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# Heart Healthy Living<sup>SM</sup>

Molina Healthcare



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# Depression's Link to Heart Disease

### Message to Members

You are receiving this 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 us 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.

Studies over the past twenty years have shown that people with heart disease are more likely to suffer from depression. Learning that you have heart disease can make you feel anxious, stressed, angry or depressed. All those feelings are normal. Here are some things you can do to feel better:

- Relax by learning to calm down. Stress raises your blood pressure and heart rate. Listening to soft music and thinking of peaceful places can help you to relax.
- Talk to friends and family members about your fears and concerns.
- Stay active. Do not be alone. Stay connected with people around you.
- See a professional counselor. Counselors are trained to help you deal with all the problems and concerns you may have. Ask your provider what you need to do to see a counselor.
- Learn about your heart disease. Understanding what is happening to your heart may help to lessen your fear.
- Join a support group. Ask your provider or hospital what is available in your area. If there is not one in your area, start one. You can find out how by calling the following:

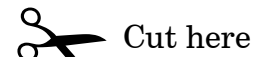
**The Mended Hearts, Inc.**  
1-888-432-7899  
www.mendedhearts.org

**American Heart Association**  
1-800-242-8721  
www.americanheart.org

**The National Heart, Lung, and Blood Institute Information Center**  
1-800-575-9355  
www.nhlbi.nih.gov

### Smoking and Heart Disease Do not Mix

If you need help quitting, join **Molina's Smoke Free** program. Call 1-888-483-0760 ext. 170458 for free one-on-one help.



### Medicine ordered by your doctor

Start Date	Name of Medicine	Dose (units, puffs, drops)	When do you take it? How many times per day, morning and night?	Purpose (Why you take it?)	Comments

**Medical Conditions:** Asthma Heart Disease Diabetes High Blood Pressure Other

**Known Drug/Food Allergies:** \_\_\_\_\_



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# Smoking Cessation

**Cardiovascular disease** means diseases of the heart and blood vessels. It is usually called heart disease. The two types talked about most often are high blood pressure and atherosclerosis. Atherosclerosis is fatty buildups in the arteries. Smoking raises your risk of heart disease. This is because smoking is hard on your heart. It is also hard on blood vessels all over your body.

Smoking harms your body. It makes it harder for your body to get oxygen. It raises your blood pressure and makes exercise hard to do. Your blood may clot more easily. It also decreases your HDL (good) cholesterol levels.

Smoking cessation means to stop smoking. If you don't smoke, it can help you manage heart disease. Your blood pressure and pulse can drop just 20 minutes after you quit smoking. 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!

**Here are some tips from the American Heart Association on how to quit:**

- List your reasons to quit and read them many times a day.

- Set a goal date to quit.
- Stay busy! Go to the movies, exercise, take walks, or go bike riding.
- Find healthy replacements. Munch on carrots or celery sticks. Try doing crafts or other things with your hands.
- Do deep breathing exercises when you want to smoke.

Be sure to talk with your doctor to get more tips and support. Then congratulate yourself for making a great decision for your health!



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**

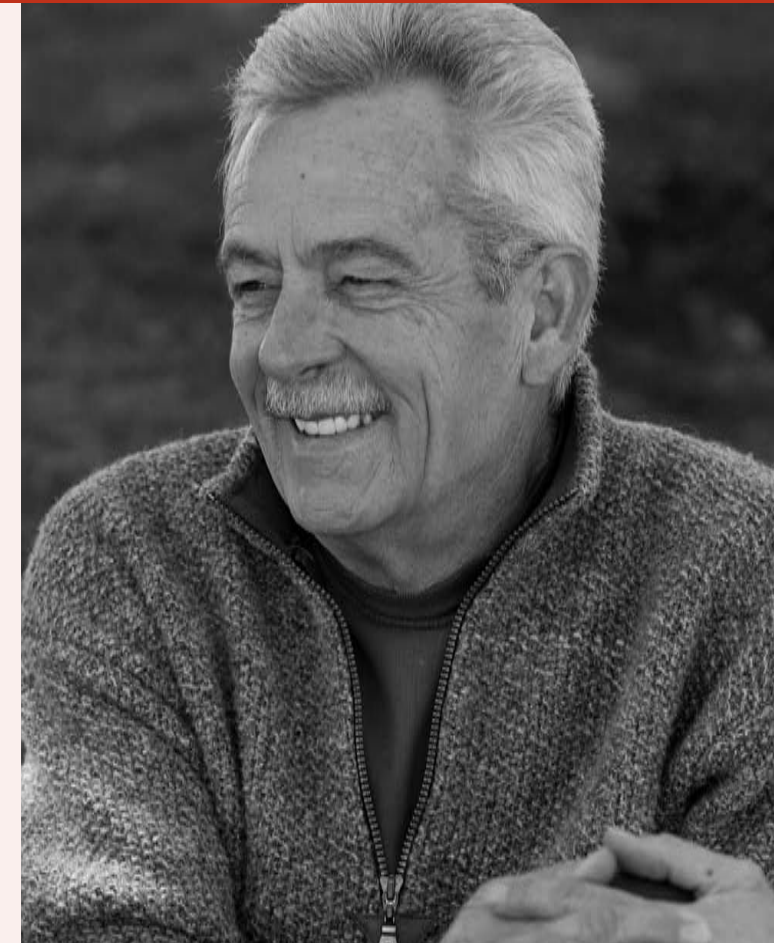
For the hearing impaired please call TTY/866-735-2929  
24 Hours a day, 7 days a week - everyday of the year!

[www.molinahealthcare.com](http://www.molinahealthcare.com)

# Flu Shot

**During flu season**, one of the best things that you can do is get a flu shot. Influenza, or “the flu,” is an illness caused by flu viruses. The flu is contagious. That means it can spread from person to person. Flu season usually lasts from October to May. It is best to get your shot early because it takes about two weeks for your body to develop protection against the virus. You cannot get the flu from the flu shot.

People who are at high risk of having serious problems from the flu should get a flu shot every year. If you have cardiovascular disease you are at high risk. The flu can make your heart disease worse or lead to other lung infections. Take charge of your health this flu season. Ask your doctor if the flu shot is best for you.



**My Medicine List**

Name \_\_\_\_\_

Date \_\_\_\_\_

**My Doctor:**

Phone: \_\_\_\_\_

**My Pharmacy:**

Phone: \_\_\_\_\_

## My Medicine



It is often helpful to keep a list of all your medicines. We hope this card can be useful and can be carried in your wallet.

Fill in all the medicines you are taking. Review this card as your medicines change.

**Over-the-Counter Medicines**

**Check if you are using any of these:**

- Allergy relief
- Antacid
- Aspirin/other pain medicine
- Cough/cold medicine
- Diet pills
- Laxatives
- Vitamins/Minerals
- Herbs (please list name)

- Sleeping pills
- Other (please list name)



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