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**Media Contacts:**

Courtney Galle

Marketing and Communications Manager

Lone Star Family Health Center

936-283-7098 Cellphone

[cgalle@lonestarfamil.org](mailto:cgalle@lonestarfamil.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 three American Heart Association outpatient program achievement awards in recognition for its commitment to reducing the risk of heart disease and stroke by improving high cholesterol, Type 2 diabetes and blood pressure management. The awards recognize a commitment to following the latest evidence- and science-based care guidelines.

Nearly half of all adults in the U.S. have some form of cardiovascular disease, including heart attack, stroke or heart failure. High cholesterol, Type 2 diabetes and uncontrolled high blood pressure are leading risk factors for cardiovascular disease, but with timely diagnosis, research-based treatment and education, these conditions can be managed.

“We are proud to be recognized by the American Heart Association for our focus on Type 2 diabetes, cholesterol, high blood pressure management and care,” said Karen Harwell, CEO for Lone Star Family Health Center. “By participating in these programs, we are able to put the science of the latest clinical guidelines to work improving the lives of our patients.”

The outpatient achievement award programs put the unparalleled expertise of the American Heart Association to work for hospitals nationwide, helping ensure the care provided to patients is aligned with the latest evidence- and research-based guidelines. As a participant in the Target: BP, Check. Change. Control. Cholesterol., Target: Type 2 Diabetes programs, LSFHC was recognized after demonstrating how their organization has committed to improving risk factor management for patients.

This year, LSFHC received these achievement awards:

- The American Heart Association's Check. Change. Control. Cholesterol™ Gold
- The American Heart Association and American Diabetes Association's Target: Type 2 Diabetes<sup>SM</sup> Participation
- Target: BP™ Silver recognition jointly presented by the American Heart Association and the American Medical Association.

For more information, contact Courtney Galle, marketing and communications manager, at [cgalle@lonestarfamil.org](mailto:cgalle@lonestarfamil.org) or 936-283-7098. Information on Lone Star Family Health Center can be found at [www.lonestarfamil.org](http://www.lonestarfamil.org) or on Facebook, Instagram, Twitter, LinkedIn 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 Conroe, Willis, Spring, Grangerland and Huntsville.