

SUBSCRIBE TO "HEALTH"

ARTICLES

ShowMe Gold Sponsors



TOP

# Free Health Screenings To Be Held

FEBRUARY 14TH 2012 BY AMY ELLINGHOUSE

Free Health Screenings To Be Held

February is American Heart Month!

Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women. To prevent heart disease and increase awareness of its affects, Missouri Southern Healthcare is proudly participating in American Heart Month.

In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication.

**In honor of American Heart Month, the office of Gurpreet Boparai, M.D. will be hosting two days of free health screenings -- Tuesday, February 21 and Wednesday, February 22 from 8:30 -11:30 a.m. Blood pressure, blood sugar, cholesterol and BMI (Body Mass Index) will be available. The screenings will be held at MSH Family Medical Care located at 115 East Business 60 in Dexter. Appointments can be made by calling 573-624-7575.**

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease.

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.
- Talk to your doctor about taking aspirin every day if you are a man over the age of 45, or a woman past menopause.
- Manage stress.

For more information, or to make an appointment for the Free Health Screening, please call 573-624-7575.

LAST UPDATED ON FEBRUARY 14TH 2012 BY AMY ELLINGHOUSE

<https://showmetimes.com/Blogpost/ulvm/Free-Health-Screenings-To-Be-Held>

[Go to post](#)



More from ShowMe Times:

