

**HEART OWNERS BEWARE !**



**February is National Heart Awareness Month. The time to begin to take care of your heart is now, while it is healthy, not after it is injured.**

**RISK FACTORS FOR HEART DISEASE:**

**SMOKING:** Every time you smoke a cigarette, the blood supply to the overworked heart muscle is decreased by 30% for over an hour.

**OBESITY:** For every ten pounds that you are overweight, the heart has to pump blood through an extra four miles of blood vessels.

**POOR DIET:** Diets, which are high in cholesterol, triglyceride, alcohol and salt, cause damage to both the heart and blood vessels.

**PHYSICAL INACTIVITY:** Lack of proper exercise results in poor muscle tone and decreased stamina. Remember, the heart is a muscle as well.

**UNCONTROLLED BLOOD PRESSURE:** One out of every four adults has hypertension (high blood pressure). Fifty percent (50%) of people don't know they have it. Uncontrolled hypertension leads to heart attacks.

**PREVENTING HEART DISEASE**

Stop smoking

Maintain your ideal weight

Eat a low fat diet

Establish a consistent exercise program.

Control your blood pressure.

Take medications, if prescribed by your doctor.

Have regular check-ups

We at the Health Center will be happy to help you.



**Healthfully yours,**

**Dr. Healthberry**

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For questions or comments you can;

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