



Heart Disease

What do balanced diet, exercise, weight control and not smoking have in common? These are all parts of a healthy lifestyle. If you have cardiovascular disease (CVD), adjusting to a healthier life may seem overwhelming. However, it is possible. The key is to set small goals.

If you smoke, the first goal is to quit. Smoking is hard on your heart and blood vessels all over your body. Smoking raises your blood pressure and makes exercise hard to do. Smoking increases blood clots. It decreases HDL (good) cholesterol levels.

You can manage your CVD if you do not smoke. Your blood pressure and pulse rate drop in just twenty (20) minutes after you quit. After twenty-four (24) hours your chance of a heart attack lessens. After one (1) year the extra risk of heart disease caused by smoking is cut by half.

Once you quit smoking it is time to give exercise a try. Getting started on a regular exercise routine is sometimes the hardest part. Find something that you enjoy. Start out slow and work your way towards a goal. For example, start out with a ten (10) minute walk and add a few more minutes each day. Be sure to drink water before, during and after exercise.

Your next goal is good nutrition. Limit unhealthy fats and cholesterol. The best way to do this is to cut down on the solid fat you eat. Examples are butter, margarine and shortening. Healthy fats are usually liquid at room temperature. Examples are olive oil and canola oil. All fat is high in calories.

Good sources of protein are lean meats, poultry and fish. Low-fat dairy and eggs are also good sources. When shopping for fruits and vegetables think of a "rainbow." This means to eat fruits and vegetables of different colors. Enjoy their natural flavor without adding salt, butter or dressing. Lastly, choose breads and pastas made from whole-wheat flour.

Limiting your salt intake is important. Too much salt can cause swelling, shortness of breath and weight gain. Most people should get less than two thousand three hundred (2,300) milligrams of sodium per day. If you have heart failure, the recommended sodium intake is no more than two thousand (2,000) milligrams per day.

Weight control will follow naturally with a balanced diet and exercise. Keep a record of your efforts. Remember, you will not achieve a healthy lifestyle overnight so do not be too hard on yourself. The important thing is that you are trying. Your hard work will pay off.

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Need Help Quitting Smoking?

If you need help quitting, call the **Health Improvement Hotline** at (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 (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.

Los servicios de Molina Healthcare están financiados en parte bajo contrato con el estado de Nuevo México.

Last chance to earn a \$20 gift card for 2011!

Molina Healthcare of New Mexico, Inc. (Molina Healthcare) Members who have diabetes can receive a \$20 gift card if they completed the following in 2011:

Exam Needed	To Be Completed
Retinal Eye Exam	Anytime in 2011
Nephropathy Screening	Anytime in 2011
LDL Screening (Goal LDL-C < 100)	Anytime in 2011
Blood Pressure (Goal B/P of 130/80)	October, November or December in 2011
HbA1c (Goal HbA1c= 7 or higher if your doctor says that is best for you)	October, November or December in 2011

To get your gift card, call the Health Improvement Hotline toll free at (800) 377-9594 ext. 182618 to request the Rewards for Healthy Choices coupon or go to the New Mexico website at www.MolinaHealthcare.com to download a copy. Get the coupon filled out by your doctor and send it back to us.

Stop Smoking

If you have not quit smoking, do it now. It is the best thing you can do to live well with diabetes or heart disease. Quitting may also be the hardest thing you will ever do.

Nicotine is very addictive and people often try to stop two (2) or three (3) times before quitting for good. Studies have shown each time you quit you will become stronger and learn more about what it takes for you to quit for good. Why not try Molina Healthcare of New Mexico's, Inc. (Molina Healthcare) smoking cessation program to help you quit? There is no cost to Molina Healthcare Members.

Molina Healthcare Members who would like to enroll in any of our smoking cessation programs can call the Health Improvement Hotline toll free at (800) 377-9594 ext. 182618.

- Salud Members can enroll in the Quit For Life® smoking cessation program;
- SCI Members can enroll in the NM Tobacco Quitline; and
- UNM SCI Members can enroll at the UNM Hospital Patient Education Department.



