



# Health and Wellness Tip of the Week - Week 6

February 10, 2014

## Monthly Topic

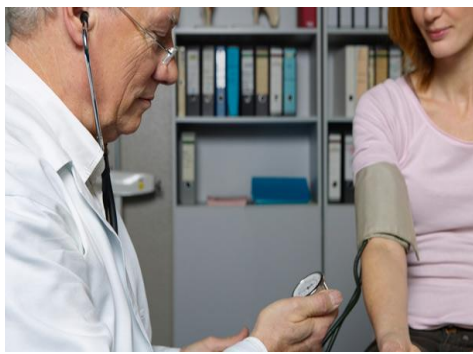
Focus on women's risks and annual checkups during American Heart Month in February.

## Don't wait to check your blood pressure

If high blood pressure, also known as hypertension, is left uncontrolled, it can greatly increase your risk of stroke, heart attack and heart and kidney failure. There are some risk factors you can't change. But you can change these risk factors:

- ♥ Obesity
- ♥ Excess sodium in your diet
- ♥ Alcohol use on a regular basis
- ♥ Sedentary lifestyle
- ♥ Ongoing stress
- ♥ Oral contraceptives, especially in overweight smokers

*Source: American Heart Association*



Human Resources  
Department  
1201 E. 8<sup>th</sup> Street  
Mission, TX 78572  
956-580-8630