

# SUNDAY MORNING

## Health Corner

### Know Your Heart

**Cardiovascular disease** is a leading cause of illness in the African American community, but by understanding your numbers and taking action early, you can protect your heart and live a longer, healthier life.

#### Heart Health Basics

- **Blood Pressure:** High blood pressure (**hypertension**) often shows no symptoms but increases your risk of heart disease and stroke.
- **Cholesterol:** High levels of LDL ("**bad**") cholesterol can clog your arteries, while HDL ("**good**") cholesterol helps protect your heart.
- **Healthy Habits:** Eating a balanced diet, exercising regularly, managing stress, and **not smoking** are key to heart health.

#### Take Action Today

- **Schedule a Check-Up:** Visit your doctor for a heart health screening.
- **Track Your Numbers:** Keep a record of your readings and discuss them with your healthcare provider.
- **Make Small Changes:** Add more fruits, vegetables, and whole grains to your meals, and aim for at least 30 minutes of physical activity most days.
- **Know the Signs:** Learn the symptoms of heart attack and stroke.

#### You Deserve a Healthy Heart

By loving your heart and prioritizing your health, you're making a powerful commitment to yourself and your loved ones. Together, we can **build healthier lives** and stronger communities.



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