



# YOUR HEALTH IS CONNECTED.

## FOUR DIFFERENT SYSTEMS. ONE HEALTHY YOU.

Your heart, kidneys, metabolic health (body's use of energy), and brain all work together like a team. Every organ and system in your body has a special role. When you get healthier, your entire body benefits. But when one system is unhealthy, it makes the rest work that much harder. By taking care of each of these organs and systems, you can lower your risk of heart disease, stroke and heart failure.

Learn below why it is important to keep each system healthy.



- Lowers risk of heart disease, heart attack, stroke and heart failure
- Lowers strain on your kidneys
- Keeps your blood vessels strong and healthy



- Lowers risk of chronic diseases like high blood pressure, diabetes or kidney disease
- Helps your heart and kidneys work more easily
- Helps your body's cells stay healthy and work the way they should



- Lower risk of heart disease
- Helps your heart work more easily
- Improves blood-cleaning power



- Helps your brain stay sharp and focused with clear thinking, memory and concentration
- Help protect your brain by lowering the risk of stroke
- Promotes emotional well-being



### Protect One. Support All. Act Now for Better Cardiovascular-Kidney-Metabolic Health.

When you take care of one part of your health, you make things easier on the rest.

# 42%

of U.S. adults live with at least two chronic conditions like high blood pressure, abnormal cholesterol, or diabetes.<sup>1</sup>

Find healthy tips on the next page.





# 8 ESSENTIALS TO BOOST YOUR HEALTH.

Follow these daily habits to make every system even stronger together.

**Eat better**  
by choosing healthy whole foods.



**Manage weight**  
with healthy eating and  
regular activity.



**Control cholesterol**  
by choosing healthy fats.



**Manage blood pressure**  
by lowering salt intake, getting  
good sleep, maintaining a healthy  
weight and staying active.



**Be more active**  
with regular physical  
activity you enjoy.



**Get healthy sleep**  
by aiming for 7-9 hours  
of sleep each night.



**Manage blood sugar**  
by eating healthy, exercising  
and keeping a healthy weight.



**Quit tobacco**  
by stopping use of inhaled  
nicotine delivery products which  
include traditional cigarettes,  
e-cigarettes, and vaping.



## READY TO CONNECT WITH A HEALTHIER YOU?

Take the First Step:

[www.heart.org/myCKMhealth](http://www.heart.org/myCKMhealth)

Be sure to talk to your care team  
and ask questions when needed.

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SUPPORTING SPONSORS





## SATURDAY MAMMOGRAMS - OPEN TO ALL WOMEN

Early detection saves lives. Convenient weekend appointments available. Book your mammogram today.

### Why It's Important:

- Detect breast cancer early
- Increase treatment options
- Improve survival rates

### WHO SHOULD GET SCREENED:

- Women aged 40 and above
- Those with a family history of breast cancer

Age 40+: No order needed. Please inform front desk you are self-referring.

**Under 40: Provider order REQUIRED**

### SATURDAY LOCATIONS & TIMES

Downtown Breast Center  
8:00 AM - 11:30 AM

February  
7th, 14th, 21st, 28th  
March  
7th, 14th, 21st, 28th

215 E Quincy Str., Suite 100

Westover Breast Center  
8:00 AM - 11:30 AM

February  
7th, 14th, 21st, 28th  
March  
7th, 14th, 21st, 28th

3011 W 1604 BLDG A, Suite 308



### How to schedule Your Appointment

Call 210.268.1698 or  
email [qpiccm@healthtexas.org](mailto:qpiccm@healthtexas.org)  
to reserve your spot.



*Read More on our website: [QPICSA.com](http://QPICSA.com) or Call 210.920.9301*

# Healthy Recipe

## Lemon Chicken Orzo Soup

Recipe by: JTA Wellness, Dieticians

**Ingredients:** Serves 6

**Prep:** 30 Mins | **Total Time:** 50 Mins

- 2 TBSP olive oil
- 1 small onion, diced
- 4 carrots, peeled and sliced
- 4 stalks celery, chopped
- 3 cloves garlic, minced
- ½ tsp dried thyme
- ½ tsp each salt and fresh cracked black pepper
- 4 tsps. Chicken base
- 5 cups water
- 2 bay leaves
- ¾ cup uncooked orzo pasta
- 4 cups shredded chicken (or 1 rotisserie chicken, shredded)
- Juice of 1 lemon (more if desired)
- 2 TBSPs chopped fresh parsley



### Directions:

1. Heat olive oil in a large Dutch oven over medium heat. Add onion, carrots, celery, garlic, thyme, salt and pepper. Cook over low heat, stirring occasionally, until tender (about 5 minutes).
2. Add chicken base, water, bay leaves and bring to a boil. Stir in Orzo and chicken; reduce hat and simmer until orzo is tender, about 12 minutes. Stir in lemon juice and parsley. Adjust seasonings as needed and serve immediately.

### Nutritional Information:

1 cup: Calories: 310k| Total Carbs: 30g| Protein 26g| Sodium: 760mg| Cholesterol: 70mg| Fat 8g| Fiber 3g

Reference: <https://jtawellness.com/recipe/lemon-chicken-orzo-soup/>

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