February 2026

Juniper Health
Patient Newsletter

Volume 6
Issue 2

AMERICAN HEART MONTH

10 Ways to Support Heart Health:

1. Get 7-9 hours of quality sleep each night. Poor-quality sleep increases the risk of high blood pressure and heart disease.
2. Eat a diet that will help lower blood pressure and improve your cholesterol.
3. Maintain a healthy weight for you. A health weight can help prevent many conditions and improve your health overall.
4. Spend at least 150 minutes each week being physically active. This will lower risk of heart disease and stroke.
5. Stop smoking. Smoking, a lot or even a little, damages your heart and blood vessels.
6. Keep your cholesterol at a healthy level by eating a diet low in saturated fats, and limiting alcohol consumption.
7. Manage your blood sugar-- this is especially important for those with or at risk of developing diabetes.
8. Keep your blood pressure within the healthy range, no higher than 130/80.
9. Manage your stress, this will help with your emotional and physical health. Practicing deep breathing, focusing on calming images, and exercise can be great ways to manage stress.
10. Practice self-care and find social support. Taking care of your heart is a great form of self-care, and having people who support you make it easier to take those heart healthy steps.

Heart Disease is the leading cause of death in the US, but can often be prevented by taking these steps to a healthier life.

Find out more at: nhlbi.nih.gov

February is Children's Dental Health Month, Schedule a regular visit for your child at one of our Dental Locations!

Lee County Dental:
606-464-9262

Morgan County Dental:
606-743-3030

MENTAL HEALTH CORNER

Teen Dating Violence Awareness Month

How can I protect my teen from dating violence?

- Talk to your teen about red flags to keep an eye out for in relationships. Talk with your teen often and ask non-judgmental open-ended questions about their relationships. Make it clear that they can come to you with anything.
- Talk to your teen about the expectations that should have from a partner, and what a healthy relationship should look like.
- Get to know their partner, observe their relationship dynamic, and set boundaries as needed.
- Empower your teen to keep themselves safe by having these relationship expectations and keeping an open line of communication.

Find out more at: TeenDVMonth.org