



## Chest Pain (Angina)

There is a kind of chest pain or discomfort you may have heard of called angina. Angina also happens when there is not enough oxygen supply to the heart. The symptoms and the cause have a lot in common with a heart attack. And that's why it can be mistaken for a heart attack. Angina isn't really a disease. It's a symptom that can be caused by build up of plaque in the arteries (atherosclerosis). When the coronary arteries have plaque build-up, the blood flow to your heart muscles is restricted.

When you are doing something that requires your heart to pump more than usual...exercise for example...it needs more oxygen than usual. When the heart muscle can't get enough oxygen, you may experience chest pain. This pain is called angina. The pain from angina can feel very similar to the pain from having a heart attack. You can't know for sure if the pain is from angina or a heart attack. That's why if you have a chest pain you should immediately be checked by a doctor.

Until you are properly diagnosed with angina, you have no way to know if its angina or a heart attack. The main difference is that if it's a heart attack, muscles cells can die because the blood supply is cut off. When its angina, the blood supply is reduced for a period of time and usually can be restored. The symptoms will go away when you rest or take medicine.

If you are diagnosed with angina, your doctor may be able to help you prevent a serious heart attack. He or she may order an Exercise Stress Test or Treadmill Test. This test can help diagnose heart disease and the possible cause of angina. Your doctor may also prescribe angina medicines.

Many people have what is called stable angina. This means there is a regular pattern you can recognize. And it is relieved within just a few minutes with angina medicine and rest. But stable angina can turn into unstable angina. That's a lot more serious, and here are some clues to understanding the difference. You may get angina that happens without hard physical activity. Your angina isn't relieved quickly with medicine and rest. If those things happen, you need to take the steps you would take if you thought you were having a heart attack and call 911. To be on the safe side, it is always a good idea to call your doctor if you are having chest pain.

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## Need Help Quitting Smoking?

If you need help quitting, call the **Health Improvement Hotline** at 1-800-377-9594, extension 182618 for one-on-one help.

*You are receiving this newsletter as part of a Disease Management Program. If you do not want to receive this newsletter or participate in any Disease Management Program please let us know. Please call us at 1-866-891-2320.*

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

*Molina Healthcare services are funded in part under contract with the State of New Mexico.*

## Diabetes: Taking Care of Your Eyes

You may have heard that diabetes can damage your eyes. It can even cause blindness. But serious eye damage does not have to happen. There is a lot you can do to help prevent eye problems. That is why it is so important to take care of your eyes.

### What kinds of eye problems can diabetes cause?

Diabetes is associated with several kinds of eye damage, such as:

- Diabetic retinopathy – weakening of the tiny blood vessels in the retina (at the back of the eye). Blood may leak into the retina, causing loss of vision;
- Glaucoma – buildup of pressure in the eye; and
- Cataract – clouding of the lens in the eye.

### What you can do to protect your eyes

There are three (3) very important things you can do to protect your eyes:

1. **Manage your blood sugar.** Keeping your blood sugar under control is the best way to prevent eye problems or slow them down
2. **Control your blood pressure.** If your blood pressure is high, work with your healthcare professional to find ways to lower it. Lowering your blood pressure can also help prevent or slow down eye problems
3. **Get a comprehensive eye exam once a year.** This type of exam checks your vision and much more. It can find eye problems early. When eye problems are caught early, they can often be treated. You should get a comprehensive eye exam every year even if you have no symptoms and your vision seems fine.



## Flu

Flu season is here. Are you prepared? There are simple steps that you can take to help prevent the flu. Follow these simple tips to reduce your risk for getting the flu:

- **Get the flu shot** every year;
- **Don't touch your face.** If you touch a germ then touch your face, you can catch the flu;
- **Keep it covered.** Cough or sneeze into your sleeve or use a tissue;
- **Wash your hands often; and**
- **Avoid people that are sick.**

Even with the flu shot, you may still get the flu, but your symptoms won't be as bad. Remember, the flu is a virus. That means antibiotics won't cure it. Antibiotics fight illness caused by bacteria. They don't work against things usually caused by viruses like colds, the flu, or most coughs and sore throats.