Importance of regular screenings (LDL, Eye exam, Nephropathy, A1C)

Regular testing is important when you have diabetes. There are several tests that you should complete. These tests show how diabetes is affecting your other organs. They show the effects on your

- Blood Vessels;
- Heart;
- Eyes; and
- Kidneys.

They can also show how well you are keeping your diabetes in check. Here are some of the tests.

LDL tests

LDL is also known as “bad” cholesterol. Checking your LDL is important to find out your risk of developing heart disease. Diabetes is considered a major risk factor for having high levels of LDL. High levels of LDL can clog your blood vessels. This can lead to a heart attack. Checking your LDL levels can help you prevent heart problems.

Eye exam

Diabetes can cause eye problems. It may even lead to blindness. Eye exams are important to prevent serious conditions. Diabetics are at a much greater risk than non-diabetics to develop glaucoma. They are also at a greater risk for cataracts. Retinopathy is a disorder of the retina caused by diabetes. It is extremely common in both type one (1) and type two (2) diabetes. Symptoms may not occur until it is too late. By then vision has been severely affected. It is important to have regular eye exams.

Nephropathy tests

Diabetes can cause the kidneys to break down. This is called nephropathy. Too much blood sugar is bad. It can overwork the filters in the kidneys. This can lead to waste products in the blood. It can also lead to protein in your urine. So you should check out your kidneys by taking a blood or urine test.

A1C test

The A1C test shows how well you have controlled your blood sugar level. It measures how much sugar is bonded to your blood. From this test you can see your average blood sugar control over the past few months. It can be used to see if a certain treatment is working. For example, if you started a work-out plan and your A1C count is lower that means the exercise is working.



Talk to your doctor about what tests are right for you. With these tests you can prevent more diseases and lead a healthier life.

Call the 24 Hour Nurse Advice Line if you have questions toll free at:

English: (888) 275-8750

Spanish: (866) 648-3537

UNM SCI Members call toll free at (877) 725-2552

For the hearing impaired please call toll free at:

TTY (English): (866) 735-2929

TTY (Spanish): (866) 833-4703

Are You Prepared to Beat the Flu Bug?

If you have a chronic condition such as a heart condition, diabetes, asthma or Chronic Obstructive Pulmonary Disease (COPD) you are at a higher risk for flu complications.

Here are simple steps you can take to reduce your risk for getting the flu:

- Get the flu shot;
- Do not touch your face;
- Wash your hands often; and
- Avoid people that are sick.

If you have any of the following symptoms you may have the flu:

- Fever between 100-104°F & with chills;
- Fatigue and weakness;
- Headache, aches and pains; or
- Chest discomfort, sneezing and cough.

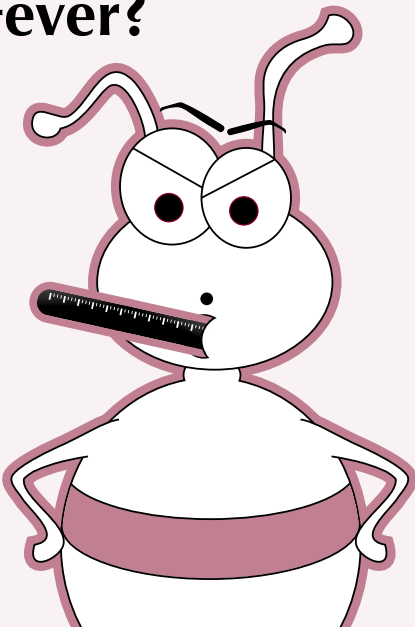


The best thing to do when you get the flu is to stay home and get plenty of rest. Below are some treatment options for flu symptoms:

