



SHE MAY HAVE MORE THAN JUST YOUR CURLS.

Friends may say you have your mother's eyes, or her sunny disposition. But do you also have her heart? If you don't know, it's important to find out. Heart disease often runs in families. If it's in your family's history – and especially if your parents have had heart problems – you are at much greater risk yourself. There's nothing you can do about your genes. But there are steps you can take to help

prevent heart disease. The first is to make an appointment at Cardiology Consultants, a Belleville medical practice specializing in heart care. In working with St. Elizabeth's Hospital, your cardiologists can assess your specific risks and recommend strategies for keeping you heart-healthy and active for years to come. Do it today. Good heart health is a great thing to pass on to your family.



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