



## FOLLOW UP ON YOUR HEART HEALTH

Eating healthy and exercising are well known tips to keep your heart healthy, but doctors at Baylor College of Medicine say don't forget about the follow-ups.

"Many times people will see a doctor and receive a diagnosis of high cholesterol or blood pressure, for example, but they won't follow up with another appointment," said Dr. Joseph Coselli, professor of surgery at Baylor. "These secondary doctor visits are needed to monitor progression of risk factors and to help find the most effective treatment options."

Coselli recommends asking your doctor some important questions:

- What is a healthy weight for me?
- What does a balanced diet consist of?
- How do I quit smoking?
- What exercises should I add to my daily routine?
- What health screenings should I have?
- When should I follow up with my next appointment?

"You have to be responsible for your health and make important changes to keep your heart healthy," Coselli said.

# The Forum

## NEWSLETTER INFO

### NEWSLETTER

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A young child is playing with colorful blocks.



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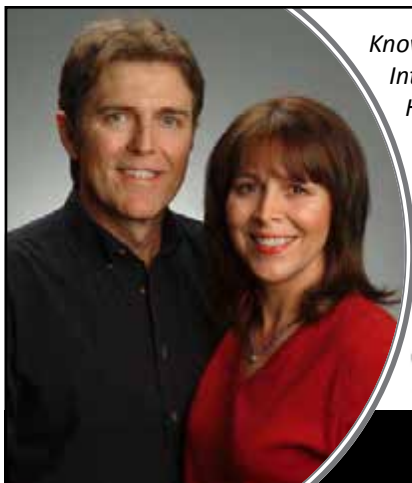
### "All Natural" Might Not Be The Way To Go

If you want your skin to glow, experts at Baylor College of Medicine say all natural products might not be the answer.

"Some people think that by going all natural with their skin care, that it will automatically be safer for their skin. That's not necessarily the case," said Dr. Rajani Katta, professor of dermatology at Baylor.

Whether it is cleansers or moisturizers, you can still have allergic reactions to the ingredients even if they are all natural or organic. Many natural ingredients, such as lavender extract or sandalwood oil, are actually types of fragrance additives. Even though these are natural fragrances, they can still cause the same type of allergic reactions. Other natural ingredients, such as tea tree oil, can also trigger allergic reactions.

Since it may be hard to pinpoint exactly what is causing irritation or allergic reactions just by reading labels, Katta suggests consulting a dermatologist.



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**Peel Inc-** 308 Meadowlark St, Lakeway Tx, 78734

**Independent Title Onion Creek-** 11215 S. IH 35 Suite 102, Austin, TX 78747

**Pflugerville-** 203 West Main Street, Suite A, Pflugerville, TX 78660

**Balcones-** 5503 Balcones Drive, Austin, TX 78731

**Barton Oaks-** 901 S. Mopac Plaza II, Suite 150 Austin, TX 78746

**Lakeway-** 1913 RR 620, South, #101, Austin, TX 78734

**Buda-** 251 N. FM 1626 Ste. 1A Buda, TX 78610



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# The Forum

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