



## Understanding Your Heart Medicine

People with heart disease usually take many medicines. Each medicine has a special job to do. **Here is a list of some common medicines used to treat heart**

Medicine	What it does	Medicine	What it does
ACE inhibitors <i>Lotensin® (benazepril)</i> <i>Prinivil®, Zestril® (lisinopril)</i> <i>Accupril® (quinapril)</i> <i>Capoten® (captopril)</i>	Opens up your arteries and makes it easier for your heart to pump	Beta Blockers <i>Corgard® (nadolol)</i> <i>Tenormin (atenolol)</i> <i>Lopressor®, Lopressor LA®, Toprol XL® (metoprolol)</i> <i>Tenormin® (atenolol)</i> <i>Zebeta® (bisoprolol)</i> <i>Ziac® (bisoprolol and hydrochlorothiazide)</i>	Slows your heart rate and reduces blood pressure
Angiotensin II receptor blockers <i>Cozaar (losartan)</i> <i>Diovan (valsartan)</i> <i>Benicar (olmesartan)</i>	Helps relax your blood vessels		
Diuretics <i>Aldactone® (spironolactone)</i> <i>Dyazide® (triamterene)</i> <i>Hydrodiuril® (hydrochlorothiazide)</i> <i>Lasix® (furosemide)</i> <i>Maxzide® (triamterene)</i>	Helps your body get rid of excess fluid	Vasodilators <i>nitroglycerin</i>	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

To take your medicines the right way, be sure to ask your doctor or pharmacist:

- What is the name of the medicine?
- What is the dose of the medicine?
- How much medicine should you take each time?
- How often should you take the medicine?
- How should you take the medicine (with food or with liquid or on an empty stomach)?
- 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 so that you will have the list to check if you are asked what medicines you take. This is one of the first questions you are asked when you see the doctor or if you go to the hospital.

**HELPFUL TIPS:** If you think you are having side effects or if you have questions about your medicines, talk to your doctor. Never stop taking your medicines unless you talk to your doctor first.

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## Need Help Quitting Smoking?

If you need help quitting, call the **QuitLine** at 1-877-822-6669 for one-on-one help.

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*All material in this newsletter is for information only. This does not replace your provider's advice.*

## What Makes Diabetes Worse?

**Diabetes** affects almost every body system. It affects your blood vessels, kidneys, eyes, heart and nerves. If you have diabetes you should know what makes it worse.

### Poor blood sugar control

This means that your blood sugar levels are too high or too low. High blood sugar levels can lead to changes in your blood vessels. These changes can cause eye, kidney, nerve and vascular problems.

Very low blood sugar levels can cause severe symptoms. These need to be treated right away. Some signs of low blood sugar to watch for are:

- Feeling hungry
- Feeling shaky
- A very fast heart rate
- Feeling sweaty or cold, clammy skin
- Headache
- Irritability or confusion
- Blurred or double vision

Checking your blood sugar regularly will let you and your doctor know how to manage your diabetes medicine. It can also help you control your blood sugar.

You should also have an HbA1c blood test 2-4 times a year. This test will show how well your blood sugar is controlled over time. This will tell you and your doctor how well your treatment plan is working and if changes need to be made.

### Poor blood pressure control

This means that your blood pressure is too high. High blood pressure puts you at higher risk for heart disease, stroke and kidney disease. You should aim to keep your blood pressure below 130/80 mmHG. You should have your blood pressure checked at each routine doctor visit. If your doctor prescribes blood pressure medicine, be sure to take it as directed.

### Poor blood cholesterol control

This can lead to a buildup of fat in your blood vessels.

This leads to reduced blood flow and increases your risk for heart disease and stroke. A healthy diet can help to control cholesterol levels.

Tips for a healthy diet:

- Eat lots of fruits and vegetables
- Try fish in your diet a few times a week.
- Pick whole grain products, like brown rice or wheat pasta.
- Lean meats are best.
- Use low or nonfat dairy products.
- Try to drink more water and no calorie drinks.
- Limit desserts and high calorie snacks.
- Use liquid oils for cooking.

