

SUNDAY MORNING

Health Corner

Managing Chronic Conditions

Chronic diseases like diabetes, hypertension, and heart disease disproportionately affect **our communities**. But with the right tools and support, you can take charge of your health and live a full, vibrant life.

Know Your Numbers

- **Blood Pressure** – High blood pressure (hypertension) increases the risk of stroke and heart disease. Aim for 120/80 mmHg or lower.
- **Blood Sugar (A1C Levels)** – Keeping your A1C below 7% helps prevent diabetes complications.
- **Cholesterol** – Keep your LDL (“bad” cholesterol) low and HDL (“good” cholesterol) high for heart health.

Follow Your Treatment Plan

- **Take Medications as Prescribed** – Don't skip doses or stop taking medicine without speaking to your doctor.
- **Make Healthy Food Choices** – Reduce processed foods, salt, and added sugars. Load up on vegetables, lean proteins, and whole grains.
- **Stay Active** – A 30-minute daily walk can help lower blood pressure, stabilize blood sugar, and improve overall well-being.
- **Regular Check-Ups** – See your doctor regularly to monitor progress and adjust your care plan as needed.

You Are Not Alone

Managing a chronic condition is a journey, not a race. With education, consistency, and support, you can take control of your health and prevent complications.



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