



Heart Disease

What do a 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, raises your blood pressure and makes exercise harder. It also decreases HDL (good) cholesterol levels.

Quitting smoking can help you manage CVD. Your blood pressure and pulse rate drop 20 minutes after you quit. After 24 hours, your chance of a heart attack decreases. After one year, the risk of heart disease caused by smoking is cut in half!

Once you quit smoking, it is time to give exercise a try. Starting a regular exercise routine can be difficult, so find something you enjoy. Start out slow and work your way towards a goal. For example, start with a 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 is to cut down on solid fats such as butter, margarine and shortening. Healthy fats such as olive and canola oils are liquid at room temperature. Remember, all fat is high in calories.

Good sources of protein are lean meats, poultry, fish, low-fat dairy and eggs. When shopping for fruits and vegetables choose a variety of colors from the rainbow. Enjoy their natural flavor without adding salt, butter or dressing. Lastly, choose breads and pastas made from whole grains.

Limiting your salt intake is important. Too much salt can cause swelling, shortness of breath and weight gain. Most people should get less than 2,300 milligrams of sodium per day. But if you have heart failure, the recommended sodium intake is no more than 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!

In This Issue

Heart Disease	pg 1
Flu	pg 2
Keeping Track of Your Medicines	pg 3
Stop Smoking	pg 4
Regular Screenings	pg 5
Nurse Advice Line	pg 6

Need Help Quitting Smoking?

If you need help quitting, call the Free and Clear[®] program at (800) 784-8669 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.

Flu

If you have a chronic condition such as heart disease or diabetes you are at greater risk for getting the flu. Here are simple steps you can take to reduce your risk:

- Get the flu shot
- Avoid people who are sick
- Wash your hands often
- Do not touch your face

The following symptoms may be signs of the flu:

- Fever between 100-104°F and chills
- Fatigue and weakness
- Headache, aches and pains
- Sneezing and cough

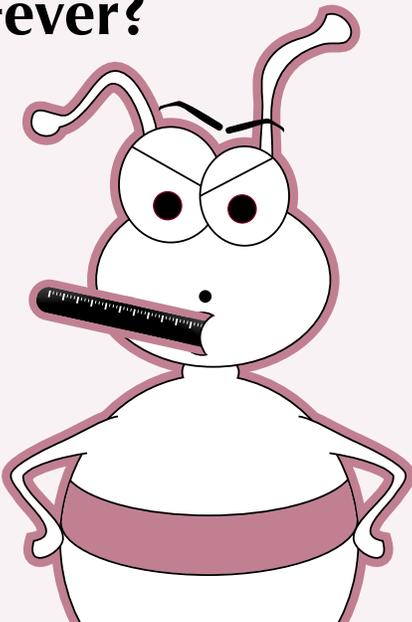


The best thing to do if you have the flu is to stay home and get lots of rest. Below are some treatment options for flu symptoms:

- Over-the-counter medicines can help to reduce fever, aches, pains, stuffy nose and sneezing. Talk to your primary care provider or pharmacist.
- Get lots of rest
- Drink lots of fluids

Remember, the flu is a virus. This means antibiotics will not treat it. For more information about the flu, call our 24-hour Nurse Advice Line at (888) 275-8750 [TTY: (866)735-2929].

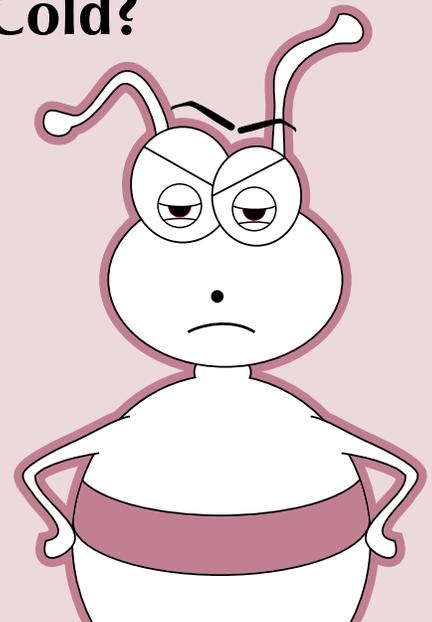
Fever?



