

# HEALTH CARE GREENVILLE RANCHERIA

## HEART HEALTH MONTH

*February is not the only month to celebrate Valentine's Day and those that have our hearts, it is also Heart Health Month. A reminder of the importance of taking care of our heart health (Cardiovascular Health). A time the nation spotlights heart disease, the No. 1 killer of Americans.*

Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits!

Lack of exercise, a poor diet and other unhealthy habits can take their toll over the years. It's not as hard as you may think! Remember, it's the overall pattern of your choices that counts. Certain types of heart disease, such as heart defects, can't be prevented. However, the same lifestyle changes that can improve your heart disease can help you prevent it.

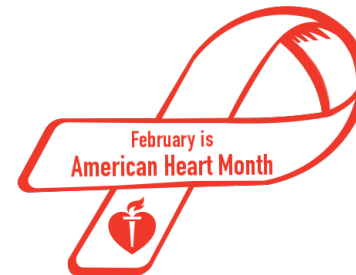
Make the simple steps below part of your life for long-term benefits to your health and your heart. How to follow the American Heart Association diet (AHA) and lifestyle recommendations?

1. Use up at least as many calories as you take in.
2. Eat a variety of nutritious foods from all the food groups.

3. Eat less of the nutrient-poor foods.
4. As you make daily food choices, base your eating pattern on these recommendations.
5. Live Tobacco Free.

**Choose a healthy eating plan.** The food you eat can decrease your risk of heart disease and stroke. Regular physical activity can help you maintain your weight, keep off weight that you lose and reach physical and cardiovascular fitness. Choose foods low in saturated fat, trans fat, and sodium. Eat plenty of fruits and vegetables, fiber-rich whole grains, fish (preferably oily fish-at least twice per week), nuts, legumes and seeds also try eating some meals without meat. Select lower fat dairy products and poultry (skinless). Limit sugar-sweetened beverages and red meat, if you choose to eat meat, select the leanest cuts available. If it's hard to schedule regular exercise, look for ways to build short bursts of activity into your daily routine such as parking farther away and taking the stairs instead of the elevator. Ideally, your activity should be spread throughout the week.

Heart disease is easier to treat when detected early. Make an appointment with your provider and talk about concerns you may have regarding your



heart health. Your provider will perform a physical exam and ask about your personal and family medical history. The tests you'll need to diagnose your heart disease depend on what condition your provider thinks you might have.

Preventing heart disease means making smart choices now that will pay off the rest of your life. For more information on Heart Health, go to the *American Heart Association* website at: [www.heart.org](http://www.heart.org).

### HEALTH PROGRAMS

FAMILY PRACTICE

PEDIATRICS

MEDICAL FACILITIES

DENTAL FACILITIES

MEDICAL TRANSPORT WITHIN PLUMAS

AND TEHAMA COUNTIES

COMMUNITY HEALTH REPRESENTATIVES

INDIAN CHILD WELFARE WORKER

DIABETES SERVICES

MENTAL HEALTH SERVICES

DRUG, ALCOHOL AND FAMILY COUNSELOR

ADDICTION AND MEDICATION-ASSISTED TREATMENT

8 SUB-SPECIALTIES:

WOMEN'S HEALTH, INTERNAL MEDICINE,

ORTHOPEDICS, PHYSICAL THERAPY,

PSYCHIATRY, CARDIOLOGY,

PULMONOLOGY AND PAIN MANAGEMENT

Se Habla Espanol

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AND MEDI-CAL  
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NATIVES  
AND NON-NATIVES

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