



Signs of a Heart Attack

What Is My Risk For Having A Heart Attack?

Even if you have heart disease, there is a lot you can do to improve your heart's health. Ask your doctor for help. Together, you can set goals to reduce the things that raise your risk of heart attack.

- Do not smoke, and avoid other people's tobacco smoke;
- Treat high blood pressure, if you have it;
- Eat a healthy diet that's low in saturated fat, trans-fat, cholesterol and salt;
- Exercise at least thirty (30) minutes on most or all days of the week;
- Keep your weight in the normal range;
- See your doctor for regular check-ups;
- Take your medicines exactly as prescribed; and
- Control your blood sugar if you have diabetes.

What Are The Signs Of A Heart Attack?

Some heart attacks are sudden and intense. Some heart attacks start slowly, with mild pain or discomfort. Here are some of the signs that can mean a heart attack is happening:

- Uncomfortable pressure, squeezing;
- Chest discomfort;
- Discomfort in other areas of the upper body;
- Shortness of breath with or without chest discomfort; and
- Other signs including breaking out in a cold sweat, nausea or lightheadedness.

Know the warning signs of a heart attack. This knowledge can be useful to know when to call for help. Acting quickly can save lives.

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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.

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Learning More About Cholesterol Screening

When people say “cholesterol,” they really mean Lipid Panel. It is important to see your doctor regularly to get your lipid levels tested. Lipids are fats in the bloodstream. These are in all of your body cells. You need fats for some of the body’s functions. Lipids affect how your heart pumps your blood around your body. If you have heart disease, you should get regular check-ups. Then you will know if you need to take some medicine to help your lipids.

There Are Really Four (4) Parts To A Lipid Panel:

- Total cholesterol;
- HDL – sometimes called “good cholesterol”;
- LDL – sometimes called “bad cholesterol”; and
- Triglycerides – another type of fat in the blood.

HDL is good cholesterol. It does things like remove fat and bad cholesterol from the blood. The more you have of this the better. Exercise can help your HDL levels be even better.

LDL is bad cholesterol. LDL can build up in your arteries and block them. Triglycerides are another kind of fat. Fats cannot be dissolved into the blood. If there is too much fat along the walls of an artery, this can cause a blockage. This prevents blood or oxygen from getting through. It can even break off and cause a heart attack or stroke. This is why it is important to watch your lipid levels.

When you go to the doctor for a screening, they will take a blood sample. Your doctor may tell you not to eat before the test. You can have water to drink, but nothing else. In the lab, they look at your blood to see the lipid levels. They will measure how much of each type you have.

You Can Help Your Body By Doing These Things:

- Not smoking;
- Drinking less alcohol;
- Maintain a healthy weight;
- Walk at least 20 minutes every day;
- Eat less fat in your diet; and
- Get your blood pressure checked often.

Foods from animals like meat, poultry, fish, seafood and dairy products have cholesterol. Foods from plants like fruits, vegetables, grains, nuts and seeds do not have cholesterol. Try to eat more of these plant foods.

One step at a time, you will look and feel better. Ask your doctor how he/she can help you.



Do Not Forget Your Dental Care

Your doctor may have already told you to take care of your feet, eyes and heart to prevent health problems from diabetes. Have you thought about your teeth and gums? Good dental care is very important for people with diabetes. People with diabetes are at a higher risk for developing serious gum disease.

Plaque is the main cause of gum disease, but diabetes can also be a culprit. Diabetes may weaken your mouth's germ-fighting powers. High blood sugar levels can cause the gum disease to get worse. At the same time, gum disease can make diabetes harder to control.

How Can I Tell If I Have Gum Disease?

Often gum disease is painless. You may not even know you have it until you have some serious damage. Regular dentist visits are your best weapon. While gum disease may not hurt, there are warning signs to watch for.

- Bleeding gums when you brush or floss. This bleeding is not normal. Even if your gums don't hurt, get them checked;
- Red, swollen, or tender gums;
- Gums that have pulled away from teeth. Part of the tooth's root may show, or your teeth may look longer;
- Pus between the teeth and gums (when you press on the gums);
- Bad breath;
- Permanent teeth that are loose or moving away from each other;



- Changes in the way your teeth fit when you bite; and
- Changes in the fit of partial dentures or bridges.

How Can I Help Prevent Dental Problems Associated With Diabetes?

First and foremost, control your blood glucose level. Then, take good care of your teeth and gums. The three (3) main steps in fighting gum disease are brushing, flossing, and seeing your dentist regularly. Brush at least twice (2 times) a day and floss at least once (1) a day. Ask your dentist or hygienist to show you the correct way to brush and floss.

With good diabetes control and regular dental exams you can keep your teeth and gums healthy.

