



Check It Out

FEBRUARY 2014 · YOUR GUIDE TO THE LAREDO REGIONAL CAMPUS LIBRARY

LIBRARY HOURS

MONDAY

9 AM—5 PM

TUESDAY

9 AM—5 PM

WEDNESDAY

9 AM—5 PM

THURSDAY

9 AM—5 PM

FRIDAY

8 AM—12 PM

SATURDAY

CLOSED

SUNDAY

CLOSED



February is American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths is caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease.

To lower your risk:

- ◆ Watch your weight.
- ◆ Quit smoking and stay away from secondhand smoke.
- ◆ Control your cholesterol and blood pressure.
- ◆ If you drink alcohol, drink only in moderation.
- ◆ Get active and eat healthy.

START TODAY: SMALL STEPS

- ⇒ [Check out this fact sheet about the signs of a heart attack \[PDF - 1.0 MB\].](#)
- ⇒ Make an appointment to get your cholesterol checked.
- ⇒ If you drink alcohol, set a daily limit and write it down.



DIABETES AND HEART HEALTH

People with diabetes should be aware of their heart health. Having diabetes makes heart attack and stroke more likely—but it doesn't have to. Research has shown that people with diabetes can lower their risk for heart disease and other heart problems by managing the ABC's of diabetes—A1C, Blood Pressure, Cholesterol—and stopping smoking. NDEP provides educational resources for people with diabetes and health care professionals to raise awareness of the effect of diabetes on heart health.

For more information and resources on heart health, visit healthfinder.gov and ndep.nih.gov.

New Libray Staff Member

Meet our new Library staff member, Maria Cantu! Maria started working at the library on January 24th and will be sharing staff duties with Erika Silva. Please stop by the library and welcome Maria to our campus.



library.uthscsa.edu

EYL

* On February 18th, starting at 10 am, the Library will begin the process of upgrading its print service. During this time, the traditional print method will be unavailable to our patrons. The Library will have limited printing functionality available to the students/faculty/staff/public during this time.