

This Valentine's Day, talk about



Your Heart

with the ones
you love.

For more information,
contact physicianoffice@afmc.org
or 501-212-8782, or visit qio.afmc.org.



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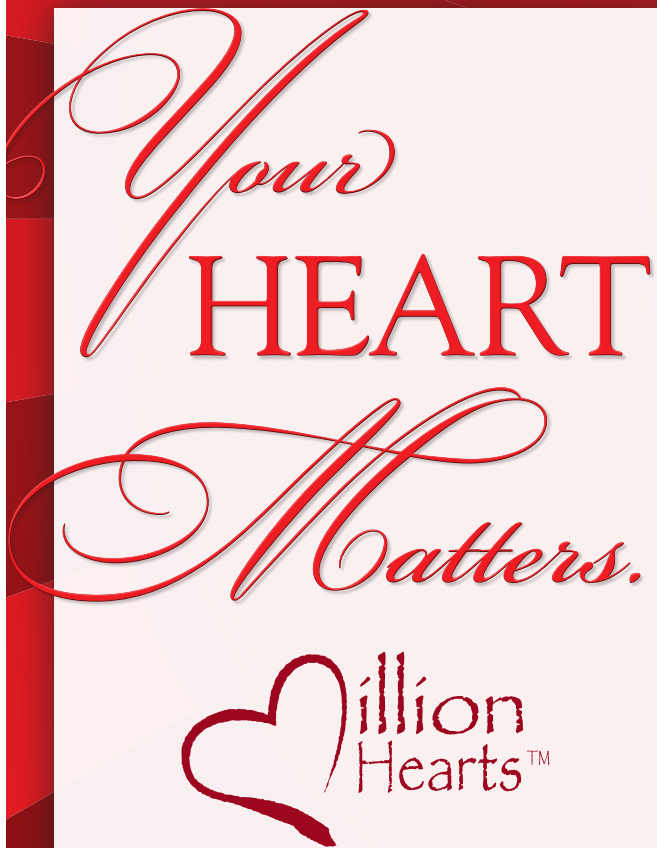
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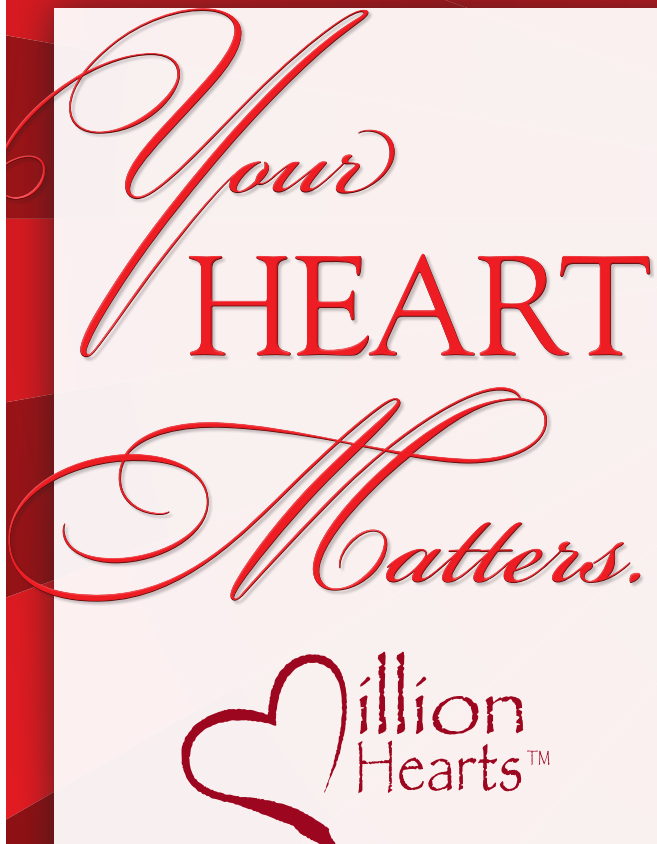


February is American Heart Month. To help celebrate, your health care provider and the Arkansas Foundation for Medical Care (AFMC) invite you to become one in a Million Hearts.

The Million Hearts initiative is a national project aimed at preventing 1 million heart attacks and strokes by 2017. Here are some tips to help you take care of your own heart:

- ✓ **Eat healthy**
- ✓ **Remember your ABCS:**
 - **A**ppropriate aspirin therapy
 - **B**lood pressure control
 - **C**holesterol management
 - **S**top using tobacco
- ✓ **Be active and exercise daily**
- ✓ **Ask your doctor for tips** on how you can increase your good cholesterol and keep your blood pressure under control

For more information, visit **millionhearts.hhs.gov** or talk to your doctor.



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