



rural spotlight

Love Your Heart

February is American Heart Month, a time to celebrate love and good health. Cardiovascular disease (CVD) is the leading cause of the death for men and women in the United States. Learn about your risks for heart disease and stroke and stay “heart healthy” for yourself and the ones you love.

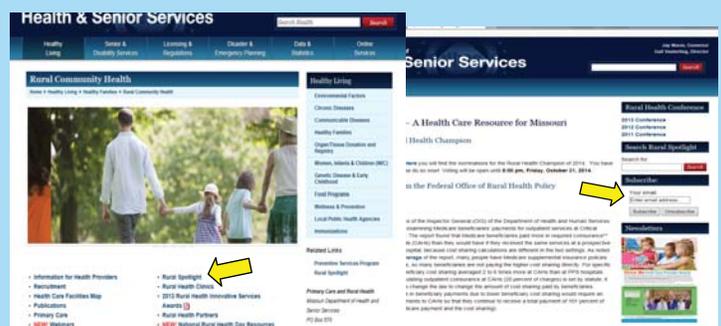
Plan for prevention:

- Work with your health care team.** Get a checkup at least once a year, even if you feel healthy.
- Monitor your blood pressure.** High blood pressure has no symptoms, so have it checked on a regular basis.
- Get your cholesterol checked.** Have your cholesterol levels checked once every 5 years.
- Eat a healthy diet.** A healthy diet can help you maintain a healthy weight and lower your risk for CVD.
- Exercise regularly.** Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure.
- Don't smoke.** Cigarette smoking greatly increases your risk for CVD.
- Limit alcohol use.** Avoid drinking too much alcohol, which can increase blood pressure.
- Manage your diabetes.** If you have diabetes, monitor your blood pressure sugar levels closely, and talk with your health care team about treatment options.
- Take your medicine.** If you're taking medication to treat high blood pressure, high cholesterol, diabetes, or another condition, follow the instructions carefully.

More information can be found at cdc.gov and heart.org.

Rural Spotlight Will Be Available ONLINE ONLY

Beginning March 2015, the “Rural Spotlight” will be available online only. To subscribe, visit the Office of Primary Care and Rural Health’s website at: <http://health.mo.gov/living/families/ruralhealth/index.php>. In addition to receiving this informative newsletter, you will also receive email updates that are relevant to your community as they are released.



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