



What Are the Signs of a Heart Attack?

Some heart attacks are sudden and intense. Others start slowly with mild pain or discomfort. The most common signs of a heart attack are:

- Pressure, fullness, squeezing, pain and/or uneasy feeling in the center of the chest that lasts for more than a few minutes
- Pain or achy feeling which spreads to the shoulders, neck, arms or jaw
- Stronger chest pains
- Chest pain which does not go away after rest or after taking your heart medicine
- Chest pain with any or all of the following:
 - Sweaty, cool, clammy, pale skin
 - Shortness of breath
 - Sick to your stomach or vomiting
 - Feeling dizzy or faint
 - Weakness or feeling tired
 - Fast or irregular pulse

If you or someone you know shows any of the above warning signs, act quickly. Call 911!



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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.

If you need this material in another language or format please call Member Services at (800) 869-7165.

Cholesterol: The Good and The Bad

Cholesterol is a fat-like material made in your body and found in some foods you eat. Your liver makes two types of cholesterol:

- **LDL** (low-density lipoprotein) is called bad cholesterol because it leaves cholesterol in your arteries. This may cause your arteries to clog, leading to a heart attack or stroke.
- **HDL** (high-density lipoprotein) is called good cholesterol because it brings cholesterol back to the liver, where it is passed from the body.

Triglycerides are another type of fat found in your blood. A diet high in sugar and alcohol can raise your triglyceride number. High levels of triglycerides are linked with an increased risk of heart disease and stroke.

The good news is most people can lower their cholesterol through diet. Eat food low in saturated fat and cholesterol. Here are some simple daily guidelines:

- Keep your calories low by eating a variety of foods low in saturated fat and cholesterol
- Eat at least five servings of fruits and vegetables every day
- Eat six or more servings of cereals, breads, pastas and other whole-grain products
- Eat fish, poultry without skin and leaner cuts of meat instead of fatty ones
- Eat fat-free or 1% milk dairy products rather than whole-milk dairy products
- Enjoy 30-60 minutes of exercise on most (or all) days of the week
- Maintain a healthy weight

Are You At Risk For Kidney Failure?

According to the National Kidney Foundation, one in nine Americans has Chronic Kidney Disease (CKD), but many do not know it.

To find out if you are at risk, check the boxes below that apply:

- I have diabetes
- I have high blood pressure or heart disease
- I have a family history of chronic kidney disease
- I am 60 years of age or older
- My ethnic background is African-American, Hispanic, Asian or Pacific Islander

If you checked any of the boxes, you may have CKD and should see your provider soon.

Healthy kidneys balance your body's fluids. They do this by:

- Filtering and releasing wastes and excess fluids from your body as urine
- Controlling your body's fluid level and important minerals in your blood such as sodium, potassium, phosphorus and calcium
- Removing drugs and toxins from your body
- Releasing hormones into your blood that control blood pressure, make red blood cells and keep your bones healthy

When you have chronic kidney disease, your kidneys can no longer perform these jobs well.

The leading causes of CKD are diabetes and high blood pressure. Diabetes increases pressure inside the kidney's filters. Over a period of time, this pressure damages the filters, which then leak protein into the urine. High blood pressure, or hypertension, means the pressure

of your blood against the walls of your blood vessels increases. If left untreated, hypertension can lead to CKD, heart attacks and strokes.

African Americans, Hispanics, Asians, Pacific Islanders and Native Americans are at an increased risk for kidney disease. One reason is diabetes is more common in these groups. African Americans also are at higher risk for high blood pressure.

Other symptoms of CKD are:

- Loss of energy
- Poor appetite
- Cannot sleep well
- Dry, itchy skin
- Muscle cramping at night
- Swollen feet and ankles
- Puffiness around the eyes, mainly in the morning
- The need to urinate more often, mainly at night
- Unexpected weight loss or gain

If left untreated, CKD can lead to cardiovascular disease as well as kidney failure.



Cardiovascular Disease and Smoking

Smoking has the following effects on your cardiovascular system:

- Causes an instant increase in blood pressure
- Causes an instant increase in heart rate
- Reduces the amount of blood that is pumped out of the heart every minute
- Reduces the amount of oxygen reaching the body's tissues
- May increase the risk of blood clots
- Damages blood vessels
- Doubles the risk of ischemic stroke-reduced blood flow to the brain

Molina Healthcare of Washington has a quit smoking program and we want you to quit smoking for the sake of you and your family's health. The program is called Free and Clear and it is done over the phone. Trained counselors will help you through the program.

Here is what you will get:

- Scheduled one-on-one calls from your counselor
- Quit smoking materials sent to your home
- Toll-free quit line for you to call at any time for help
- Nicotine replacement therapy or Zyban based on what you and your provider decide is right for you

This program is FREE to all Molina Healthcare members 18 years or older. If you would like to enroll or if you have questions, please call Washington's Tobacco Quit Line toll-free at:

- (877) 270-STOP or (877) 270-7867
- (877) 2NO-FUME or (877) 266-3863 (Spanish line)
- (877) 777-6534 (TTY for the hearing impaired)



Cutting Down on Salt

Cutting back on sodium (salt) is important if you have Cardiovascular Disease (CVD). Salt keeps fluids in your body. To pump the added fluid the heart has to work much harder than usual. People with CVD should not put this extra strain on their heart. Too much salt can cause swelling, shortness of breath and weight gain. You may need to go to the hospital if these symptoms become severe.

Most providers advise keeping salt intake below 2,000 milligrams (mg) per day or less than one teaspoon. Most people tend to eat a lot more than 2,000 mg.

Here are some ways to reduce your salt intake:

Remove the salt shaker

- Take the salt shaker off the table
- Cook without salt or ask your provider about using salt substitutes

Limit salt in cooking

- Do not use any seasonings that taste salty. Instead, try cooking with low-salt seasonings, such as lemon juice, vinegar and herbs.
- Drain and rinse canned foods before using them in a meal. This will remove some of the salt.
- Substitute fresh fruits and vegetables for canned and processed foods. Select brown or plain white rice instead of flavored rice.

Avoid high-salt foods

- Canned soups and dry soup mixes
- Canned meats and fish
- Ham, bacon and sausage
- Salted nuts and peanut butter
- Instant cooked cereals
- Salted butter and margarine
- Processed meats
- Prepared mixes
- Pre-packaged frozen dinners (unless one serving has less than 400 mg of sodium)
- Pre-seasoned mixes
- Snack foods
- Salad dressings
- Fast food

Make low-salt choices

- Read food labels to check salt content
- Watch for the various kinds of salt like sodium alginate, sodium sulfite, sodium caseinate, disodium phosphate, sodium benzoate, sodium hydroxide, monosodium glutamate (MSG) and sodium citrate
- Check your medicine cabinet. Avoid headache or heartburn medicines that contain sodium carbonate or bicarbonate.
- Look for canned vegetables labeled "no salt added." Look for "low-salt" or "low-sodium" labels on cans and packages. This label is not allowed on the can or package unless the food has 140 milligrams or less sodium per serving. The less salt, the better!



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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