Lots of breakfasts are heart-healthy, but this one helps on three fronts:

>>> Oats are stocked with fiber—specifically, the soluble type that can actually help lower “lousy” LDL cholesterol levels. (See how, illustrated below.)

>>> Fruit keeps blood pressure healthy, thanks to its potassium and other plant compounds. Your heart likes the soluble fiber, too. Keep your fruit bowl stocked all day. Research shows that at least four servings of fruit a day cut fatal heart attack by more than 30%.

>>> Coffee gives you a splash of potassium and adds magnesium, another blood-pressure-controlling mineral. Try sprinkling on some cinnamon; the spice helps relax arteries, as well. Pouring whole, 1%, or 2% milk in your joe—surprise—doesn't hurt your heart. In fact, people who use fat-free dairy products tend to eat more calories from other things, especially refined carbs, says cardiologist and nutrition expert Dariush Mozaffarian, M.D., dean of the Tufts Friedman School of Nutrition Science & Policy at Tufts University.

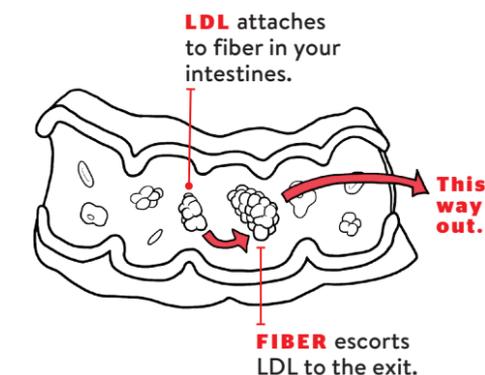


Coffee really helps your heart, but tea—especially the green kind—is ticker-friendly too.

A CLOSER LOOK

Clean start

>>> Soluble fiber, found in oats and fruit, handcuffs itself to bad cholesterol in your intestines and escorts it right out of your system. Other foods high in this helpful fiber: barley, Brussels sprouts, bulgur wheat, parsnips, most fruit (especially pears and plums), and winter squash (pumpkin and acorn squash are A+ sources).



Heart Doctors' Favorite Busy-Day Breakfasts

Not feeling oatmeal? Docs also love these options with healthy fats and protein. (Just get fruit and fiber later in the day.)

“Mashed avocado in a whole-grain pita. I eat it on the way to my office.”
—Cardiologist Suzanne Steinbaum, D.O., New York

“Yogurt topped with nuts and raisins and a small orange juice.”
—Cardiologist Dariush Mozaffarian, M.D., Boston

“A protein shake made with soy milk, yogurt, or just water. Plus coffee.”
—Exercise and heart expert Micah Zuhl, Ph.D., Mount Pleasant, MI

10:30
A.M.

STRESS

“YIKES, I WAS SUPPOSED TO BE WHERE?!?!?”

INSIDE STORY
YOUR VESSELS
TENSE UP.



A near miss like forgetting a meeting or a carpool pickup throws everything off. Not every little stressor will tank your health, but chronic stress can lead to overeating, skipping exercise, too heavy drinking, and even depression. All of these are bad for your heart. At a cellular level, the scurry and panic switches on your body's ancient fight-or-flight response. Stress hormones, including cortisol, flood your bloodstream and constrict your arteries, driving pressure up. As the blood rushes through, substances in it scrape little pock marks into artery walls. These give LDL easy niches to hide in. Stress hormones also increase inflammation and make blood more apt to clot; both problems can eventually lead to heart attacks. And especially in women, stress can trigger spasms in tinier arteries, harming the heart.

But that amazing engine can recover. Taking steps to reduce stress lowered the risk of heart attack 48% in one 2012 study. Of course, “you can't totally avoid stress,” says Suzanne Steinbaum, D.O., director of women's heart health at Lenox Hill Hospital's Heart and Vascular Institute in New York. “So I tell my patients they need a tool to stimulate the calming side of their nervous system.” Meditation helps, and the solutions at right give your heart a break too.

No-stress ways to de-stress

► **Spend three minutes noticing everything.**

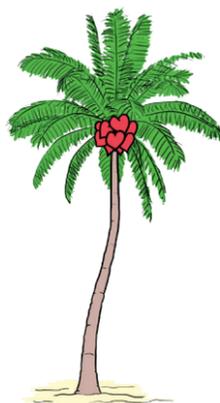
Use all five senses to pay attention to what's happening around you. This stops you from ruminating on the past or worrying about the future—two key ingredients in stress.

► **Think of five people who make you happy.**

They could be anyone from your partner to that enthusiastic lady at Zumba. A Cornell University study showed that people had healthier responses on a stress test when they thought about a favorite person.

► **Breathe it out.** Deep breathing can alter nerve traffic between brain and heart, easing stress, says C. Noel Bairey Merz, M.D., director of the Barbra Streisand Women's Heart Center at Cedars-Sinai Heart Institute.

► **Tell yourself that your body is working for you.** It could be as simple as using the sentence “Stress is just my body helping me get out of a tight spot.” In one Harvard study, people who repeated a similar phrase before a tension-inducing task had more relaxed vessels than those who weren't taught to use a calming mantra.

12:30
P.M.

LUNCH

OOPS. YOU HAD A FAST-FOOD MEAL, PLUS A SHAKE.

INSIDE STORY
YOUR HEART HAS
TO WORK HARDER.

Guess what the big problem is here? All those refined carbs, meaning the white-bread bun and the sugar in the shake. In fact, researchers now suggest that those blood sugar-boosting food felons may be a bigger threat to your heart and arteries than saturated fat. They can make your blood sticky and prone to forming clots, and that's not all. Simple carbs also:

►►► **Stoke inflammation.** Extra calories, sugar, and salt can quickly increase the army of compounds that feed inflammation. At the same time, most fast-food meals are low on goodies that soothe inflammation, like fruits, veggies, and omega-3 fats.

►►► **Pile on belly fat.** That's especially dangerous stuff, because these fat cells pump chemicals into your bloodstream that rev up inflammation, says Steinbaum. “They damage the whisper-thin linings of arteries and get into plaque, making it more likely to rupture and lead to heart attacks,” she explains. Surprise: You can have belly fat even if you're not overweight, thanks to poor food choices, lack of exercise, and stress. In other words, bad habits show up on the inside even if you look fine from the outside.

►►► **Open the door to diabetes,** especially as you hit menopause. Diabetes damages vessels and throws off your bad/good cholesterol ratio.



Unhealthy food does its dirtiest work over time, but even a single meal can affect blood pressure.

A CLOSER LOOK

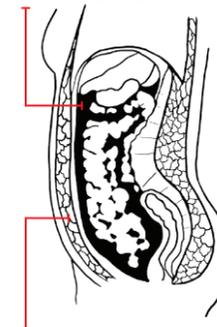
Lunch can be trouble

►►► **Extra calories from lunch end up as fat on your body.** While the subcutaneous type might not be pretty, the deep, visceral stuff is downright nasty. It wraps around your organs, and instead of just sitting there it gets inflammation going.

►►► **Sugar and refined carbs from your “oops” lunch load blood with even more inflammatory bad guys, which sneak through nicks in the lining of artery walls and add to the plaque pileup.**

[IN YOUR BELLY]

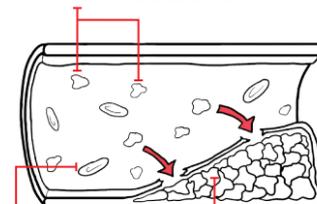
VISCERAL FAT wraps around organs and boosts inflammation.



SUBCUTANEOUS FAT The kind you can pinch is less dangerous.

[IN YOUR ARTERIES]

Lunch and belly fat create particles that cause **INFLAMMATION**.



RED BLOOD CELLS are healthy residents in your blood.

Inflammatory compounds help build **PLAQUE**.



Healthy brown-bag lunches that take just five minutes:

1 Loaded sweet potato.

Use a fork to poke holes in a sweet potato, then zap it in the microwave. While it's cooking, rinse off canned black beans. Cut open the potato, stuff it with fresh spinach, and spoon on the beans, recommends chef and food blogger Lauren Unger. Top with yogurt, salsa, chili powder, cumin, or hot sauce.

2 No-fuss power salad.

Top baby spinach with drained canned lentils (stir in Dijon mustard for a little kick) and canned salmon. Douse it all with lemon juice.

3 Un-boring yogurt.

Load up half a cantaloupe with a big scoop of plain 2% Greek yogurt and a handful of pumpkin seeds. Drizzle with honey or maple syrup.

4 Emergency, piece-it-together, non-sad lunch.

Stuck with grub from a gas station or a drug store? What to do:

► **Try to grab something fresh.** There might be a basket of bananas at checkout or carrot sticks in the refrigerator.

