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Part# 3176Rev0508



## 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

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.



## How Your Heart and Circulatory System Work

Your heart is like a pump. This organ is about the size of your fist and located slightly left of the center of your chest. It is divided into the right and the left side. The division protects oxygen-rich blood from mixing with oxygen-poor blood. Your heart and blood vessels make up your cardio-vascular system, which circulates blood and oxygen around your body.

### A FEW FACTS:

- Your heart pumps about 5 quarts of blood every minute.
- It beats about 100,000 times in one day.

Poor circulated blood, “blue blood,” returns to the heart after circulating through your body.

The right side of the heart, composed of the right atrium and ventricle, collects and pumps blood to the lungs through the pulmonary arteries. The lungs refresh the blood with a new supply of oxygen, making it turn red.

Rich circulated blood, “red blood,” then enters the left side of the heart, composed of the left atrium and ventricle, and is pumped through the aorta to the body to supply tissues with oxygen.

Four valves within your heart keep your blood moving the right way, which are as follows: Tricuspid, Mitral Pulmonary, Aortic valves. These valves opens only one way and only when pushed on. Each valve opens and closes once per heartbeat – or about once every second.

A beating heart expands and relaxes. Contraction is called systole, and relaxing is called diastole, during these states. During systole stage, your ventricles close, forcing blood into the vessels going to your lungs and body – much like cream being forced out of a squeeze bottle. The right ventricle closes a little bit before the left ventricle does. Your ventricles then relax during diastole and are filled with blood coming from the upper chambers, the left and right atria. The cycle then starts over again.

Your heart is nourished by blood too. Your heart also has electrical wiring, which keeps it beating.

The conduction system keeps your heart beating in a coordinated and normal rhythm, which in turn keeps blood circulating. The continuous exchange of rich circulated blood with poor circulated blood is what keeps you alive.

## Smoking and Heart Disease Do Not Mix

Would you like help to stop smoking? Call Molina Healthcare of Texas Health Education at 210-366-6500 x 203015.

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### Check Out the Molina Healthcare Website

Check out the Molina Healthcare website at [www.molinahealthcare.com](http://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 1-866-449-6849. Your member handbook is also a good resource. You can find it on our website.

Heart Healthy Living<sup>SM</sup> is developed by Molina Healthcare, Inc.

All rights reserved. All information has been written and reviewed by doctors, nurses, health educators, and registered dietitians. All material in this publication is for information only. This does not replace your doctor’s advice.

Molina Healthcare does not discriminate in providing medical care on the basis of preexisting health conditions, race, color, religion, age, national origin, disability, or sex.

## Understanding Your Heart Medicine

People with heart disease are usually taking many medicines. Each medicine has a special job to do. To take your medicines the right way you need to know:

- What is the name of the medicine?
- What is the dose of the medicine?
- How do you take the medicine (with food or with liquid or on an empty stomach are some choices)?
- How often do you take the medicine?
- How much medicine do you take each time?
- What are possible side effects of the medicine?

It is best to keep a current list of all the medicines you take. Carry the list with you. If you are asked what medicines you take you will have the list to check. This is one of the first questions you are asked when you see the doctor. If you have to go to the hospital this is helpful to have.

Here is a list of some common medicines used to treat heart disease and what they do to help your heart.

MEDICINE	WHAT IT DOES	MEDICINE	WHAT IT DOES
<b>ACE inhibitors</b> Corgard <sup>®</sup> (nadolol) Lotensin <sup>®</sup> (benazepril) Prinivil <sup>®</sup> , Zestril <sup>®</sup> (lisinopril) Accupril <sup>®</sup> (quinapril)	Opens up your arteries and makes it easier for your heart to pump	<b>Beta Blockers</b> Tenormin (atenolol), Capoten <sup>®</sup> (captopril), Lopressor <sup>®</sup> , Lopressor LA <sup>®</sup> , Toprol XL <sup>®</sup> (metoprolol), Tenormin <sup>®</sup> (atenolol), Zebeta <sup>®</sup> (bisoprolol), Ziac <sup>®</sup> (bisoprolol and hydrochlorothiazide)	Blocks the effects of body chemicals that can make your heart work too hard
<b>Diuretics</b> Aldactone <sup>®</sup> (spironolactone) Dyazide <sup>®</sup> (triamterene) Hydrodiuril <sup>®</sup> (hydrochlorothiazide), Lasix <sup>®</sup> (furosemide) Maxzide <sup>®</sup> (triamterene)	Helps your body get rid of excess fluid	<b>Vasodilators</b> Nitroglycerin ACE inhibitors	Opens up your arteries and makes it easier for your heart to pump
		<b>Other</b> Digitalis (digoxin)	Helps your heart beat stronger and more regular

**TIPS TO REMEMBER:** If you think you are having side effects talk to your doctor. Talk to your doctor if you have questions about your medicines. Never stop taking your medicines unless your doctor wants you to stop.

