

Spring 2016 Diabetes and Heart Disease Awareness

Molina Healthy Living with Diabetes® and Heart Healthy Living®



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Control Your Blood Pressure

What is blood pressure?

Arteries carry blood from your heart to other parts of your body. Blood pressure is the force of blood pushing on the walls of your arteries.

How can you measure your blood pressure?

Your health care provider can measure your blood pressure. You can also find blood pressure machines at drug stores. You can buy a blood pressure machine to measure your blood pressure at home.

How can you control high blood pressure?

- Eat a healthy diet. Avoid foods that are high in sodium (salt) and fat. Eat five servings of fruits and vegetables each day.
- Maintain a healthy weight. Try to exercise for 30 minutes each day.
- If you smoke, quit! Call Molina Member Services and ask to learn about our Stop Smoking Program. The number is on the back of your Member ID card.
- Limit your alcohol intake.
- Take your blood pressure medicine as prescribed by your provider.

Visit your provider at least once a year. You and your provider can make a plan to manage your blood pressure.

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Manage Your Diabetes

What is diabetes?

Diabetes occurs when your body either resists the effects of insulin, or does not make enough insulin to maintain a normal blood glucose level.

How can you manage your diabetes?

- Take your medicine as directed by your provider.
- Monitor your blood glucose levels at home. Track your results.
- See your provider regularly to manage your diabetes. The chart below will help you keep track of these provider visits.

EVERY OFFICE VISIT	Date Due	EVERY 3-6 MONTHS	Date Due	EVERY 6 MONTHS	Date Due	ONCE A YEAR	Date Due
Blood Pressure		Blood test to measure blood sugar control (A1C)		Dental Visit to check teeth and gums		Blood test to measure cholesterol levels	
A brief foot exam						Retinal eye exam with dilation	
Weight check						Complete foot exam	
						Urine test to measure protein from your kidneys	
						Flu shot	

Heart Disease

What is heart disease?

Heart disease occurs when blood vessels become narrow due to plaque building up on the inside wall of the blood vessels. Plaque forms from fat and cholesterol in your blood. If plaque fully blocks your blood vessels, you can have a heart attack.

What is the most common form of heart disease?

Coronary Artery Disease (CAD) is the most common form of heart disease. CAD kills more men and women in the United States than cancer, accidents, stroke, or diabetes.

What are symptoms of heart disease?

- Chest pain (angina)
- Shortness of breath
- Feeling tightness or heaviness in your chest
- Other pain or burning in the arms, neck or jaw

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What are risk factors of heart disease?

- High blood pressure
- High LDL cholesterol
- Diabetes
- Smoking
- Age 55 and older
- Family history of heart disease

Keep your heart healthy!

- Take your medicine as prescribed by your provider.
- Control your blood pressure.
- Eat foods low in fat, salt and cholesterol.
- Maintain a healthy weight. Try to exercise for 30 minutes each day.
- If you smoke, quit.

Chronic Conditions and Depression

When you suffer from a chronic health condition, life can feel like a heavy weight. The effects of chronic disease can change the way you manage daily activity. Many people with chronic health conditions often become depressed.

What is depression?

Depression is a medical illness that affects mood, thought, behavior and general health.

What are the signs of depression?

- You feel sad often.
- You have mood swings.
- You lose interest in things you once enjoyed.
- You sleep poorly.
- You drink too much alcohol.
- You eat too much or too little.
- You gain or lose weight suddenly.
- You feel nauseous.
- You feel nervous.
- You have memory loss.
- You find it hard to focus.

How can you help yourself?

- Ask your primary care provider for support in finding community services that may be helpful.
- Talk to family members or friends about how you are feeling.
- Make healthy lifestyle choices: eat well, stay active and take your medicine as prescribed.

Can you treat depression or anxiety?

- Yes! Talk to your provider. Medicine and ‘talk therapy’ can help. Your provider can help you get treatment.
- Left untreated, depression or anxiety can make your chronic condition worse.
- Ask for help. You can get treatment and feel better.



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**Health and wellness or
prevention information**

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Questions about Your Health?

Call Our 24-Hour Nurse Advice Line!

English: (888) 275-8750

OPEN 24 HOURS!

Your health is our priority!

TTY users should dial **711**.

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Your Extended Family.