► **Find your protein.** Nuts will probably be your best friend here—but you might luck out with yogurt, hard-boiled eggs, or even canned tuna.

► **Add a whole grain.** Good ol' popcorn can work, as long as there are only a few ingredients.

2:00
P.M.

FOCUS

YOU SIT DOWN
AND FIRE UP
YOUR DEVICES.

INSIDE STORY
A BREAK
FOR YOUR HEART?
NOT REALLY.

We know you've got emails, memos, and possibly a new level of Candy Crush to conquer, but please don't plant your butt for long. When you sit for a while, muscle cells go into "sleep mode." They burn far less blood sugar and fat, which leads to increases in weight and blood pressure, and that bothers your heart more than you'd expect: Research suggests that years of sitting for at least four hours a day could double the risk for fatal heart disease.

Help your heart bounce back: A new British study found that an hour of moderate exercise a day, like a brisk walk, could erase some of sitting's health risks. And little breaks every hour or so can help reduce inflammation and keep your waistline trim, says Micah Zuhl, Ph.D., an assistant professor of exercise science at Central Michigan University. Try making some sit-less rules for yourself. Fill your water bottle just halfway so you'll make more trips for refills. Or stand up every time you text someone.

3:00
P.M.

SNACK

MUNCH TIME!
ALMOND BUTTER
ON AN APPLE.

INSIDE STORY
A REBALANCING
ACT FOR YOUR
BLOODSTREAM.

T rue, there's fat in that almond butter, but not the kind you need to fear. Unsaturated fats (polyunsaturated and monounsaturated) are heart-friendly. "These are great for raising healthy HDL," says Mozaffarian. Research shows that good fats have also been found to knock down LDL, reduce triglycerides (little packets of fats in your blood that carry the fat you eat into storage), and even help lower blood pressure. Research goes back and forth over whether polyunsaturated fats (oils from fish are in this category) or monounsaturated fats (avocados, many nuts, and seeds) are better for your heart. But the fact is, many oils contain both, so it's not really an either/or decision, and there's no need to make yourself crazy splitting hairs about the ratio of polys to monos

YOU COULD WIN A
HEART-HEALTHY SPA VACATION!

One winner will receive a four-night, love-your-heart stay at the Golden Door in San Marcos, CA, and \$1,000 in travel money (a \$7,000 prize package), complete with nutrition and cooking classes, personal training sessions, spa treatments, mindfulness courses, and so much more! Go to drozthegoodlife.com/goldendoor to enter. Turn to page 122 for more details.

More good-fat
snacks your
heart loves

- **Olive toss.** Mix 10 jumbo ones with a handful of grape tomatoes.
- **Hummus with veggies.** Sprinkle smoked paprika on top of the dip and scoop it up with any vegetables you can find.
- **Homemade sweet potato chips.** Slice them thin, toss with olive oil, and roast.
- **Avocado dip.** Mash half an avocado and eat it with red pepper strips.
- **PB throwback.** Smear peanut butter onto a banana or celery sticks.

in a snack. Just stay away from trans fats, and keep saturated ones like those in cheese and butter to about 5% of your daily fat total. (That's about 11 grams if you eat 2,000 calories a day.)

Nuts and seeds are the ultimate good-fat snack: Four servings a week can cut heart disease risk by 22%. (Find a whole bunch of nutty eating ideas starting on page 100.) But there are plenty of other ways—see a few above—to get these healthy fats into your afternoon pick-me-up. Bonus: They keep your appetite in check.

5:30
P.M.

MOVE

YOU HOP ON
THE TREADMILL.

INSIDE STORY
YOUR ENGINE GETS
MORE EFFICIENT.

Your body responds to aerobic exercise the way a dog reacts when he sees the leash. Yes, please! Every workout serves up at least five major heart benefits:

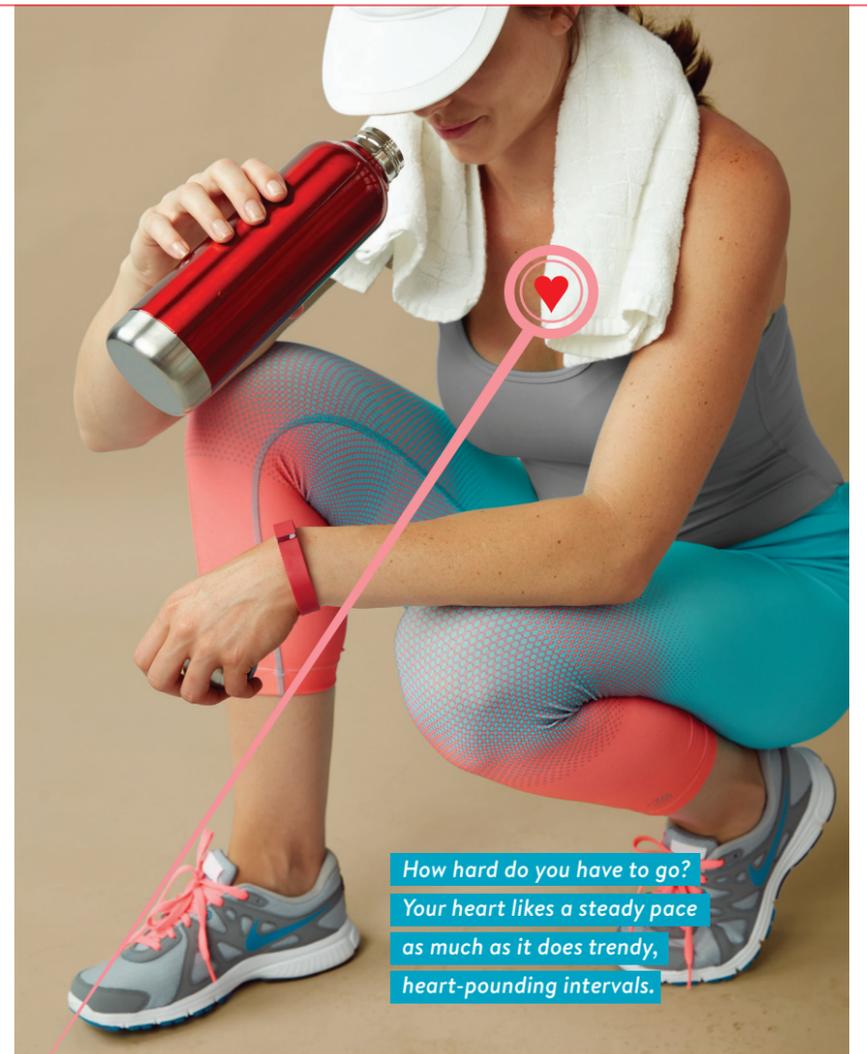
1 Your arteries relax. As you begin to exercise, blood pressure rises to feed more oxygen to the working muscles. But then an amazing thing happens. Your tiniest arteries get less rigid and expand between heartbeats, so more blood and oxygen can get through. That's why the stress of exercise is good for your cardiovascular system—unlike mental stress, which tightens up the same arteries. For hours afterward, arteries stay relaxed, helping to control your blood pressure, says Zuhl.

2 Your heart muscle gets buff, so it's more efficient. It's like you've traded your V-6 engine for a V-8.

3 HDL goes up. Exercise is a great way to increase this cholesterol, Zuhl says, which helps clear out that "lousy" LDL.

4 Belly fat melts. That solves a lot of problems beyond buttoning your pants. A waist measuring 35 inches or more could double your risk for a fatal heart attack, but exercise takes aim at belly fat. Even shedding 5% to 10% of your weight (8 to 17 pounds if you weigh 170) could help.

5 You're less on edge. Activity boosts levels of feel-good brain chemicals and may reduce stress-related cortisol.



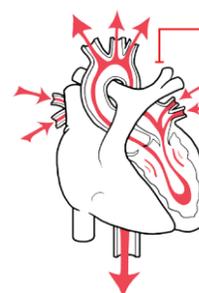
How hard do you have to go?
Your heart likes a steady pace
as much as it does trendy,
heart-pounding intervals.

A CLOSER LOOK

An inner tune-up

►►► Don't forget that your heart is a muscle, and exercising turns it into a stronger pump that moves more blood and oxygen around with less effort. Meanwhile, physical activity helps arteries do some housekeeping. It's one of the few ways to raise helpful HDL levels. These molecules grab "lousy" LDL and escort it to the liver, so your body can get rid of it. The result: less LDL floating around in your system, loading up artery walls.

[STRONGER HEART]



Exercise upgrades
BLOOD FLOW.

LDL The "lousy" stuff gets picked up by HDL.

[CLEANER VESSELS]

HDL levels go up when you exercise.

HDL drops LDL in the **LIVER.**

7:00
P.M.

