

...For Out of the Abundance of the Heart the Mouth Speaks

Luke 6:45

Is Your Heart Speaking to you?

Know the risk factors associated with Heart Disease...

Overweight/Obese? Smoker? How do I manage stress?

Are you eating out most days of the week? What have I been eating lately?

Do High Blood Pressure / High Blood cholesterol run in my family? Are you Male?

Are you menopausal? Am I Diabetic (Do I have "sugar")?

February is American Heart Month. According to the American Heart Association Heart disease is the Number One killer of Americans.

We Can Take a Stand!

We can:

- Have an Annual Physical Examination
- Have Lipid profile (check the cholesterol, HDL (high density lipoproteins) and LDL (Low density lipoproteins))
- Have other labs and diagnostics test to screen for diabetes, cancer, kidney disease
- Talk with your Healthcare Professional about the risk factors associated with heart disease
- Some risk factors cannot be changed (age, sex, heredity) but some can (diet, smoking, physical inactivity)
- Choose Life. Listen to your Heart today, and make a commitment to change and to reduce the risk of heart disease. Your Family needs you and your heart will thank you!

Be Blessed In Jesus Name

Health Ministry