



## Questions about your health?

Call Our Nurse Advice Line!

1-888-275-8750

**OPEN 24 HOURS!**

Your family's health is our priority!

For the hearing, impaired please call  
TTY/1-866-735-2929 English  
TTY/1-866-833-4703 Spanish



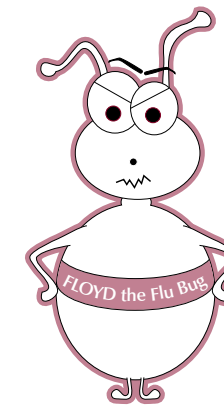
## The Flu



### Flu season is here. Are you prepared?

There are simple steps that you can take to help prevent the flu. Follow these simple tips to reduce your risk of getting the flu:

- **Get the flu shot every year**
- **Don't touch your face.** If you touch a germ then touch your face, you can catch the flu.
- **Keep it covered.** Cough or sneeze into your sleeve or use a tissue.
- **Wash your hands often**
- **Avoid people that are sick**



Even with the flu shot, you may still get the flu, but your symptoms won't be as bad. Remember, the flu is a virus. That means antibiotics won't cure it. Antibiotics fight illness caused by bacteria. They don't work against things usually caused by viruses like colds, the flu or most coughs and sore throats.

People with a chronic condition are at higher risk for flu complications. Be prepared this flu season. Talk to your provider today to see if the flu shot is right for you.

### In This Issue

The Flu	pg 1
Taking Care of Your Eyes	pg 2
Chest Pain (Angina)	pg 3
Nurse Advice Line	pg 4

### Need Help Quitting Smoking?

If you need help quitting, join Molina Healthcare's Smoke Free Program. Call the Member Services Department at 1-800-875-0679 for one-on-one help.

*You are receiving this newsletter as part of a Disease Management Program. If you do not want to receive this newsletter or participate in any Disease Management Program, please let us know. Please call the Member Services Department at 1-800-875-0679.*

*All material in this newsletter is for information only. This does not replace your provider's advice.*

## Taking Care of Your Eyes



**Diabetes can damage your eyes.** It can even cause blindness. Serious eye damage does not have to happen. There are several things you can do to help prevent eye damage, like catching problems early. That is why it is so important to take care of your eyes.

### What kinds of eye problems can diabetes cause?

Diabetes can cause the following eye damage, which can result in loss of vision:

- Diabetic retinopathy – weakening of the tiny blood vessels in the retina (at the back of the eye) with blood leakage into the retina
- Glaucoma – buildup of pressure in the eye causing damage to the optic nerve
- Cataract – clouding of the lens in the eye, limiting the passage of light into the eye

### What you can do to protect your eyes

There are three very important things you can do to protect your eyes:

1. **Manage your blood sugar.** Keeping your blood sugar under control is the best way to prevent eye problems or slow them down.
2. **Control your blood pressure.** If your blood pressure is high, work with your provider to find ways to lower it. Lowering your blood pressure can also help prevent or slow down eye problems.
3. **Get a complete eye exam once a year.** You should have a dilated retinal exam each year. This type of exam checks your vision and much more. It can find eye problems early. When eye problems are caught early, they can often be treated. You should get a complete eye exam every year even if you have no symptoms and your vision seems fine.

## Chest Pain (Angina)

Angina happens when there is not enough oxygen supply to the heart. Angina can cause chest pain and discomfort. The symptoms and the cause have a lot in common with a heart attack. This is why many times it is mistaken for a heart attack. Angina is a symptom that can be caused by atherosclerosis. Atherosclerosis happens when the coronary arteries have plaque build-up and the blood flow to your heart muscles is restricted.

When the heart muscle doesn't get enough oxygen, you may experience chest pain, called angina. This can happen when you do an activity that requires your heart to pump more than usual. Exercising is a good example. The pain from angina can feel very similar to the pain from a heart attack. You can't know for sure if the pain is from angina or a heart attack. If you experience chest pain you should immediately be checked by a provider. Until you are properly diagnosed with angina, you have no way to know if the pain you experience is from angina or a heart attack.

### The difference between angina and a heart attack is:

- **Heart Attack** - can cut off blood supply which can kill muscle cells
- **Angina** - can cause the blood supply to reduce for a period of time but can usually be restored

Symptoms of angina should go away when you rest or take medicine.

If you are diagnosed with angina, your provider may be able to help you prevent a serious heart attack. Your provider may order an Exercise Stress Test or Treadmill Test. This test can help diagnose heart disease and the possible cause of angina. Your provider may also prescribe medicines for angina.

Many people have what is called stable angina. This means there is a regular pattern you can recognize. This type of angina can be relieved in just a few minutes with medicine and rest. Stable angina can turn into unstable angina. Unstable angina is a lot more serious. Here are some clues to understanding the difference:

- You experience angina that happens without hard physical activity
- Your angina is not relieved quickly with medicine and rest

If those things happen, take the steps you would take if you thought you were having a heart attack and call 911. To be on the safe side, it is always a good idea to call your provider if you are having chest pain.

