



**Community
Health Development, Inc.**
The Heart of the Community

News Release

FOR IMMEDIATE RELEASE

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COMMUNITY HEALTH DEVELOPMENT, INC. IS SEEING RED ON FRIDAY, FEBRUARY 5, 2010 IN SUPPORT OF WOMEN'S HEART HEALTH

UVALDE, TEXAS – February is the traditional month for St. Valentine's Day and an abundance of the color red signaling romance and passion. On Friday, February 5, 2010, staff members of the four health center campuses of Community Health Development, Inc. (CHDI) in Uvalde, Leakey and Camp Wood will be passionate about wearing red to encourage awareness of women's heart health issues. CHDI, along with the American Heart Association, urges everyone in the community to Go Red as a reminder that while heart disease is often regarded as a man's disease, it remains the number one killer of women age 20 and over – even though it is largely preventable.

The American Heart Association reports that cardiovascular disease kills approximately 460,000 women each year. One in three women has some form of cardiovascular disease and more women die of cardiovascular disease than the next five causes of death combined, including cancer. 64 percent of women who die suddenly from coronary heart disease have no previous symptoms. Importantly, healthy lifestyle changes can prevent or postpone heart disease.

“Heart disease is most common among women with high cholesterol, high blood pressure, physical inactivity, obesity or overweight, Type 2 Diabetes and smoking,” says CHDI staff physician Dr. Mary Ann Gamble. “Each of these risk factors can be corrected or eliminated with healthy choices about food, moderate exercise, getting enough sleep, reducing stress and not smoking. I know it sounds easier to say than to do, but all women owe it to themselves and their families to take an ongoing inventory of how

they are living and find small ways to improve their heart health. Talking with your health care provider or accessing information online is a great beginning.”

Recommended steps for lowering your risk:

- Eat a healthy diet low in saturated fat, trans fat, cholesterol and sodium.
- Keep your weight under control.
- Be physically active at least 30 minutes on most or all days of the week
- Control your blood pressure and cholesterol levels
- Manage your blood sugar if you have diabetes
- Get regular medical check-ups
- Talk with your doctor about a prevention plan and medicines that may be right for you
- Don't smoke and avoid tobacco smoke

For more information about the Go Red campaign of the American Heart Association, visit GoRedForWomen.org.

About Community Health Development, Inc.

CHDI's mission, observed daily at each of its four health centers, is “to continuously improve the *Nuestro Bienstar* (Health and Well Being) of the community we serve by providing access to quality health care services that are responsive to the diverse rural, cultural and bilingual populations in our community.”

Community Health Development, Inc. is comprised of four health center campuses:

- **Our Health / *Nuestro Centro de Salud***, (830) 278-7105, is located at 200 South Evans Street in **Uvalde** and provides medical care to patients primarily from Uvalde and Zavala counties. Hours of service are Monday and Wednesday from 8:00 am until 7:00 pm; Tuesday, Thursday and Friday from 8:00 am until 5:30 pm; and Saturday from 8:00 am until 5:00 pm.
- **The Center for Community Wellness**, (830) 278-3765, is located at 908 South Evans Street in **Uvalde** near Highway 83 South and provides dental care to patients primarily from Uvalde, Real, Edwards and Zavala counties. Hours of service are Monday, Tuesday, Thursday and Friday from 8:00 am until 5:00 pm and Wednesdays from 10:00 am until 7:00 pm.
- **Rolling Hills Health**, (830) 232-6985, is located at Highway 83 and Oakhill Drive in **Leakey** and provides medical care to patients from Real, Kerr, and Bandera counties. Hours of service are

Monday, Tuesday, Thursday and Friday from 8:00 am until 5:00 pm; and Wednesday from 10:00 am until 7:00 pm.

- **Canyon Health Center**, (830) 597-6424, is located at 700 Frio Street in **Camp Wood** and provides medical care to patients from Real and Edwards counties. Hours of service are Monday, Tuesday, Thursday and Friday from 8:00 am until 5:00 pm; and Wednesday from 10 am until 7:00 pm.

For more information about Community Health Development, Inc., please visit CHDI4Health.org.

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