

Heart Disease Awareness Month



1. Heart disease awareness

By: Dr. Jorge Duchicela

- The number one cause of death in the U.S. is your heart.
- Sitting is the new smoking.
- **Smoking is one of the worst poisons to your heart.**
- A sedentary lifestyle with little or no physical activity doubles your risk of dying from heart disease.

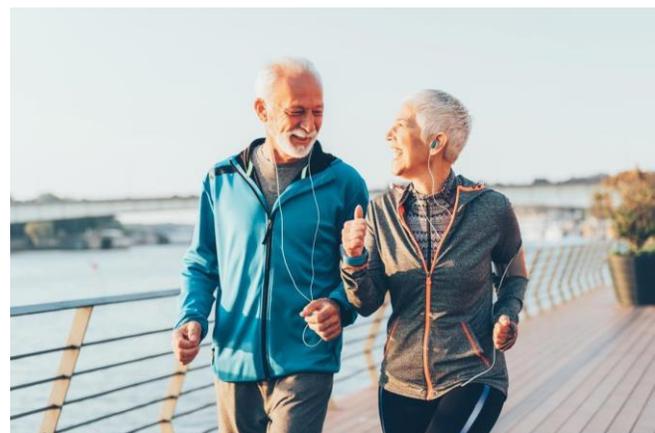
What you can do to prevent heart diseases:

1. Keep your weight down.
2. Keep your LDL down.
3. Keep your sugar down.
4. Keep your blood pressure under control.
5. **AVOID SMOKING.**
6. Perform regular physical activity.

“Exercising for at least 30 minutes a day, 5 days a week, can help you lose weight, improve your cholesterol, and lower your blood pressure.”

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2. Current viruses – What to do?

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What would you do if I told you that a “Powerful Virus” is killing Americans? 61,000 deaths in 2017-2018 and 34,000 from 2018-2019.

So far 10,000 Americans have been killed by the INFLUENZA virus this year. And our flu season is not over yet.

What to do:

- Wash your hands.
- Don't touch your nose, mouth, or eyes.
- Cover your nose and mouth when coughing.
- Get your influenza vaccine.

Let's talk about the Coronavirus. There is NO vaccine for this virus, and there is NO medicine to kill this virus.

So, what can you do?

- Wash your hands.
- Don't touch your eyes, nose, or mouth.
- Encourage people to stay home if they have a high fever, severe muscle aches, and are coughing.
- Report symptoms to your physician.

“As a reminder, I like to keep my exam rooms cold to prevent bacteria and viruses from growing.”



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