

HOUSTON DEAF SENIOR CITIZENS NEWSLETTER

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June 19, 2005

Have a Wonderful Happy Father's Day

We have planned the field trips next five months for Houston Deaf Senior Citizens.
(Attention: these places or dates may be changed if unable to reserve or time permits)



2005

July 8, 2005 (Fri) ~ Shiner

September 9, 2005 (Fri) ~ Rockport

August 3, 2005 (Wed) ~ Woodlands
& Tomball

October 14, 2005 (Fri) ~ Kirbyville

November 2, 2005 (Wed) ~ Brookshire

December, 2005

– We are working to get a charter bus going to Burnet, Marble Falls, and Johnson City. We may stay there overnight. When arrangements are finalized, the locations and date will be announced.

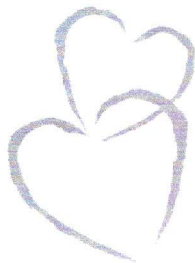
Healthy Heart Facts

CommunityOne Patient News – Spring 2005
Produced by HCHD Corporate Communications

Heart disease is the main cause of death in America. High blood pressure, heart failure, hardening of the arteries and stroke are all diseases of the heart. Many types of heart disease can be prevented.

Some things that we can control, treat or prevent to stop heart disease are:

- ✓ High blood pressure
- ✓ Tobacco smoke
- ✓ High cholesterol
- ✓ Physical inactivity
- ✓ Obesity
- ✓ Diabetes
- ✓ Stress
- ✓ Alcohol and drug use



Other factors that we cannot control are:

- ✓ Age
- ✓ Sex (gender)
- ✓ Race

- ✓ Family history
- ✓ Previous heart attack or stroke

To lower your risk of getting heart disease:

- ✓ Know your risk factors
- ✓ Don't smoke and avoid other people's smoke
- ✓ Control your blood pressure
- ✓ Eat a healthy diet low in fat, cholesterol and salt
- ✓ Be physically active
- ✓ Control your weight
- ✓ Get regular medical check-ups
- ✓ Follow your doctor's orders for taking medicine

For more information, call Ask Your Nurse at 713-633-CALL (2255) or call your doctor.