Cough?



Cold?



Keeping Track of Your Medicines Can Help You Stay Healthy

It is easy to forget to take your medicine every day. On top of that, some must be taken at different times from others or with food or on an empty stomach. Some even require self-testing before taking them. It's no wonder that taking medicine can be confusing.

Molina Healthcare of Washington wants to help you take your medication as prescribed by your provider. 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. 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). Each week, make a new list or make photocopies. Be sure to take your lists and medicine bottles to your next appointment.

An example of a medication checklist (showing two 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> <hr/> <i>✓ 5 pm</i> <hr/>	<i>✓ 8 am</i> <hr/> <i>✓ 5 pm</i> <hr/>
<i>Simvastatin 40 mg tablet</i>	<i>Take one tablet every night at bedtime</i>	<hr/> <hr/> <i>✓ 9 pm</i> <hr/>	<hr/> <hr/> <i>✓ 9 pm</i> <hr/>

Using a Medication Checklist

Each time you start a new list (weekly in the example above), write the date at the top. Check off medicines as you take them and write down the time you actually took it. This information will help your provider know if your medicines are doing what they should.

Molina Healthcare is here to help! We have other resources to assist you:

- Member Services: (800) 869-7165
- Nurse Advice Line: (888) 275-8750 [TTY: (866) 735-2929]
- Website:
 - Molina Healthcare (www.MolinaHealthcare.com)
 - Molina Medicare (www.MolinaMedicare.com)



Stop Smoking

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

Nicotine is very addictive and people often try to stop two or three times before quitting for good. Studies show each time you quit you will become stronger and learn more about what it takes for you to quit for good. Molina Healthcare wants you to quit smoking and has a program that can help you quit. It's called Free and Clear® and is done over the phone. You will get guidance and ideas from trained counselors to help you quit smoking. This program is FREE to Molina Healthcare members. If you would like to enroll or if you have questions please call Washington's Tobacco Quit Line at (800) 784-8669.

Importance of Regular Diabetic Screenings

Regular screenings are important when you have diabetes. There are some tests you should have done to show how diabetes is affecting your body and how well you are taking care of your diabetes. Below are key diabetic screenings.

LDL tests

LDL is also known as “bad” cholesterol. Checking this is important to find out your risk of getting heart disease. Diabetes is a major risk factor for having high levels of LDL which can clog your blood vessels and may lead to a heart attack. Checking your LDL levels will help you prevent heart problems.

Eye exam

Diabetes can cause eye problems and may lead to blindness. Regular dilated retinal exams are important to detect serious problems. Diabetics are at greater risk than non-diabetics to get glaucoma and cataracts. Retinopathy is a disorder of the retina caused by diabetes. It is very common in both type 1 and type 2 diabetes. Symptoms may not occur until vision has been severely affected.

Nephropathy tests

High blood sugar can overwork the kidneys causing them to not work right. This is called kidney disease or nephropathy. Kidney disease causes waste products in the blood and protein

in your urine. Your provider will test your blood and urine to watch for kidney disease.

A1c test

The A1c test shows your average blood sugar levels for the past two or three months. It can be used to see if a certain treatment is working. Talk with your provider to find out how often you should have your A1c tested. This test does not replace daily self-testing of blood glucose.

Check your feet

People with diabetes are at risk for foot problems. You should check your feet daily for any signs of sore spots, cuts or dried cracked skin. Have your provider check them at every visit. Talk with your provider about how you should be caring for your feet.

Molina Healthcare offers a 24-Hours Nurse Advice Line. Our nurses can answer questions about diabetes or other health issues. For advice call:

English: (888) 275-8750

Spanish: (866) 648-3537

For the hearing impaired please call

TTY (English): (866) 735-2929





P.O. Box 4004
Bothell, WA 98041



5439DM0311



Questions about your health?

Call Our Nurse Advice Line!

English: (888) 275-8750

Spanish: (866) 648-3537

OPEN 24 HOURS!

Your family's health is our priority!

For the hearing impaired, please call

TTY (English): (866) 735-2929

TTY (Spanish): (866) 833-4703

or 711