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Part# 1349Rev0508



Questions about your health?

Call Our Nurse Advice Line!

1-888-275-8750 English

1-866-648-3537 Spanish

OPEN 24 HOURS!

Your family's health is our priority!

For the hearing impaired please call

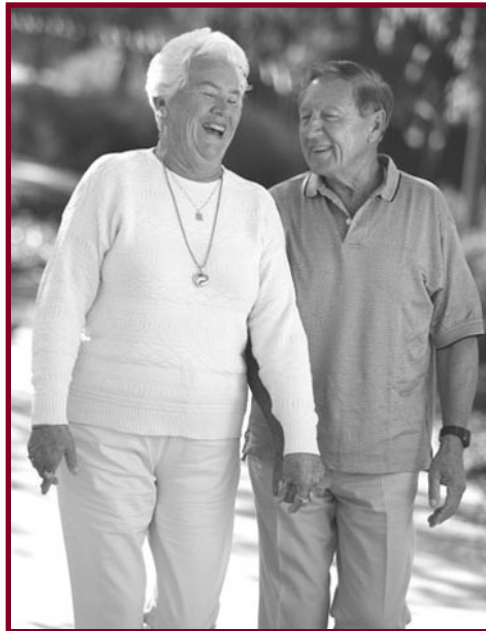
TTY/866-735-2929 English

TTY/866-833-4703 Spanish



Activity/Lifestyle—Fitness

What do balanced diet, exercise, weight control and not smoking have in common? These are all parts of a healthy lifestyle. If you have cardiovascular disease (CVD), adjusting to a healthier life may seem overwhelming. However, it is possible. The key is to set small goals.



If you smoke, the first goal is to quit. Smoking is hard on your heart and blood vessels all over your body. Smoking raises your blood pressure and makes exercise hard to do. It makes blood tend to clot. It decreases HDL (good) cholesterol levels.

If you don't smoke, it can help you manage CVD. Your blood pressure and pulse rate drop just 20 minutes after you quit. After 24 hours, your chance of a heart attack is less. After one year, the extra risk of heart disease caused by smoking is cut by half!

Once you have quit smoking, it is time to give exercise a try. Getting started on a regular exercise routine is sometimes the hardest part, so find something that you enjoy. Start out slow and work your way towards a goal. For example, start out with a 10-minute walk and add a few more minutes each day. Be sure to drink water before, during and after exercise.

Your next goal is good nutrition. Limit unhealthy fats and cholesterol. The best way to do this is to cut down on the solid fat you eat. Examples are butter,

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Smoking and Heart Disease Do Not Mix

Would you like help to stop smoking? Call 1-800-480-7848. Molina members can join the "I Can Quit" Smoking Cessation Program at no cost.

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Check Out the Molina Healthcare Website

Check out the Molina Healthcare website at www.molinahealthcare.com. You can use the Internet for free at most public libraries. "Click" on the member button and drag your mouse down to your state. You can get information on our website about:

- Molina Healthcare's contracted doctors and hospitals
- Your benefits, including copayments and other charges (if they apply)
- What to do if you get a bill or a claim
- FAQs (frequently asked questions and answers)
- Drug formulary (approved drugs that doctors can prescribe)
- How to contact a Nurse to help you with your health care
- How to get primary care, hospital, specialty, and emergency services
- How to get care after normal office hours
- Preventive health guidelines and immunization schedule
- Your rights and responsibilities and the privacy of your information
- Restrictions on benefits or how to obtain care outside the Molina Healthcare service area
- Quality Improvement, Health Education, and Disease Management programs
- How to voice a complaint or appeal a medical decision
- How we decide about using new technology

You can ask for printed copies of anything posted on the website by calling 1-888-898-7969. Your member handbook is also a good resource. You can find it on our website.

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Activity/Lifestyle—Fitness *(Continued)*

margarine and shortening. Healthy fats are usually liquid at room temperature. Examples are olive oil and canola oil. However, all fat is high in calories.

Good sources of protein are lean meats, poultry, and fish. Low-fat dairy and eggs are also good sources. When shopping for fruits and vegetables think, “rainbow.” This means to eat fruits and vegetables of different colors. Enjoy their natural flavor without adding salt, butter, or dressing. Lastly, choose breads and pastas made from whole-wheat flour.

Limiting your salt intake is important. Too much salt can cause swelling, shortness of breath and weight gain. Most people should get less than 2,300 milligrams of sodium per day. But if you have heart failure, the recommended sodium intake is no more than 2,000 milligrams per day.

Weight control will follow naturally with a balanced diet and exercise. Keep a record of your efforts. Remember, you won't achieve a healthy lifestyle overnight, so don't be too hard on yourself. The important thing is that you are trying. Your hard work will pay off!

Medications

Cardiovascular disease (CVD) is a broad term that describes diseases of the heart and blood vessels. There are many different types of medicine for CVD. Here are some common types of drugs and how they work.

Anticoagulants: Two common types are Heparin and Warfarin. These drugs prevent clots from forming in your veins. They also keep existing clots from getting larger. Clots can block blood flow and cause serious problems. Heparin is given by injection. It is fast acting. Warfarin is given orally. It is longer acting. These drugs prevent blood from clotting. Therefore, you must take precautions to protect yourself from cuts or bruises.

