



# The Montello News

## CARE CENTER

Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living

### National Heart Health Month: Know Your Heart Health

We all know that keeping up with our heart health is important.

We also know that there are a wide variety of factors that cause heart problems, and there are some basic ways to help protect the health of our hearts. What many people do not realize, however, is that key to their heart health may be different than the key to the heart health of others.

It is important that each of us takes the time to learn about our own heart health and to learn about the possible methods of ensuring our heart health in the future.

One of the best ways to become

familiar with the needs of your heart is to see a physician. A physician can help you determine not only the current health of your heart, but also give you a better understanding of specific things you can do to help prevent heart attack or heart disease.

For some people, the most significant factor in achieving and maintaining heart health is to change their diet. The foods we choose to put into our bodies affect our heart health in more ways than we know. Eating large amounts of sugar, carbohydrates or processed foods will eventually take a toll on our heart health.



For others, a physician may address exercise and physical fitness habits. Heart health can be significantly altered based upon a person's level of exercise and personal fitness.

**It is never too late to take your heart health seriously. Make an appointment to see your physician today.**

# Montello

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Brent Meyers, Administrator

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As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items.

Please call our office.



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