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For more information about our health management programs call Molina Healthcare Member Services at the phone number listed on your ID Card.

Also call our Nurse Advice Line when you have questions about your health:

1-888-275-8750

**For the hearing impaired please call TTY/866-735-2922
24 Hours a day, 7 days a week - everyday of the year!**

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Heart Healthy LivingSM

Molina Healthcare



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Message to Members

If you do not want the **Heart Healthy LivingSM** newsletter sent to your home, just let us know. Please call **Molina Health Education** at 1 (888) 483-0760

All material in this newsletter is for information only. This does not replace your doctor's advice. Ask your doctor if you have questions.

Smoking and Heart Disease Do not Mix

If you need help quitting, join **Molina's Smoke Free** program. Call 1-888-483-0760 ext. 170432 for free one-on-one help.

Lifestyle Changes to Help Your Heart.



You can help your heart work better. A few changes to how you live everyday can make a big difference in the health of your heart.

- **If you smoke, QUIT.** Smoking narrows the blood vessels. This makes it harder for the blood to get to and from your heart. It can make your blood pressure and your heart rate go up.
- **Watch your fluid intake.** Drinking too many liquids may force your heart to work harder.
- **Avoid alcohol.** Alcohol slows your heart rate and worsens heart failure. Alcohol may also affect the way your medicine works. It can be harmful with some medications.
- **Reduce your caffeine intake.** Caffeine may make your blood pressure go up. It can also cause an irregular heartbeat.
- **Eat less fat and cholesterol.** A diet high in fat and cholesterol can lead to more heart problems. Talk to your provider or dietitian about your diet. Talk to your doctor about having your cholesterol levels checked.



Understanding Your Heart Medicine

People with heart disease are usually taking many medicines. Each medicine has a special job to do. Some medicines help your heart to pump. Others help your heart beat stronger. Some help remove excess fluid from your body. To take your medicines the right way you need to know:

- The name of the medicine?
- The dose of the medicine? (how much medicine you take each time)?
- When to take the medication (what times and how often)?
- How do you take the medicine (for example, with food, with liquid, on an empty stomach)?
- What side effects you may have with the medicine?

It may be helpful to make a chart of your medication and the times you take them. A pill box with time compartments may also be helpful. Keep a current list of all the medicines you take. Carry the list with you. This is one of the first questions you are asked when you need to see a doctor. If you have to go to the hospital this is helpful to have.

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

Medicine	What it does	Medicine	What it does
<p>ACE inhibitors</p> <p>Accupril® (quinapril) Aceon® (perindopril) Altace® (ramipril) Capoten® (captopril) Lotensin® (benazepril) Mavik® (trandolapril) Monopril® (fosinopril) Prinivil®, Zestril® (lisinopril) Univasc® (moexipril) Vasotec® (enalapril)</p>	<p>Opens up your arteries and makes it easier for your heart to pump.</p>	<p>Beta blockers</p> <p>Blocadren® (timolol) Corgard® (nadolol) Lopressor®, Lopressor LA®, Toprol XL® (metoprolol) Sectral® (acebutolol) Tenormin® (atenolol) Zebeta® (bisoprolol) Ziac® (bisoprolol and hydrochlorothiazide)</p>	<p>Blocks the effects of body chemicals that can make your heart work too hard.</p>
<p>Diuretics</p> <p>Aldactone® (spironolactone) Dyazide® (triamterene) Hydrodiuril® (hydrochlorothiazide) Lasix® (furosemide) Maxzide® (triamterene)</p>	<p>Helps your body get rid of excess fluid.</p>	<p>Vasodilators</p> <p>nitroglycerin ACE inhibitors</p> <p>Other</p> <p>Digitalis (digoxin)</p>	<p>Opens up your arteries and makes it easier for your heart to pump.</p> <p>Helps your heart beat stronger and more regular.</p>

THINGS TO REMEMBER: Talk to your doctor if you think you are having side effects. Talk to your doctor if you have questions about your medicines. Never stop taking your medicines unless your doctor tells you to stop.

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

TAKING YOUR PULSE

You should know how to take your pulse. Your pulse rate is the number of times your heart beats in one minute. Ask your doctor or nurse 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 your pulse for 15 seconds, then multiply that number by 4. This is called your resting pulse.
- If your pulse beats are irregularly, count your pulse for a full minute.

STOP SMOKING

If you have not quit smoking, do it now! It is the best thing you can do. Smoking can lead to Chronic Obstructive Pulmonary Disease (COPD). COPD involves chronic bronchitis and emphysema. It leads to problems breathing that can get worse over time. You do more damage the longer you smoke.

Quitting may also be the hardest thing you will ever do. Nicotine is very addictive. People often try to stop smoking two or three times before quitting for good. Each time you try you will become stronger. You will also learn more about what it takes for you to quit for good. Molina can help you quit. Why not try Molina Healthcare's stop smoking program to help you quit? There is no cost to Molina Healthcare members.

You can enroll in a program to help you stop smoking. Look below for the number to call in the state you live in:

- **Molina Healthcare of California**
 Free and Clear® smoking cessation program
 Health Education Department – 1- 800-526-8196,
 Ext. 127532 (Monday through Friday,
 8:30 a.m. – 5:30 p.m.)

- **Molina Healthcare of Indiana**
 ALAI Freedom from Smoking Helpline
 1-800-548-8252 (Monday through Friday,
 7:00 a.m. – 7:00 p.m. CST)

- **Molina Healthcare of Michigan**
 “I can Quit” Smoking Cessation Program
 1-800-480-7848

- **Molina Healthcare of New Mexico**
 Quitting tobacco information
 Health Education Line – 1-505-342-4660,
 Ext. 182618 or 1-800-377-9594, Ext. 182618

- **Molina Healthcare of Utah**
 Smoke Free Program – 1-888-483-0760

- **Molina Healthcare of Washington**
 Free and Clear® smoking cessation program
 Washington Tobacco Quit Line – 1-877-270-STOP
 or 1-877-270-7867, 1-877-2NO FUME or
 1-877-266-3863 (Spanish Line)
 1-877-777-6534 (TTY for the hearing impaired)

Molina Healthcare wants you to quit smoking. It will help you and your family's health.