

By Your Side

February 2023



10 Ways to Love Your Heart

It's time to get heart smart. Heart disease is the leading cause of death in both men and women. But there are choices you can make in your daily life to reduce your risk. Follow our healthy heart tips — and your heart will surely love you back.

[Learn more](#)



Blood Pressure Check: Do You Know Your Numbers?
[Learn more](#)



Grateful Patient Story: Heart Valve Disease
[Learn more](#)



Time for Your Check-up?

Regular visits with your primary care physician are the key to preventing problems before they start. Nearly 1 in 3 adults with high blood pressure do not even realize they have the condition. Make an appointment today.

[Schedule now](#)

Four Keys to a Healthy Heart



Manage Blood Pressure
120/80 mmHg or less



Check Total Cholesterol
Less than 200 mg/dL



Avoid Elevated Blood Sugar
Less than 100 mg/dL when fasting



Maintain Healthy Body Mass Index
Between 18.5-24.9

Be Wise and Well

Check out more health topics



[Why Asthma is Worse in the Wintertime](#)



[Fun Ways to Exercise in the Winter](#)



[Protect Yourself From Frostbite and Frostnip](#)



[Wellness Snapshot: Chin Tuck Stretch for Good Posture](#)



[Got a Sore Throat? How to Get Relief](#)



[The Link Between Hearing Loss and Cognitive Decline](#)

Navigating Bias: How to Advocate for Your Health

FEBRUARY 28, 6:30PM-7:45PM

To commemorate Black History Month, please join us for a virtual panel discussion on how to engage with the health care system, including how to advocate for your care, how to ensure your provider is right for you, when to reach out for help, and how to get the best referrals. Please register by emailing DEI@summithealth.com with your name and email address, which we will respond to with the meeting link.

PANELISTS INCLUDE



Valerie Antoine-Gustave, MD, MPH
Gastroenterology



Aaron Horne Jr., MD, MBA, MHS
Cardiology



Estelle Vaughns Williams, MD, FACEP
Emergency Medicine

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