



**01**  
JANUARY

**Keep your resolution!**

↓

**Double your chances of being smokefree in 2024.**

**Contact us today!**

MONTANA TOBACCO  
**QUIT LINE**  
1-800-QUIT-NOW  
1-800-999-7333  
QuitNowMontana.com

Studies show that using FDA approved cessation tools can double your chance of quitting smoking. Start 2024 right by calling 1-800-QUIT-NOW or visit [QuitNowMontana.com](http://QuitNowMontana.com). Ask your healthcare provider for recommendations on tobacco cessation.

## Reach your healthy weight



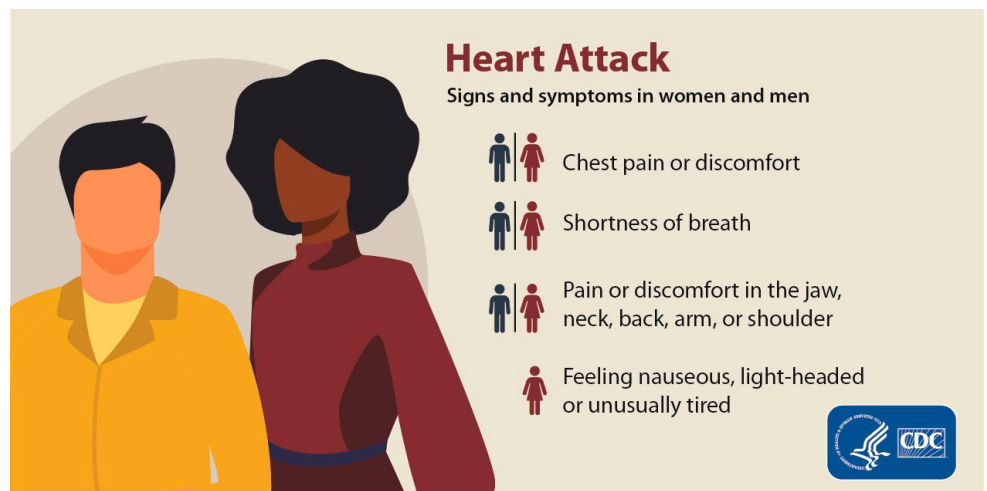
**M**yPath is a medical weight management program for our patients who are referred by their RiverStone Health provider. MyPath uses a team of experts, including a registered dietitian, a personal trainer, a behavioral health counselor and a clinical pharmacist.

This program is designed to help patients lose 10% or more of their body weight over a 10-month period. If you are concerned about your weight, talk to your RiverStone Health provider today about MyPath.

*RiverStone Health Clinic patients have convenient access to their records and appointment schedule through our electronic patient portal. Ask us today about opening your patient portal.*





## Heart disease in America


- Heart disease is the leading cause of death for men, women and people of most racial and ethnic groups in the United States.
- One person dies every 33 seconds in the United States from cardiovascular disease.



### Heart Attack

Signs and symptoms in women and men

-  Chest pain or discomfort
-  Shortness of breath
-  Pain or discomfort in the jaw, neck, back, arm, or shoulder
-  Feeling nauseous, light-headed or unusually tired





**STOP COLORECTAL CANCER BEFORE IT STARTS.**

## Colorectal cancer screening saves lives

Regular screening, beginning at age 45, is the key to preventing colorectal cancer (cancer of the colon or rectum). If you're 45 to 75 years old, get screened for colorectal cancer regularly. If you're younger than 45 and think you may be at high risk of getting colorectal cancer, or if you're older than 75, talk to your healthcare provider about screening.

Colorectal polyps and colorectal cancer don't always cause symptoms, especially at first. That is why getting screened regularly for colorectal cancer is so important.



Follow the 5 steps to wash hands the right way: **wet, lather, scrub, rinse, and dry.**

**#KeepHandsClean**

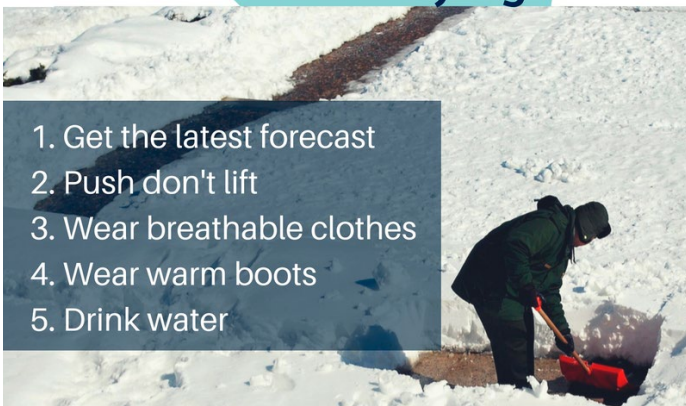


[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

Reduce your risk of getting sick with these tips: Wash your hands often. If soap and water are not available, use hand sanitizer. Avoid touching your eyes, nose, and mouth. Stay home if you feel sick. Cover coughs and sneezes with a disposable tissue or the inside of your elbow.

## 5 Tips For Shoveling Snow Safely

1. Get the latest forecast
2. Push don't lift
3. Wear breathable clothes
4. Wear warm boots
5. Drink water




**ONE 12-OUNCE**  
can of regular soda  
**contains about**



**10 TEASPOONS**  
of added sugars

The next time you go grocery shopping, read the nutrition labels on the items in your cart to see which ones have the most added sugars.

Sugary drinks are the leading source of added sugars in Americans' diets. These include regular soda, fruit drinks, sports drinks, energy drinks and sweetened waters. Flavored coffees we grab on the way to work and sweet drinks we order when eating out also count as sugary drinks. Adding sugar and flavored creamer to coffee and tea at home counts, too.

### Billings Locations

**Main Clinic** 406.247.3350

**Dental Clinic** 406.247.3333

**Pharmacy** 406.247.3330

**Orchard School Clinic** 247.3210

**Medicine Crow** 247.3210

### Rural Clinics

**Bridger Clinic** 406.662.3740

**Joliet Clinic** 406.962.9062

**Worden Clinic** 406.967.2255

### Healthcare for the Homeless

**406.651.6560**

2424 First Ave. N.

Mon., Wed. & Fri. 7 a.m. - 4 p.m.

Tue & Thur 1 - 4 p.m.

**St. Vincent de Paul**

3005 First Ave. S.

Tue. & Thur. 7 a.m. - noon



*RiverStone Health Clinic receives Federal Health and Human Services funding and has Federal Public Health status with respect to certain health or health-related claims, including medical malpractice claims for itself and its covered individuals.*