

MAIN STREET NEWSLETTER



MAIN STREET
— MEDICAL SUPPLY —
BRINGING HEALTH & WELLNESS HOME

February 2025

WWW.MAINSTREETMEDICALSUPPLY.COM



Stay Heart Healthy This February

At Main Street Medical Supply, we care about the health and well-being of our local community, especially our elderly neighbors. With February being American Heart Month, it's the perfect time to focus on heart health and share practical tips to help you stay strong, healthy, and informed. Heart disease remains a leading health concern for older adults, but small, consistent changes can make a big difference.

When it comes to heart health it is important to know your numbers. Regularly check your blood pressure, cholesterol, and blood sugar levels. These numbers are vital indicators of your heart health and can provide early warnings about potential issues. Many pharmacies and clinics offer affordable or free screenings—including our upcoming events!

Physical activity is essential for maintaining a healthy heart. You must stay active. Start with gentle exercises

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Newsletter Highlight

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like walking, yoga, or even chair-based workouts. Just 30 minutes a day can improve circulation, lower blood pressure, and boost your overall well-being. If you're unsure where to start, ask your doctor or explore community fitness classes tailored for seniors.

Focus on incorporating more fruits, vegetables, whole grains, and healthy fats, like those found in avocados and nuts. A healthy diet helps all around. Limit your intake of sodium, sugary drinks, and processed foods. Simple swaps like using herbs instead of salt or choosing water over soda can make a big impact over time. Proper hydration is key to supporting healthy blood flow and circulation. Aim for 6-8 glasses of water daily and remember to adjust based on activity levels or medications.

We're here to help you take control of your heart health! As part of American Heart Month, Main Street Medical Supply is offering **FREE** blood pressure screenings at our Belton store location on the following dates:

Tuesday, February 11 from 10:00 AM to 11:30 AM

Tuesday, February 18 from 10:00 AM to 11:30 AM

These screenings will be done by the UMHB Occupational Therapy program where they will tell you your numbers, what they mean, and how you can monitor your blood pressure on your own. It's a quick, easy, and a fantastic way to stay informed about your health. Our friendly and knowledgeable staff will also be available to answer questions, provide resources, and help you explore tools like blood pressure monitors for at-home use.

Your heart works hard for you every day—let's work together to keep it healthy. Whether it's choosing nutritious meals, adding light exercise to your routine, or taking advantage of our free blood pressure screenings, every step you take supports a stronger, healthier you.



Newsletter Highlight

New from Nova is the Gemini 2-in-1 Rollator/Transfer Chair!

- 2-in-1 mobility aid can be easily converted from rollator into transport chair
- Stands when folded and easy to fold, roll, carry and store
- Removable footrests with heel loops
- 10" front wheels & 8" rear wheels
- Locking hand brakes
- Large padded sling seat
- Padded backrest
- Removable front pouch

Just \$395