



For your Health

Read me online!



Keep your family active and ready for sports season

Medicine Crow Middle School
 July 2, 9, 16, 25, 30 • 1-5 pm
 August 6, 13 • 1-5 pm
 Call ahead to schedule your appointment:
 406.284.8695 or 406.247.3350
 Press option 2

Joliet
 Friday, Aug. 2
 Drop-in times: 8 am – 4 pm
 Call 406.962.9062 for more information

Bridger
 Thursday, Aug. 8
 Drop-in times: 8 am – 4 pm
 Call 406.662.3740 for more information

Enjoying the summer weather through walks and other physical activity reduces the risk of many chronic diseases and keeps the whole family active.

Don't miss our sports physical appointments happening this summer! Please bring a completed Sports Physical Form: mhsa.org

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Your blood pressure numbers and what they mean

High blood pressure can increase your risk of heart disease, heart attack and stroke. Working with your provider to track your numbers is key to keeping your blood pressure in the normal range.

DID YOU KNOW QUITTING SMOKING LOWERS THE RISK OF

- 12 types of cancer
- Cardiovascular disease
- Chronic obstructive pulmonary disease (COPD)
- Some adverse reproductive health outcomes

Nearly 1 in 5 deaths in the United States are related to using commercial tobacco products.

Smoking causes many problems in the body, including inflammation and decreased immune function.

Quitting smoking has health benefits at any age, no matter how long or how much you have smoked.

Start by calling 1-800-QUIT-NOW or visit QuitNowMontana.com.

Ask your healthcare provider for recommendations on tobacco cessation.

healthy design Join us at the Gardeners' Market in South Park every Thursday 4-6 pm.

PROTECT ALL THE SKIN YOU'RE IN

Use a Layered Approach for Sun Protection.

- Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.
- Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.
- Wear a hat, sunglasses, and protective clothing to shield skin.
- Seek shade, especially during midday hours.

Skin cancer is the most common cancer in the U.S. Too much exposure to sun can cause skin cancer.

Spending time outside is a great way to be physically active, reduce stress, and get vitamin D. You can work and play outside without raising your skin cancer risk by protecting your skin from the sun.

LOCATIONS

BILLINGS CAMPUS
 Main Clinic 406.247.3350
 Dental Clinic 406.247.3333
 Pharmacy 406.247.3330
 WIC 406.247.3370
 Immunizations 406.247.3382
 Orchard & Medicine Crow School Clinics 406.247.3210

RURAL CLINICS
 Bridger 406.662.3740
 Joliet 406.962.9062
 Worden 406.967.2255
 SCAN FOR ALL LOCATION HOURS

HEALTHCARE FOR THE HOMELESS
 406.651.6560
 2424 First Ave. North
 Mon., Wed. & Fri. 7 am - 4 pm
 Tues. & Thur. 1 - 4 pm
 St. Vincent de Paul
 3005 First Ave. South
 Tue. & Thur. 7 am - noon

RiverStoneHealth.org/Locations

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.