

FEBRUARY 2020

Heart Health

Do not let your hearts be troubled. Believe in God, believe also in me. – John 14:1

Heart disease is the leading cause of death among men and women. Most of us fail to make the connection between risk factors – such as high blood pressure and high cholesterol – and our personal risk of developing heart disease. Here are the **10 Commandments for a Healthy Heart**, from the National Heart, Lung and Blood Institute's initiative **The Heart Truth**:

1. Know your risk factors for heart disease.
2. Talk to your doctor about how to lower your risk for heart disease.
3. Have your blood pressure checked regularly.
4. Know your cholesterol numbers. (These include total cholesterol, HDL or "good" cholesterol, LDL or "bad" cholesterol, and triglycerides.)
5. Have your blood sugar level checked for diabetes.
6. Do not smoke cigarettes or use other tobacco products and limit your exposure to secondhand smoke.
7. Have a healthy diet to protect your heart health.
8. Get regular physical activity. (At least 150 minutes of moderate physical activity each week.)
9. Aim for a healthy weight and maintain it.
10. Know the signs and symptoms of a heart attack and the importance of calling 9-1-1 immediately.

At MLH: We provide the latest in heart care technologies with knowledgeable experts to provide optimal cardiac services for you and your family. As part of the comprehensive cardiac services offered throughout our adult hospital system, we have a network of service locations dedicated to providing excellent clinical, diagnostic, interventional and electrophysiology care. If you would like to find a cardiologist or electrophysiologist, please visit www.methodisthealth.org.



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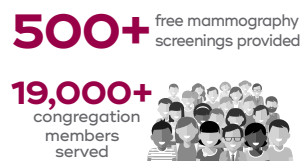
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OUR FAITH-BASED MISSION

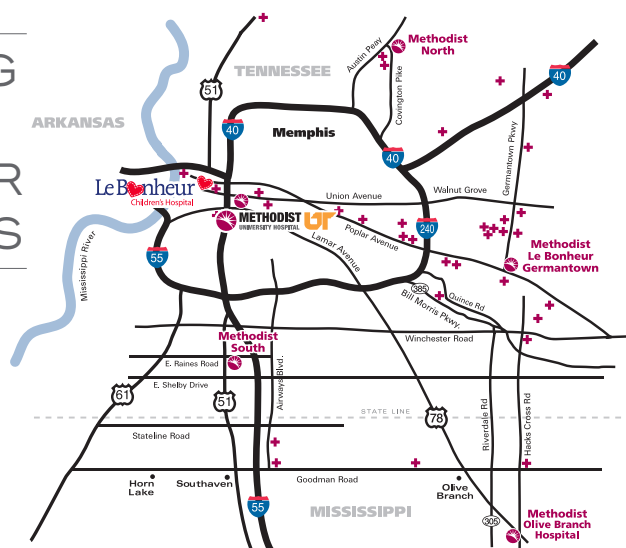
Our mission is to collaborate with patients and families to be the leader in providing **high-quality, cost-effective, patient- and family-centered care** in a manner which supports the health ministries and Social Principles of the United Methodist Church to benefit the communities we serve.



In 2018, we provided over **\$226 million** in care for uninsured and impoverished patients.



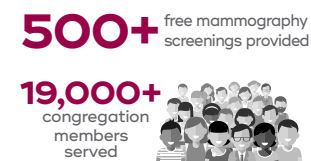
SERVING **ALL** OF GREATER MEMPHIS



For more information, contact Jonathan Lewis, Program Manager of Faith & Health Ministries at jonathan.lewis@mlh.org or 901.516.0990.

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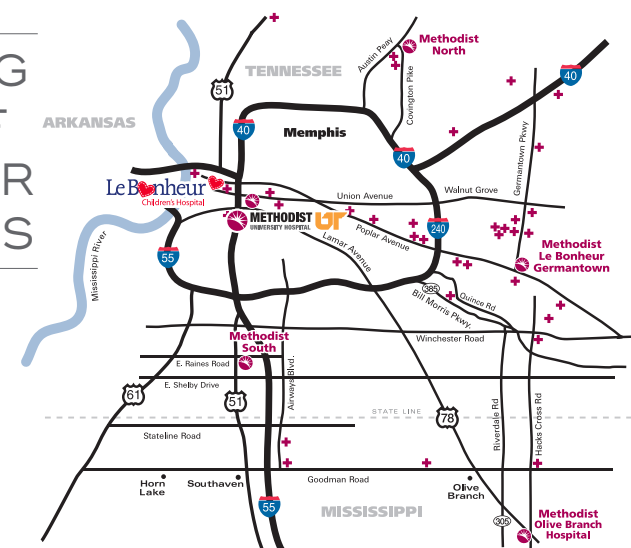
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