



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



Cholesterol the Good and the Bad

Cholesterol is a fat-like material found in some of the foods you eat and made in your body. Your liver makes two types of cholesterol:

- **LDL** (low-density lipoproteins) is called bad cholesterol because it leaves cholesterol in your arteries. This may cause your arteries to clog, leading to a heart attack or stroke.
- **HDL** (high-density lipoproteins) is called good cholesterol because it brings cholesterol back to the liver, where it is passed from the body.

Triglycerides are another type of fat found in your blood. A diet high in sugar and alcohol can raise your triglyceride number. High levels of triglycerides are linked with an increased risk of heart disease and stroke.

The good news is most people can lower their cholesterol through diet. Eat food low in saturated fat and cholesterol. Here are some simple daily guidelines:

- Keep your calories low by eating a variety of foods low in saturated fat and cholesterol
- Eat at least five servings of fruits and vegetables every day
- Eat six or more servings of cereals, breads, pastas and other whole-grain products
- Eat fish, poultry without skin and leaner cuts of meat instead of fatty ones
- Eat fat-free or 1% milk dairy products rather than whole-milk dairy products
- Enjoy 30-60 minutes of exercise on most (or all) days of the week
- Maintain a healthy weight

Smoking and Heart Disease Do Not Mix

If you need help quitting, Molina Healthcare has a stop smoking program called **Free and Clear**[®]. Call the Washington Tobacco Quit Line at 1-877-270-7867. Quit for life.

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Check Out the Molina Healthcare Website

Check out the Molina Healthcare website at 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 UM staff about a UM issue or question
- 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 1-800-869-7165. Your member handbook is also a good resource. You can find it on our website.

Heart Healthy LivingSM is developed by Molina Healthcare, Inc.

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High Blood Pressure

High blood pressure is also called hypertension. Blood pressure is how hard blood is being pushed against blood vessel walls as it flows through the body.

Blood pressure can go up and down. It is normal for blood pressure to:

- Drop when you are relaxed or sleeping
- Rise when you are upset or doing physical activity

Blood pressure that stays high is not healthy. It makes your heart work a lot harder than it should. No one is sure what causes blood pressure to stay high. It can happen if blood vessels are:

- Too constricted (narrow) – there is less space for the blood to pass through
- Too full – blood volume may be too high

Many people do not know they have high blood pressure. This is because there are usually no symptoms. Left untreated, high blood pressure can lead to serious health problems. High blood pressure increases the risk of:

- Heart attack
- Stroke
- Blindness
- Kidney failure

There are many risk factors that may lead to high blood pressure. These include:

- Heredity – high blood pressure may run in families
- Diet – eating foods with too much sodium (salt) and fat can raise blood pressure
- Being overweight
- Lack of regular physical activity
- Age – blood vessels tend to become less elastic or stretchy with age, which can raise blood pressure
- Race – high blood pressure is more common in African Americans

Blood pressure is read as two numbers, one over the other, for example 120/80.

- **Systolic blood pressure** – The top number is the highest pressure in blood vessels when the heart beats

- **Diastolic blood pressure** – The bottom number is the lowest pressure in blood vessels when the heart relaxes between beats.

There is a lot you can do about your high blood pressure. You can learn how to manage your condition to help prevent health problems. Lifestyle changes may include:

1. Changing your diet

- Cut back on sodium. Reducing the sodium in your diet may help keep blood pressure under control. Remember do not add salt to foods. The easiest way to do this is to take your salt shaker off the table. Read the labels on packaged foods for the sodium amounts.
- Cut back on fats. A diet high in fats may play a role in high blood pressure. Here are some tips for cutting back on fats;
 - **Eat red meats less often and in smaller servings.** Choose leaner cuts.
 - **Eat more grains and pasta**
 - **Choose meats lower in fat such as turkey or chicken.** Take the skin off before eating.
 - **Drink nonfat (skim) or low-fat (1%) milk**
 - **Avoid frying and use less oil when cooking**
 - **Check nutrition labels to find foods with less fat**

- Potassium is a mineral that helps prevent the body from holding onto fluid. Getting rid of fluid helps control blood pressure. Some medicines may raise or lower your levels of potassium. Your provider may watch your potassium levels and suggest you balance your potassium intake. Your provider may suggest medicine or certain potassium rich foods such as apricots, bananas, broccoli, orange juice, potatoes or tomatoes.

2. Losing weight. Ask your provider if you need to lose weight. Losing just 10 pounds can make a difference in your blood pressure if you are overweight.

High Blood Pressure Continued..

3. Exercising. Before starting an exercise program, talk with your provider.

4. Quitting smoking

5. Limiting use of alcohol

6. Taking your medicine as ordered by your provider. Remember to take your medicine even when your blood pressure is fine. Your blood pressure could go up again if you stop taking your medicine. Never change your medicine without asking your provider.

7. Having your blood pressure checked often to make sure it is under control. Your provider will tell you how often to have it checked.

Warning Signs of Heart Attack

The most common signs of a heart attack are listed below:

- Pressure, fullness, squeezing, pain and/or uneasy feeling in the center of the chest that lasts for more than a few minutes
- Pain or an achy feeling that spreads to the shoulders, neck, arms or jaw
- Chest pain that gets stronger
- Chest pain that does not go away after rest or after taking your heart medicine
- Chest pain with any or all of the following:
 - Sweaty, cool, clammy, pale skin
 - Shortness of breath
 - Sick to your stomach or vomiting
 - Dizziness or fainting
 - Weakness or tiredness
 - Fast or irregular pulse

If you or someone you know shows any of the above warning signs, act quickly. Call 911!

Smoking—it's time to quit

Smoking can increase your risk of having heart and other health problems. Smoking narrows blood vessels, including those in the lungs. This makes it harder to breathe and increases your blood pressure and heart rate. Do not wait for the "right time" – quit now. You will have more energy and better health after you quit.

Molina Healthcare has a quit smoking program and we want you to quit smoking for the sake of your health and your family's health. The program is called **Free and Clear[®]** and it is done over the phone. Trained counselors will help you through the program.

Here is what you will get:

- Planned one-on-one calls from your counselor
- Quit smoking materials sent to your home

- Toll-free quit line for you to call at any time for help
- Nicotine replacement therapy or Zyban[®], based on what you and your provider decide is right for you

This is a **FREE** program for all Molina Healthcare members, 18 years and older. If you would like to enroll or if you have questions, please call Washington's Tobacco Quit Line toll-free at:

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)

You are receiving this as part of the Heart Healthy LivingSM program. If you do not want to receive this newsletter or be in the Heart Healthy LivingSM program, please call our Health Education Line at 1-800-423-9899, Ext. 141428.