### Physical inactivity

Exercise is very important for people with diabetes. It can help you control your weight. It also leads to lower blood sugar levels, which will reduce your risk for heart disease. Talk with your doctor about an exercise program that can work for you.



### Smoking

Smoking is very harmful for people with diabetes. It reduces blood flow. It also raises your bad cholesterol and your blood pressure. These all lead to an increased risk for heart attack and stroke. If you do smoke, talk to your doctor about treatments to help you quit.

Having diabetes can be tough, but there are many ways to manage it. Knowing what makes diabetes worse can help you live a longer, healthier life.

## Managing Feelings about Heart Disease

It is common to feel sad, confused or depressed after learning you have heart disease. There are things you can do to start feeling better:

- Learn what to expect. Talk to your doctor about your condition and your treatment plan. Learn more about heart disease and what you can do to make yourself healthier.
- Talk to others with heart disease. Think about joining a support group. You will learn that you are not alone.
- Get active. Do activities you like with your friends and family. Check with your doctor about starting an exercise program.
- Manage your stress. If you are feeling stressed, talk to your doctor about ways to deal with the pressure.

Temporary feelings of sadness are normal. You should start to feel better as you get back to your normal activities. But if you continue to feel sad, depressed or overly tired, be sure to contact your doctor. Some of your medicines may need to be adjusted or you may need special treatment to get back on track.

## Q: What Happens During the Diabetes Eye Exam?

A: People with diabetes should have an eye exam each year. This test checks for changes in the eye's blood vessels. These changes are caused by high blood glucose levels and can lead to vision loss. The longer you have diabetes, the higher the risk that you can develop this damage.

The pupil is the black spot in the middle of your eyes. Drops are put in your eyes to dilate them, or make them bigger. This makes it easier to look at the blood vessels in the back of your eyes.

Your eye care provider may use a special lamp to look at your eyes. Sometimes special pictures will be taken of the blood vessels in your eyes.

After the exam, your eyes will be more sensitive to light for an hour or two. Bring sunglasses to wear when you leave the exam. You may want to have someone drive you home.

Even if your diabetes is under control, you can still have eye problems. It is important to get your diabetes eye exam every year. If you have not had this test in the past year, make time for one today.

A diabetes eye exam is a benefit for Molina Healthcare members. Call Member Services at 1-866-472-4585 if you have questions.

## Pack Lunch, Anyone? *Eating a healthy lunch can be challenging, especially if you have diabetes.*

**Try packing a lunch!** It can save you from making poor lunch choices that are too large in portion size and high in fat and calories. By making your own lunch, you control what goes in it and what it is made of.

Set aside a few minutes each weekend to think about what you would like for lunch that week. Make a list and take it with you to the grocery store. Prepare and pack what you can the night before to help save time in the morning. Think about if you will have access to a refrigerator or microwave. Use an insulated bag if you need to keep your lunch cool. A thermos can help keep foods like soup warm.

Be sure to include healthy foods in your lunch. Healthy foods include whole grain breads pasta, and rice, fresh fruit

and vegetables, lean meats and low fat dairy. Try to take it easy on the butter, mayonnaise, oil and salad dressing.

**Finally, watch serving sizes. Here are some guidelines from the American Diabetes Association:**

- **Meat, fish, poultry**—3 oz. (about the size of the palm of your hand)
- **Cheese**—1 oz. (about the size of your thumb)
- **Milk, yogurt, fresh vegetables**—1 cup (about the size of a tennis ball)
- **Bread**—one slice
- **Rice or cooked pasta**—1/3 cup
- **Potato or corn**—1/2 cup
- **Dry cereal**—3/4 cup



8300 NW 33<sup>rd</sup> St. Ste 400  
Doral, FL 33122

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## Questions about your health?

Call Our Nurse Advice Line!

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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

or 711