

Love your heart, it will love you back

February is American Heart Month. It's also the month when we celebrate love, which makes it a great time to make a commitment to loving and nourishing your heart a little more. At your next wellness visit, ask your health care provider about heart disease risk factors and tips for how to lower your risk. To help jump start your journey on making heart healthy lifestyle changes, the Million Hearts initiative offers tools on the ABCS of heart disease. Adopting the ABCS below can help reduce your risk and improve your heart health.



Take aspirin therapy as directed by your health care provider. Your health care provider can advise you if taking aspirin therapy can reduce your risk of having a heart attack or stroke. It's important to share your family history for heart disease or stroke with your doctor.



Control your blood pressure. Blood pressure measures the force of blood pushing against the walls of the arteries. If your blood pressure stays elevated for a long time, you may suffer from high blood pressure (also called hypertension). High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are and ask your health care professional what those numbers mean

for your health. If you have high blood pressure, work with your health care professional to lower it.



Manage your Cholesterol levels. Cholesterol is a waxy substance produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease. There are two types of cholesterol. One type is often referred to as “good cholesterol” and can protect you from heart disease, but another type is referred to as “bad cholesterol” and can increase your risk of cardiovascular disease. Consult with your health care provider to check your cholesterol levels.



Don't SSmoke. Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. It's never too late. For help, call the Nevada Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669) from a Nevada area code today.

By making changes to your diet, increasing physical activity, and quitting smoking, most people can reduce their risk of heart disease. Your health care professional can help you manage your risk and [Know Your Numbers](#). Need help finding primary care provider, check out the [list of low-cost clinics](#).

COMMUNITY RESOURCES

COVID-19 Vaccinations

Doses of the Moderna and Pfizer COVID-19 vaccines are available through the Southern Nevada Health District and its partners and at a variety of community vaccination clinics to those who are in eligible priority groups. Visit the link below or call the toll-free number to determine your eligibility and book an appointment.

 <https://covid.southernnevadahealthdistrict.org/vaccine/distribution>

 1-800-401-0946 between 8 a.m. and 8 p.m. 7 days a week

Food Pantry

Reconciliation Apostolic Ministries
911 G St.

Las Vegas, NV 89106

Every 1st and
3rd Thursday



To learn more about the Southern Nevada Health District's **BarberShop Health Outreach Project** and **Beauty Shop Health Outreach Project**, contact Amineh Harvey at harveya@snhd.org.