MEET + EAT

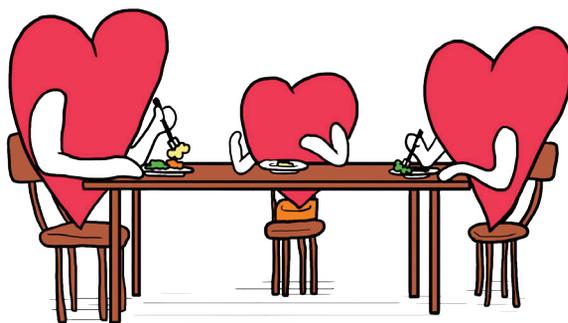
FRIENDS OR FAMILY SHARE YOUR HEALTHY, DELISH MEAL.

INSIDE STORY

A SOOTHING BLANKET FOR A STRESSED-OUT HEART.

What's just as nourishing as a plate that follows the classic heart-healthy formula (see "Your Dinner Cheat Sheet," at right)? Sitting down at the table with people you love. Close connections keep blood pressure from spiking when you're tense. (On the flip side, people who feel isolated tend to have higher blood pressure and a nearly 30% increased risk of heart disease.)

If you're dining alone, try to call, Skype, or FaceTime a friend before, during, or after dinner. It's even better if you virtually check in on someone who's been having a rough time: One Johns Hopkins study found that giving support had bigger heart benefits than receiving it. "The heart is the most poetic organ for a reason," says Dr. Oz. "It reminds us how influenced we are by each other. Sure, to protect it, you have to love yourself, but studies highlight that loving others is an even better tactic to keep it beating."



Heading to the Supermarket?

The grocery store is an easy place to satisfy your heart's desires. Follow Dr. Oz's rules to keep your heart (and you) in top form:

1 Look for ingredients in their most whole, pure state. You already know how to find healthier versions of foods, like opting for 100% whole wheat bread over white or apples over apple juice. That's great—but the next time you're at the store, take it a step further. Instead of choosing the healthiest refined carb or smartest jar of jam, go for something that hasn't been processed at all. You'll end up with cherry tomatoes instead of sugary tomato sauce, chicken breasts in place of salty deli meat, dark chocolate rather than a candy bar that serves up sugar and little else. When you have a tasty stir-fry rice bowl to look forward to, you won't miss that dull turkey sandwich one bit.

2 Go beyond potatoes. Now, spuds aren't the nutritional villains they're often portrayed to be. They have plenty going for them, including vitamin C, iron, and other

nutrients. That said, they definitely shouldn't be the only vegetable you eat, as they are for many Americans. Here's an Rx: For every potato that you buy, add a similar-size amount of nonstarchy vegetables to your cart. One potato? Add one baby eggplant. Two potatoes? Two cucumbers. Three potatoes? A nice, big bunch of broccoli. You get the picture.

3 Shop the rainbow. Make sure to have at least two different colors of fruits and veggies on your plate at each meal. That might mean red peppers and spinach in an omelet, blueberries and raspberries on yogurt, and a Technicolor veggie party in your salads. It's the best way to make sure that you're getting a range of good-for-your-ticker nutrients.



YOUR DINNER CHEAT SHEET

Heart-healthy dinners can follow an easy formula without making your taste buds (or dinner companions) yawn. Try what Liz Josefsberg—she was Jennifer Hudson's weight loss coach—does in her own house. She keeps the same basic ingredients around all the time—batches of vegetables, grains like quinoa or brown rice, and lean proteins. Says Josefsberg, "Each evening, I just add different sauces and spices. My family thinks I'm the most versatile cook ever, but it's really the same basics with different flavorings." Try it yourself:

