

**When you are worried about your health, the last thing you need is to worry about your finances.**

*"Where Service Makes the Difference"*



**MILLS COUNTY**  
— STATE BANK —

Goldthwaite Brownwood Early Hamilton Hico  
www.mcsbtexas.com Member FDIC NMLS# 442123

## FREE Banking App

**Download it Today!**

With Our New Mobile Banking App You Can...

- Check Balances
- Pay Your Bills
- Transfer Money
- Locate ATMs & More!

**All right from Your Smartphone**

Download at...



\* App requires prior enrollment in internet banking through MCSB.



## Office in Brownwood



**Chris McClish, M.D.**  
*Interventional Cardiology*

Hendrick Medical Center is pleased to announce that Chris McClish, M.D., has office hours the third Tuesday of each month in Brownwood. Dr. McClish is an interventional cardiologist at Cardiology Consultants in Abilene. He earned his medical degree at The University of Texas Medical Branch in Galveston and completed his residency, internship and cardiology fellowship at the University of Virginia in Charlottesville. He also completed a Fellowship in Interventional Cardiology at The University of Texas Health Science Center at San Antonio.

Dr. McClish is board certified in Cardiovascular Disease and Interventional Cardiology.

100 South Park Drive  
Brownwood, TX 76801  
**325-793-3100**



**HENDRICK**  
MEDICAL CENTER

## Eye On Blood Pressure

**Y**our blood pressure is the force of blood pushing against your blood vessel walls. When you have high blood pressure, the pressure in your arteries is elevated.

One in four adults, about 50 million Americans, have high blood pressure. When untreated, it can increase the risk of heart attack and stroke.

### THE RISK FACTORS

Those at a greater risk for high blood pressure include people with relatives that have high blood pressure; African Americans; people over the age of 35; overweight people; people who aren't physically active; people who use too much salt; people who drink too much alcohol; people with diabetes, gout and kidney disease; pregnant women; women who take birth control pills who are overweight, had high blood pressure during pregnancy, have a family history of high blood pressure or have mild kidney disease.

### AVOIDING THE PROBLEM

So how can you avoid high blood pressure? Take steps to live a healthier life and you'll greatly improve your odds of having high blood pressure later in life.

The Red Cross recommends anyone at risk lose weight if they are over-

weight; eat healthy meals low in saturated fat, cholesterol and salt; limit alcohol to no more than one drink per day for women or two drinks a day for men; be more physically active; take medicine the way your doctor tells you; know what your blood pressure should be and work to keep it at that level, and talk to your doctor about taking medication.

### MAKE CHANGES

Whether you have been diagnosed with high blood pressure — also called hypertension — or are concerned because you have some of the risk factors for the disease, understand this: While there is no cure, high blood pressure is manageable.

The American Heart Association notes that lifestyle modifications are essential. These changes may reduce your blood pressure without the use of prescription medications. Adopting a healthy lifestyle is critical for the prevention of HBP and an indispensable part of managing it. Think of these changes as a "lifestyle prescription" and make every effort to comply.