

Mission In Motion

Health & Wellness Weekly Bulletin

February 2012—Healthy Heart



February 27, 2012—Week 4

Do you know your risk factors?

Heart disease is the leading cause of death for both women and men in the United States. The biggest factors that contribute to heart disease are smoking, high blood pressure, high cholesterol, family history and age. While you can't control your family history and age, you can control the remaining risk factors by making healthy lifestyle changes. Ask your doctor for advice to help you avoid potential heart-health problems.

Source: American Academy of Family Physicians, Centers for Disease Control and Prevention

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