Antiplatelets: These types of drugs prevent clots from forming in your arteries. Aspirin is an antiplatelet. It keeps the platelets in your blood from sticking together. Low dose aspirin can help prevent heart attacks and strokes. But there is an increased risk of bleeding in your digestive system.

Nitroglycerin: Nitrates are used to treat angina. Angina is chest pain. Nitrates can come in a pill, cream, patch, or tablet or spray used under the tongue. They cause your blood vessels to relax. That way, enough oxygen can get to your heart and stop the pain. Make sure to check the expiration date on your nitroglycerin. It doesn't last as long as other drugs. It is also sensitive to light. Be sure to keep it in the container it came in. Common side effects are headache, dizziness and flushing on the face and neck.

Beta Blockers: These drugs help reduce high blood

pressure. They make your heart beat slower and less forcefully. Non-selective beta blockers can narrow the airways in your lungs. People with asthma or COPD should not use these types of beta blockers. Common side effects are fatigue and dizziness.

Calcium Channel Blockers (CCBs): CCBs are used to treat high blood pressure and angina. Calcium causes the heart to beat faster. It also causes blood vessels to tighten. If calcium is blocked, the heart will beat slower, and blood vessels will relax. Common side effects are dizziness, facial flushing and headache.

ACE Inhibitors: This class of drugs prevents your arteries from narrowing. It also keeps your kidneys from holding onto sodium. The result is a drop in blood pressure. An uncommon side effect is a dry cough.

Cholesterol Lowering Drugs: Your body gets cholesterol from the food you eat. Your body also makes its own cholesterol. Sometimes there is too much cholesterol in your blood. This can clog blood vessels. Drugs that lower cholesterol work in different ways. Some keep your body from absorbing it. Some help your body eliminate it. Others lower the LDL cholesterol. This is sometimes called the “bad cholesterol.” Either way, you still need to be careful about how much saturated fat you eat.

It's important to understand about the medicine you take. Be sure to talk to your health care provider if you have any questions.

You are receiving this newsletter as part of the Heart Healthy LivingSM program. If you do not want to receive this newsletter or participate in the Heart Healthy LivingSM program, please call the Disease Management department at 1-866-449-6828, ext. 155344.

Less Salt, More Fluid

If you have cardiovascular disease (CVD), limiting your salt intake is important. CVD is a broad term that describes diseases of the heart and blood vessels. High blood pressure and heart failure are two examples. Water follows salt. When you eat or drink things with sodium in them, that salt gets into your blood stream. Water will follow to try to dilute the salt content. Now your heart has to work harder to pump a larger volume of fluid.

Too much salt can cause swelling, shortness of breath and weight gain. Most people should get less than 2,300 milligrams of sodium per day. But if you have heart failure, the recommended sodium intake is no more than 2,000 milligrams per day.

The American Heart Association recommends the following for reducing sodium intake:

- Take the salt shaker off the table.
- Cook without salt.
- Avoid salty seasonings like bouillon cubes and soy sauce.
- Cook with low-salt seasonings like lemon juice, vinegar and herbs.
- Drain and rinse canned foods before using them.

Besides limiting salt intake, staying hydrated is also important. For some forms of CVD like heart failure, your doctor might recommend limiting how much fluid you get. Most doctors recommend eight cups a day. This includes fluids like water, juice and ice cubes and foods such as yogurt, ice cream and fruit. Watch out for caffeinated beverages like coffee, black tea and some sodas. Caffeine is a stimulant. It can put more stress on your heart.

Purposes of CVD Tests

Cardiovascular disease (CVD) is a broad term that describes diseases of the heart and blood vessels. Blood tests can check the state of your CVD. It can also tell how well your treatment plan is working.

C-reactive protein (CRP) is one test. CRP is made by your liver when there is inflammation in your body. Inflammation plays a part in atherosclerosis. This is when fatty deposits clog your arteries. High levels of CRP are linked to a higher risk of heart attack and stroke.

A lipid panel tests the amount of fat in your blood. It is also called a cholesterol test. Low-density lipoprotein (LDL) carries cholesterol from your liver to the rest of your body. Too much LDL means fatty deposits end up in your arteries. This can lead to plaques and reduce blood

flow. High-density lipoprotein (HDL) carries cholesterol back to your liver so your body can get rid of it. A high HDL level is a good thing. Triglycerides are another type of fat in the blood. High levels raise your risk of heart disease. Total cholesterol means a sum of your blood's cholesterol.

Brain natriuretic peptide (BNP) is made by your heart and blood vessels. It acts as a messenger to your kidneys. It tells your kidneys that it is okay to get rid of sodium. Your body will secrete high levels of BNP into your blood when your heart is damaged. BNP levels can tell the progress of heart failure treatment.

Knowing a little bit about these tests is a good way to take part in managing your CVD.

**When you travel away from your hometown,
Molina Healthcare pays for emergency care for you.**

You may go to a local emergency room (ER) or an urgent care clinic. Tell them you are a Molina Healthcare member. Show them your Molina Healthcare ID card. But don't forget, routine care is not covered when you travel away from home.