PROTEIN



GRAIN

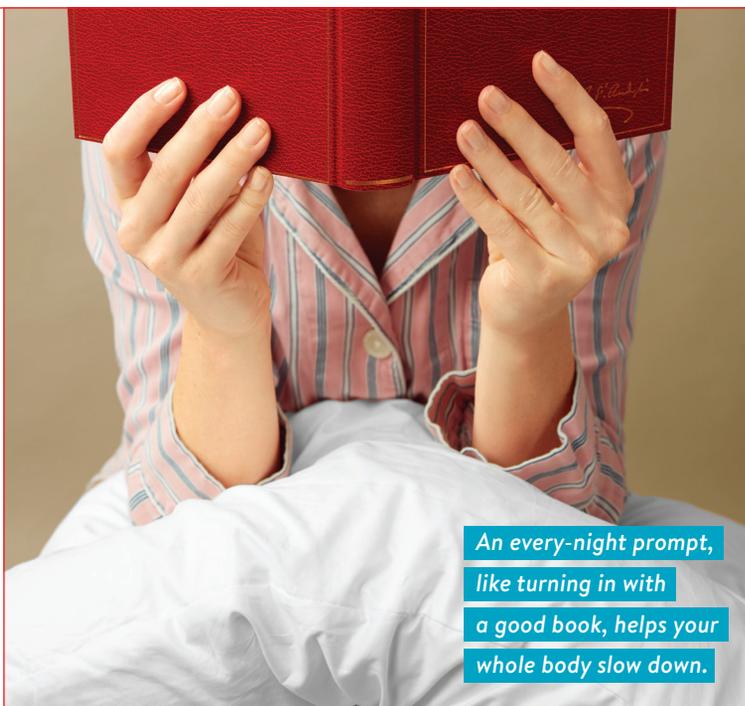


VEGETABLE

+ Make it Chinese. Stir-fry the usuals with soy sauce or oyster sauce. Finish with sesame oil for extra oomph.

+ Turn it Tex-Mex. Add beans and salsa to the veggies and protein. Top with tomatoes, sprinkle with shredded cheese, and serve over brown rice, bowl-style.

+ Give it an Italian spin. Spoon the building blocks—protein, veggies—over whole wheat pasta and top with tomato sauce.



An every-night prompt, like turning in with a good book, helps your whole body slow down.

11:00
P.M.

SLEEP

YOU SNUGGLE IN FOR THE NIGHT.

INSIDE STORY

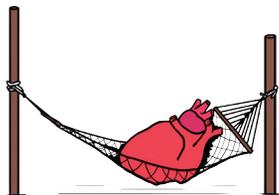
A SIGH OF RELIEF FOR YOUR WHOLE SYSTEM.

Lights-out at a reasonable time guarantees you at least seven hours of rest. “Your heart rate and blood pressure dip by 10 to 20 points overnight, giving your cardiovascular system a much-needed break,” says Steinbaum. Try not to go below six hours, though. Less than that on a regular basis doubles heart attack risk, possibly because sleep loss can make you gain belly fat.

To get all the heart downtime you need, you have to stop believing you can cheat on sleep. “It’s like fuel for your body,” says Steinbaum. What helps her turn in on time, despite her overloaded schedule? “I think of sleep as what I need to do to be great the next day,” she says.

Each evening, spend a few minutes priming your body for rest. You know you should avoid caffeine, exercise, screens, and other stimulators right before bed. But it’s equally important to do something that signals to your mind and body “It’s time to go to bed now.” Just as, say, a shower and coffee gets your cylinders firing in the morning, it’s good to have a ritual that cues up your “rest and recover” system so you can doze off. Jotting down a few things you’re grateful for can deliver that cue. So could a good guided meditation podcast.

No day is going to be perfect; the point is to shoot for mostly good choices. Your heart does so much to keep up with you—it only makes sense to show some love in return. Now you know how.



Paging Dr. Oz

The good doc tackles some of your nagging heart questions.

Q How bad is salt, really?

OZ SAYS Most people don’t have to track every single milligram of sodium. If you fill up on produce, whole grains, and good fats, you’ll naturally keep it in control, because more than 75% of the salt in the American diet comes from processed foods like deli meats and breads. If you already have high blood pressure, you could be among the one in four who are salt sensitive. To find out, check your pressure, dramatically cut back on sodium for a couple of weeks, then recheck. If it’s lower, keep closer tabs on your salt intake.

Q If sugar is bad for your heart, why is chocolate good?

OZ SAYS Because there’s so much healthy stuff in it, despite the sweetener. Dark chocolate with a high cacao content (aim for more than 70%) delivers plant compounds that keep arteries relaxed and discourage plaque buildup. The benefits outweigh the sugar if you stick to an ounce a day—about a 1-square-inch piece.

Q You say people should “know their numbers.” Why?

OZ SAYS Being aware of your cholesterol, blood pressure, triglyceride, and blood sugar scores helps you “own” your heart health. You’ll be more motivated to make heart-smart choices. If you’re trying to lower high numbers, keeping track lets you see whether your efforts are working, and if you’re A-OK, it can help you spot early trends. More than half of Americans with high blood pressure don’t know it, and 71% aren’t aware of their LDL number, either. Let’s get educated, together. ■