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Lone Star Family Health Center Earns National Recognition for Efforts to Improve Cardiovascular Health for Patients

CONROE, TEXAS – Lone Star Family Health Center has received two American Heart Association outpatient program awards in recognition for commitment to reducing the risk of heart disease and stroke through improving high cholesterol and blood pressure management.

Nearly half of all adults in the U.S. have experienced some form of cardiovascular disease including heart attack, stroke and heart failure. Leading risk factors for cardiovascular disease include high cholesterol and uncontrolled high blood pressure, but through proper risk factor diagnosis and treatment, heart disease and stroke can be prevented or managed.

“Lone Star Family Health Center works closely with the American Heart Association to focus on these important initiatives aimed at heart health,” said Dr. Lata Joshi, Chief Medical Officer for Lone Star Family Health Center.

To improve quality of care and help people learn to manage their risk factors around high cholesterol, type 2 diabetes and/or blood pressure management, the health center participates in the following programs:

- Check. Change. Control. Cholesterol™
- Target: BP™

“Lone Star Family Health Center is honored to be recognized by the American Heart Association for our dedication to helping our patients have the resources to manage risk factors and hopefully reduce or avoid heart attacks, stroke and other preventable heart concerns,” said Karen Harwell, CEO of Lone Star Family Health Center. “Programs like the ones that address the real-world problems of high blood pressure and high cholesterol are necessary to improve health today and avoid larger problems for many patients tomorrow.”

This year, the health center received the following achievement awards:

- Check. Change. Control. Cholesterol™ Gold recognition
- Target: BP™ Silver recognition from both the American Heart Association and the American Medical Association (AMA)

“Addressing blood pressure management is key for better cardiovascular health – and critical today since heart disease and strokes continue to be a leading cause of death for Americans,” James Langabeer, Ph.D., FAHA, volunteer expert for the American Heart Association and Professor and Vice Chair of Emergency Medicine with McGovern Medical School at The University of Texas Health Science Center at Houston (UTHealth). “We are pleased to recognize Lone Star Family Health Center for their commitment to managing the risk factors for patients around critical risk factors like high blood pressure and high cholesterol.”

Target: BP is a national collaboration between the AHA and the AMA aimed at reducing the number of Americans who suffer from heart attacks and strokes each year by urging physician practices, health systems and patients to prioritize BP control. The initiative aims to help health care organizations improve blood pressure control rates through use of AMA MAP BP™ evidence-based protocol, and recognizes organizations committed to improving blood pressure control.

The American Heart Association, the world's leading voluntary organization dedicated to building longer, healthier lives, created the Check. Change. Control. Cholesterol™ initiative with national support from Amgen to improve awareness, detection and management of high cholesterol for consumers, patients and health care professionals.

For more information, contact Courtney Galle at cgalle@lonestarfamilly.org or 936-521-8465. Information on Lone Star Family Health Center can be found at www.lonestarfamilly.org or on Facebook, Instagram, Twitter and YouTube.

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Founded in 2002, Lone Star Family Health Center is a full-service, state-of-the-art Federally Qualified Health Center and nonprofit 501(c)3. The health center's mission is to provide compassionate, affordable healthcare and prepare tomorrow's family medicine professionals. Primary care services are offered across five clinic locations in Montgomery and Walker counties including Conroe, Willis, Spring, Grangerland and Huntsville. The health center accepts most insurance including Medicaid, CHIP and Medicare plans. Additionally, there are low cost, self-pay options and a sliding fee scale with eligibility. To learn more, visit www.lonestarfamilly.org or find us on Facebook, Instagram, Twitter and YouTube.