

Arkansas Medical Supply

300 South Rodney Parham, Suite 18
Little Rock, AR 72205

501-227-8220 or 1-800-467-7446

Fax: 501-227-6260

info@arkansasmedicalsupply.com

www.arkansasmedicalsupply.com



Heart disease is the leading cause of death for both men and women in the United States with a total of 7,581 Arkansans dying of heart disease in the year 2014. Join us in supporting American Heart Month in an effort to increase awareness of heart disease and actively fight to prevent more deaths.

- ◆ On Feb. 3rd wear red to raise awareness about heart disease in women.

The best way to lower your risk of heart disease is by practicing a healthy lifestyle:

- ◆ Monitor your numbers.
 - Know your Total Cholesterol, HDL Cholesterol, Blood Pressure, Blood Sugar, and Body Mass Index (BMI).

- ◆ Increase physical activity.
 - Find ways to incorporate exercise into your daily routine.
- ◆ Drink alcohol in moderation.
 - Excessive drinking is linked to high blood pressure and cholesterol levels, heart failure, and stroke.
- ◆ Eat the right foods.
 - Red meats and dairy products contain saturated fats that contribute to high cholesterol.
 - Try the recipe below for a healthy twist on a tasty favorite!

For more statistics on heart disease in the U.S. visit the [CDC website](#).

AMS NEWSLETTER

FEBRUARY 2017



It is our mission to provide the highest quality of medical products and personal service to both present and future customers!

We strive to help our customers live better! We take pride in working with our customers to meet their needs and in turn enhance their ability to live independently!

Calendar of Events

February

- American Heart Month
- Black History Month
- National Wear Red Day (to raise awareness about heart disease in women)- Feb. 3rd
- National Thank a Mail Carrier Day - Feb. 4th
- Learning Disabilities Week - (Feb. 16-19th)
- National Love Your Pet(s) Day - Feb. 20th
- Rare Disease Day - Feb. 28th

February						
SU	M	T	W	TR	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Cajun Jambalaya

Ingredients:

- + 3 ½ cups cooked brown rice (from 1 cup raw rice)
- + 2 tsp canola oil
- + 1 lb. boneless, skinless chicken breasts
- + 3 tsp sodium-free Cajun spice blend
- + 1 14.4-ounce package frozen stir-fry onions and peppers, thawed
- + 1 14.5-ounce can no-salt-added, diced tomatoes
- + ½ tsp dried thyme
- + ½ tsp garlic powder
- + ¼ tsp salt
- + ¼ tsp ground black pepper
- + ½ pound medium shrimp, shelled and deveined
- + 1/3 cup scallions

Directions:

1. Warm canola oil in a large cooking pan over medium-high heat. Slice chicken into 1-inch pieces and add to canola oil along with Cajun spice.
2. Add stir-fry mix, tomatoes, thyme, garlic powder, salt, and pepper. Let mixture come to a boil then let simmer for 5 minutes.
3. Bring mixture to a boil again. Add shrimp and cook 2-4 minutes. Then stir in cooked rice and cook 1-2 minutes. Remove from heat and garnish with scallions.

For more heart healthy recipes visit:
<https://recipes.heart.org/categories>

January Highlights:

Get to Know Your Customers Day



Customer Service Representative, Sandra, offering coffee and treats to our clients.

Arkansas Spinal Cord Foundation (ASCF) Assistance

- ◆ Arkansas Spinal Cord Van Donation
- ◆ Arkansas Spinal Cord Foundation 2017 Scholarship Program (for individuals living with spinal cord injuries pursuing undergraduate or master's level education in Spring semester) - Deadline is Feb. 10th

Contact Mandy Carmack for more information at
 (501) 247 1977

**Arkansas
 Medical Supply**

February Special

20% Off Diagnostics

Expires: 1/31/17