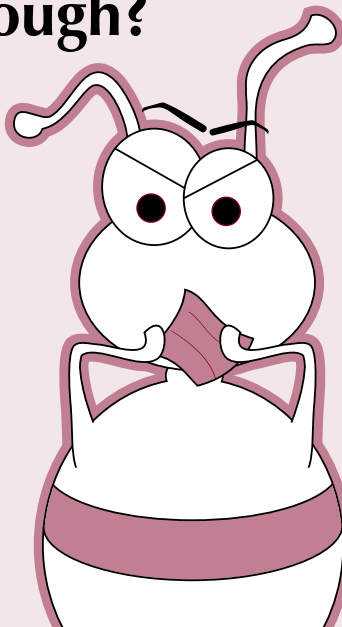
- Over-the-counter medicines can help to reduce fever, aches, pains, stuffy nose and sneezing. Talk to your pharmacist;
- Get plenty of rest; and
- Drink plenty of fluids.

Remember, the flu is a virus. This means antibiotics will not cure it. For more information about the flu, call our 24-hour Nurse Advice Line toll free at (888) 275-8750 or TTY (866) 735-2929. UNM SCI Members call toll free at (877) 725-2552.

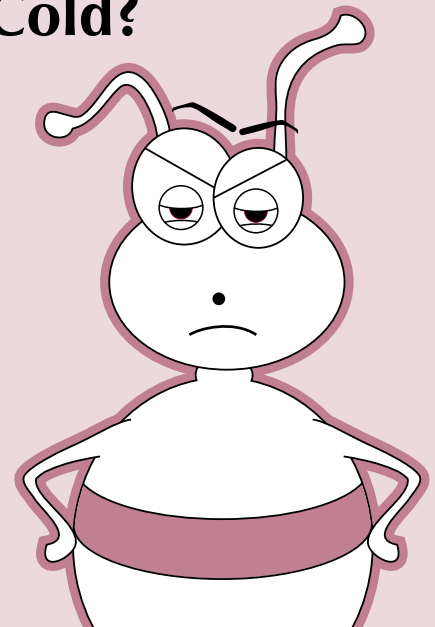
Fever?



Cough?



Cold?



Keeping track of your medicines can help you stay healthy

When you take medicine every day it may be easy to forget. “Did I take it this morning? Or was that yesterday?” Some medicines must be taken at different times from others. Some must be taken with food and some on an empty stomach. Some even require self-testing before taking them. Taking medicine can be confusing.

Molina Healthcare of New Mexico, Inc. (Molina Healthcare) wants to help you take your medication as prescribed by your doctor. Please consider making a checklist to help you with your medicines.

Making a Medication Checklist

Making a medication checklist is easy and only takes a few minutes. Simply write down each medicine you take along with the times you should take it. Also write down any self-testing that needs to be done for that medicine (for example, blood sugar testing for insulin). Make a new list every week or make photocopies. Be sure to take your lists with you to your next appointment along with your medicine bottles.

An example of a checklist you might make is below (showing two [2] days of the week):

Week of: *November 20th*

Medications	Instructions	Sun	Mon
<i>Metformin 500 mg tablet</i>	<i>Take one tablet twice a day with food</i>	<i>✓ 8 am</i> <i>✓ 5 pm</i>	<i>✓ 8 am</i> <i>✓ 5 pm</i>
<i>Simvastatin 40 mg tablet</i>	<i>Take one tablet every night at bedtime</i>	<i>✓ 9 pm</i>	<i>✓ 9 pm</i>

Using a Medication Checklist

Each time you start a new list (weekly in the example above), write the date at the top. Then check off medicines as you take them. If you are late with a medicine, write down the time you actually took it. That way you will always know if you have taken your medicines. This information will help your doctor know if your medicines are doing what they should.

Molina Healthcare is here to help. We have resources that can assist you.

- Call Member Services at the number listed on your ID Card;
- Go to our website at www.MolinaHealthcare.com or www.MolinaMedicare.com for Medicare Members; or
- Call the Nurse Advice Line toll free at (888) 275-8750 or TTY: (866) 735-2929. UNM SCI Members call toll free at (877) 725-2552.



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OPEN 24 HOURS!

Your family's health is our priority!

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or 711