Less Salt, More Fluid

If you have cardiovascular disease (CVD), limiting your salt intake is important. CVD is a broad term that describes diseases of the heart and blood vessels. High blood pressure and heart failure are two (2) examples. When you eat or drink things with sodium in them, that salt gets into your blood stream. Water will follow to try to dilute the salt content. Now your heart has to work harder to pump a larger volume of fluid.

Too much salt can cause:

- Swelling;
- Shortness of breath; and
- Weight gain.

How Much Sodium Do I Need?

The American Heart Association (AHA) recommends limiting sodium intake to less than fifteen hundred (1,500) mg a day for the following groups:

- African Americans;
- Middle aged and older adults; and
- People with high blood pressure.

Your doctor may tell you not to use salt at all.

What Can I Do To Reduce Sodium In My Diet?

Most of the sodium in our diets comes from adding it when food is being prepared. Many processed foods are also high in sodium. Read food labels. They tell how much sodium is in food products. Below are some tips for reducing sodium intake:

- Take the salt shaker off the table;
- Cook without salt;
- Avoid salty seasonings like bouillon cubes and soy sauce;
- Cook with low-salt seasonings like lemon juice, vinegar and herbs;
- Drain and rinse canned foods before using them; and
- Eat fresh lean meats, skinless poultry, fish, egg whites and tuna canned in water.

Besides limiting salt intake, staying hydrated is also important. For some forms of CVD like heart failure, your doctor might recommend limiting how much fluid you get. Most doctors recommend eight (8) cups a day. This includes fluids like water and juice.

Avoid drinks with caffeine like coffee, black tea and some sodas. Caffeine is a stimulant. It can put more stress on your heart.

Do not overwork your heart. Start making changes to your diet today. This can help you reduce the risk for more severe health problems.

Rewards for Healthy Choices

Molina Healthcare of New Mexico, Inc. (Molina Healthcare) has updated the Rewards for Healthy Choices coupons for diabetes. The coupons are split into two (2) coupons.

- Coupon #1 is for completing the Retinal Eye Exam, Nephropathy (kidney) screen and the LDL cholesterol (LDL-C) screen; and
- Coupon #2 is for getting the most recent Blood Pressure check and HbA1c blood test.

Members can get a \$20 Walmart gift card for *each* of these coupons.

Getting these tests and screenings are important if you have diabetes. Make an appointment with your doctor right away to get your tests and screens done.

If you have any questions, please contact the Health Improvement Hotline toll free at (800) 377-9594 ext 182618.

You can also visit the www.MolinaHealthcare.com website to download the NEW 2012 Rewards for Healthy Choices incentive coupons.

What You Need to Know About Kidney Disease

Who Is At Risk?

People with diabetes are at risk of getting kidney disease. High blood sugar levels can overwork the kidneys. This can cause them to stop working properly. Other conditions such as high blood pressure and heart failure can also lead to kidney damage.

How Does This Happen?

When your body digests the protein you eat, the process creates waste products. Your kidneys remove waste from the blood. They do this by constantly filtering it through millions of tiny blood vessels. The kidneys take waste products that your body does not need out of the blood. The waste gets filtered out of the body through urine. Diabetes can damage the kidneys and cause them to fail. After many years, the kidneys start to leak and useful protein is lost in the urine. Having small amounts of protein in the urine is called microalbuminuria. This is the first sign of diabetic kidney disease. If diagnosed early various treatments may keep it from getting worse. If left untreated, the stress of overworked kidneys causes them to lose their filtering ability. Waste products then start to build up in the blood. Then, the kidneys fail. This failure is called End Stage Renal Disease (ESRD). It is very serious. A person with ESRD needs to have a kidney transplant or have the blood filtered by a machine called dialysis.

How Can I Know If I Have This?

Your doctor can check to see if protein (albumin) is in the urine. This is done by doing a microalbumin urine test. Albumin is normally

found in the blood. When the kidneys are working right, this protein is not present in the urine. But when the kidneys are damaged, small amounts of protein leak into the urine.

How Can I Prevent It?

Damage to the kidneys can be prevented by managing your diabetes. This means keeping blood sugar levels in your target range. If your sugar levels are not in control work with your doctor to make the changes needed to reach your target blood sugar levels. Talk with your doctor at your next appointment about:

- Your home blood sugar test results;
- What do the results mean;
- What your target blood sugar levels should be;
- How often you should test your blood sugar levels; and
- Your current care plan.

Every person's care is unique. Work with your doctor to create a care plan that works for you. It should take into account:

- Your schedule;
- How active you are;
- What you should eat;
- Other health problems; and
- Your medicine.

If you have diabetes make sure to get regular check-ups. Report any health problems quickly to your doctor. Work closely with your doctor to keep your blood sugar levels in target range. This can help delay or prevent future health problems.

