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

Molina Healthcare



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# Managing Feelings about Heart Disease

### Message to Members

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

**B**eing 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!

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

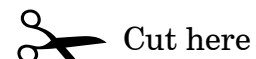
You might feel badly because you feel sick. You may worry about getting worse. Sometimes the medications you take can make you feel tired or depressed. Talk to your doctor. Changing your medicines might help.

### 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.

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!



### 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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# CVD Cholesterol Screening

**W**hen people say “cholesterol,” they may really mean lipid panel. It is important to go to your doctor regularly to get your levels tested. Lipids are fats in the bloodstream. It is in all of your cells. You need it for some of the body’s functions. It affects how your heart pumps your blood around your body. If you have heart disease, you should get regular check-ups. Then you will know if you need to take some medicine to help your lipids.

## There are really four parts to a lipid panel:

Total cholesterol

**HDL** – sometimes called “good cholesterol”

**LDL** – sometimes called “bad cholesterol”

**Triglycerides** – another type of fat in the blood.

HDL is good cholesterol. It does things like remove fat and bad cholesterol from the blood. The more you have of this the better. Exercise can help your HDL be even better.

LDL is bad cholesterol. LDL can build up in your arteries and block them. Triglycerides are another kind of fat. Fats cannot be dissolved into the blood. If there is too much fat along the walls of an artery, this can cause a blockage. This prevents blood or

oxygen from getting through. It can even break off and cause a heart attack or stroke. This is why it is important to watch your lipid levels.

When you go to the doctor for a screening, they will take a blood sample. Your doctor may tell you not to eat before the test. You can have water to drink, but nothing else. In the lab, they look at your blood to see the lipid levels. They will measure how much of each type you have.

## You can help your body by doing these things:

- Not smoking
- Drinking less alcohol
- Maintain a healthy weight
- Walk at least 20 minutes every day
- Eat less fat in your diet.
- Get your blood pressure checked often

Foods from animals like meat, poultry, fish, seafood and dairy products have cholesterol. Foods from plants like fruits, vegetables, grains, nuts and seeds do not have cholesterol. Try to eat more foods like these.

One step at a time, you will look and feel better. Your doctor can help you in lots of ways. Just ask!

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)

# Smoking Cessation

**S**moking is the largest preventable cause of illness and early death. It doesn’t matter how old you are or how long you’ve smoked, it is important to quit. Quitting smoking reduces your risk of lung cancer, heart disease, stroke and lung diseases. Check out some of the short and long term health benefits when you quit smoking:

- **After 20 minutes** -- blood pressure decreases.
- **After 24 hours** -- the chance of a heart attack is less.
- **After 1 year** -- excess risk of heart disease is decreased.
- **After 5 to 15 years** -- the risk of stroke is reduced.

There are many ways to quit smoking. You may even have to try different ways before you succeed. Don’t get discouraged. The important thing is that you quit. Keep in mind that it’s never too late – especially if you’re living with a chronic disease.

## TIPS TO HELP YOU QUIT:

1. Admit the problem to yourself and those around you.
2. Keep track of when and why you smoke.
3. Set a quit date.
4. Limit the time you spend with people who smoke.
5. Write down the list of reasons for not smoking. Keep that list with you. Make sure to review those reasons when you feel the urge to smoke.
6. Talk to your doctor about treatment options.
7. Call the Smoke Free Program at 1-888-483-0760 for information on how Molina Healthcare can help you to quit.



### My Medicine List

Name \_\_\_\_\_

Date \_\_\_\_\_

### My Doctor:

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

### My Pharmacy:

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



## My Medicine



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HEALTHCARE

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

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)

