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Media Contact:

Courtney Galle

Marketing and Communications Manager

936-521-8465 Direct • 936-283-7098 Cellphone

cgalle@lonestarfamilly.org

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.

More than 94 million adults in the U.S. have elevated cholesterol and only slightly more than half of them are appropriately managing the condition. High cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack and stroke. If a person has other risk factors, such as smoking, high blood pressure or diabetes, their risk increases even more.

“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 these are necessary to improve health today and avoid larger problems for many patients tomorrow.”

This year, the health center received the following achievement awards jointly presented by the American Heart Association and the American Medical Association:

- Check. Change. Control. Cholesterol™ Gold recognition
- Target: BP™ (Participation) recognition

“Addressing blood pressure management is key for better cardiovascular health – and critical today, when heart disease and stroke continue to be leading causes of death for Americans,” said Howard Haft, M.D., MMM, CPE, FACPE, volunteer science expert for the American Heart Association and executive director of the Maryland Primary Care Program, in Baltimore. “The American Heart Association is pleased to recognize Lone Star Family Health Center for its commitment to managing patient risk factors related to 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@lonestarfamil.org or 936-521-8465. Information on Lone Star Family Health Center can be found at www.lonestarfamil.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.lonestarfamil.org or find us on Facebook, Instagram, Twitter and YouTube.