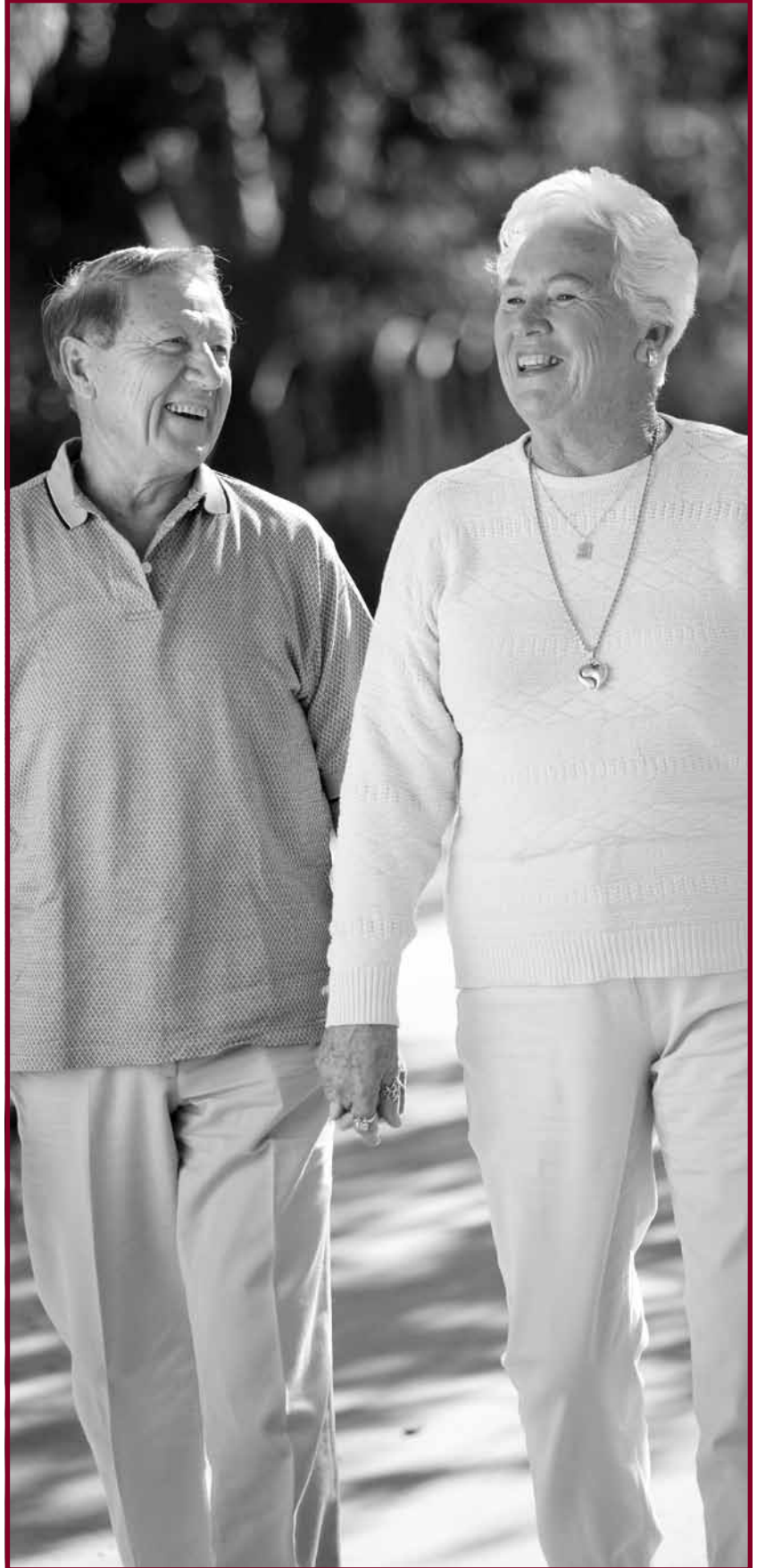
Molina Healthcare Adopts Prescription Trails Park

Molina Healthcare of New Mexico, Inc. (Molina Healthcare) is actively part of the Prescription Trails program to promote healthy activities. We also want our Members with diabetes and other chronic conditions to be part of healthy activities. With the Prescription Trails program, doctors help their patients by seeing what would be a safe level of physical activity. They also help get the patient ready to start a walking program. Doctors then write a prescription for a safe walking plan that is best for the patient.

The Prescription Trails Walking Guide has information about parks that have walking trails. The guide tells how difficult or easy a walking trail is at a specific park. It also tells whether or not the trail is wheelchair accessible. Patients can use this information to start a walking plan.

Molina Healthcare is proud to adopt the Phil Chacon Park located in Albuquerque near Cesar Chavez Community Center. By adopting this park, Molina Healthcare shows their commitment to a healthy lifestyle for our Members.

For more information, go to www.prescriptiontrails.org.





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Questions about your health?

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