



High blood pressure pushes too hard on artery walls. This damages the inside and causes fat or "plaque" to collect. That plaque makes your arteries more stiff and narrow so they can't do their job as well.

Limit How Much Alcohol You Drink – Do not drink too much alcohol. Men should have no more than 2 alcoholic drinks per day, and women should have no more than 1 alcoholic drink per day.

Get Enough Sleep – Getting enough sleep is important to your overall health, and enough sleep is part of keeping your heart and blood vessels healthy. Not getting enough sleep on a regular basis is linked to an increased risk of heart disease, high blood pressure, and stroke.

Self-measured blood pressure monitoring (SMBP) can help you manage your blood pressure and reach your health habit goals. SBMP involves a person's regular use of a personal blood pressure monitoring device to assess and record blood pressure across different points in time outside of a clinical, community, or public setting, typically at home. For more information on high blood pressure: call Green River District Health Department at 270-686-7747.



Your First Choice, First Thought for Behavioral Health Services

RiverValley Behavioral Health currently hosts over 27 programs that include in-patient and outpatient services for individuals and families impacted by mental health issues, alcohol and drug addictions, and developmental disabilities.

Our services are specifically developed to meet the unique, growing behavioral health needs of the communities we serve. We provide services in the following counties: Daviess, Henderson, Ohio, Union, MeLean, Hancock, and Webster.

RiverValley has been the honored recipient of the National Mental Health Corporations of America's "Best Practices Award" for client satisfaction.

For more information or to schedule an appointment, please call our Point of Entry line at 270-689-6879 or 1-800-769-4920 for TDD/Hearing Impaired.



If you are in crisis and this is a non-medical emergency, please call or text our Crisis Line at 800-433-7291.

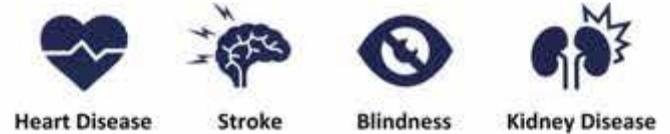
www.rvbh.com • You can also find us on Facebook, Twitter, & LinkedIn

Do you have DIABETES?

Diabetes education can teach you how to manage your blood sugar, blood pressure, and cholesterol.

A diabetes educator can help you learn how to reach your self-management goals.

An out of control blood sugar can lead to increased risk for:



How do I sign up?

To find diabetes education services in your area, look on the Kentucky Diabetes Resources Directory at <https://prd.chfs.ky.gov/KYDiabetesResources/>



To learn more, visit www.kydiabetes.net or give us a call at 270-686-7747



Learn tips to reduce your risk for diabetes complications



Plan meals and make healthy food choices



Monitor yourself: it's more than just your blood sugar



Stay active



Take your medications



Quit smoking