People with a chronic condition are at higher risk for flu complications. Be prepared this flu season. Talk to your Primary Care Practitioner today to see if the flu shot is right for you.

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## Traditional Medicine Can Keep You Healthy

Molina Healthcare of New Mexico, Inc. (Molina Healthcare) wants to give you quality care. We also value the rich culture of New Mexico. We are proud to be the first Salud health plan to offer culturally-specific benefits for our Native American Members.

The Traditional Medicine benefit helps Members use traditional healing services. We honor the Native American culture. Ceremony is used to be well and stay well. We value Member privacy when using this benefit and made the process easy.

The Traditional Medicine benefit can be used one (1) time per year. Native American Members may use a healer of his/her choice.

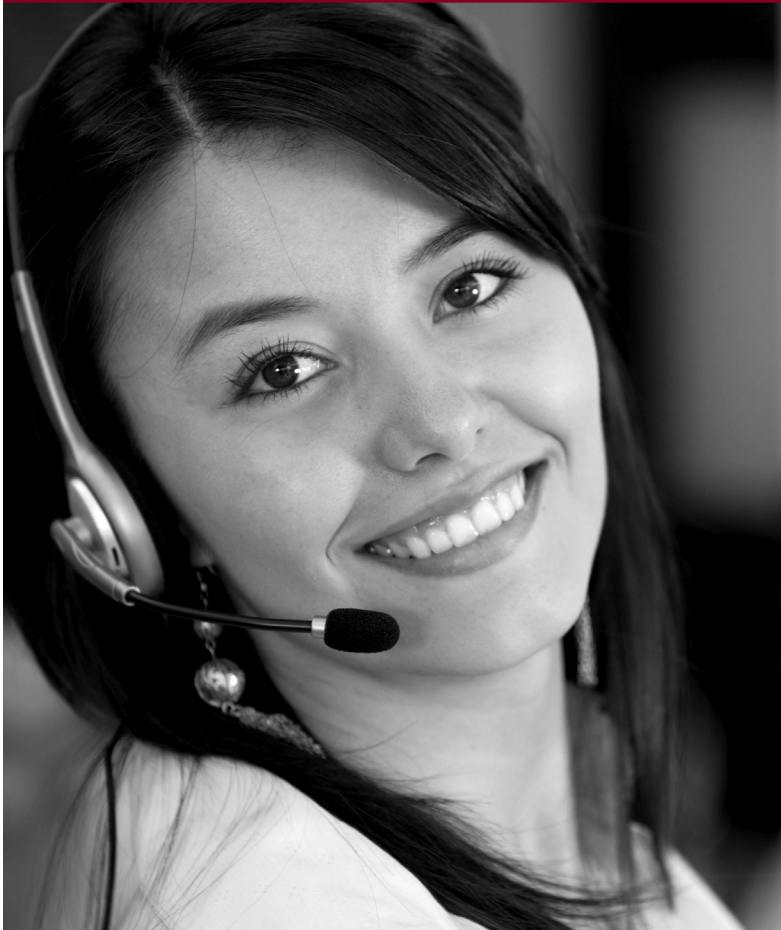
Molina Healthcare encourages Members to work with their Primary Care Practitioner (PCP) or doctor for their medical needs. This includes using traditional healing services. Working together will be good for your health and wellness. Your doctor should know about any herbs or treatment suggested by a traditional healer. This will ensure other medications you are taking do not cause harm.

For more information contact your Tribal Liaison toll free at 1-800-377-9594, extension 180302.



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## Questions about your health?

Call Our Nurse Advice Line!

1-888-275-8750 English

1-866-648-3537 Spanish

UNM SCI Members: 1-877-725-2552

**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