ASK YOUR PROVIDER BEFORE YOU DRINK GRAPEFRUIT JUICE. IT CAN INTERACT WITH SOME MEDICINES.

## Taking Your Pulse

You may need to know how to take your pulse. Your pulse rate is the number of times your heart beats in a minute. Ask your healthcare provider to show you how to do this.

TO TAKE YOUR PULSE YOU SHOULD:

- Have a clock or watch with a second hand.
- Sit quietly and rest for several minutes.
- Place 2 fingers on your wrist or neck artery. Do not use your thumb and do not press too hard.
- Count pulse beats for 15 seconds, then multiply that number by 4. This is called your resting pulse.

You are receiving this newsletter as part of the Heart Healthy Living<sup>SM</sup> program. If you do not want to receive this newsletter or participate in the Heart Healthy Living<sup>SM</sup> program, please call the Molina Health Education Line at 1-888-562-5442, ext. 203015.

## Have a Healthy Heart

When you have heart disease, healthy habits are even more important. Changing your diet and adding a little exercise can give you more energy. Here are a few things you can do to keep your heart healthy.

### DIET CHANGES

#### Eat more fiber

Fiber helps reduce heart disease. Try eating more high fiber foods:

- vegetables
- whole wheat pasta
- oatmeal
- fresh fruits
- whole grain bread

#### Eat less fat

To lower your fat intake, switch to low fat milk and cheese. Eat less butter and red meats. Try fish or skinless chicken. Instead of frying, try steaming, baking, or broiling. Olive oil and canola are better fats for cooking.

#### Eat less sodium (salt)

Take your salt shaker off the table. Use lemon juice, herbs and spices to flavor your food.

#### Eat fewer calories

For your sweet tooth, eat fresh fruit like grapes and apples.

### EXERCISE

What can you do for exercise? Try walking. A short walk a few times a week may be all you need. Make sure you check with your doctor before starting any exercise routine. Here are a few things walking can do:

#### It can make your body feel better.

Exercise helps you have a healthy heart because it makes

your heart pump. When your heart is pumping, you release hormones that make you feel good. Exercise speeds up your digestion. It helps your body remove toxins faster. It can also help your immune system so you won't get sick as often.

#### It can help you relieve stress.

Walking can help to lower stress. People who walk feel less anxious. Walking can be a good time to clear your mind.

#### It can help lower your risk for health problems.

Stretch for a few minutes before and after exercise. Regular walking can help control cholesterol levels. Exercise can help lower your weight. Losing weight can lower your risk of diabetes and heart disease.

#### Exercise can be easy.

Here are a few ways to include walking into your daily schedule:

- If it is very cold or hot, walk inside a mall.
- If you don't have much time during the day, try walking at lunchtime.
- Take fifteen minutes and walk before breakfast or after dinner.
- Walk the dog.
- Encourage your spouse or your neighbor to walk with you.
- Make exercise fun by keeping track with family or friends. See how far you can go in a week!

## Managing Feelings about Heart Disease

Being told you have heart disease or high blood pressure can be scary. But there is a lot you can do to be healthier. You can also take steps to feel less stressed

Changing the foods you eat can be frustrating. Starting exercise can be hard too. You may be frustrated, even angry. Stick to it, you'll find you really start to feel better. And you will really be making a difference!

You might feel badly because you feel sick. You may worry about getting worse. Sometimes the medications you take can make you feel tired or depressed. Talk to your doctor. Changing your medicines might help.

Taking a short walk can make you feel better. Get out of the house. Do activities you like doing with friends and family. Make sure you check with your doctor before starting any exercise routine. Some people find that meditation helps. Take some deep breaths for about five minutes and focus on breathing out. A short nap can help you to feel more energetic during the day.

Take up a hobby or start a new project that's interesting. Talking with someone that is going through similar health issues helps. Your doctor can tell you about support groups and walking clubs. Soon you'll be feeling that life can be good again!