



healthy heart

HEALTH NEWS AND INFORMATION

Be safety savvy

Your doctor and pharmacist are the experts on your medications. But you can also make sure you use these drugs safely:

- Tell your doctor. Make sure your primary physician knows about all the medications you are taking. This includes prescription and over-the-counter medications, vitamins, and herbal and dietary supplements.
- Use one pharmacy. If possible, get all of your prescriptions filled in one place.
- Read and save the information that comes with your medicine.

*Sources: National Council on Patient Information;
U.S. Agency for Healthcare Research and Quality*



MAKE
THEM
WORK
FOR YOU

medications

Consider trying generic drugs

Generic drugs may be different from their brand-name counterparts on the surface—in their taste or appearance.

But it's what's on the inside that counts.

Generic medicines have the same active ingredients and work as well as brand-name medications but are often more affordable.

The U.S. Food and Drug Administration monitors the safety and quality of generics just as it does all other medications.



IF YOU'VE BEEN DIAGNOSED with heart disease, chances are you are taking at least one medication, if not more.

Taking multiple medications can be tedious—especially if you must use them for the rest of your life. It's easy to forget to take them or to stop taking them if you don't feel sick or have symptoms.

But your good health depends on the correct use of your medications. You could be hospitalized if you fail to take them as directed.

Here are some tips that can help you correctly take your medications:

- Understand what your medications are for and

how and when to use them.

- Take medications at the same time every day. Coordinate use with meals or other daily routines.

Have questions about your medicines? Call our nurse line at **800-455-2476**.

- Use a pill box, a medicine calendar, timer caps or sticky notes to remind yourself to take medications.
- Try a color-coding system to indicate when drugs should be taken.
- Talk to your doctor about any side effects or problems you are having with your medications.

Source: American Heart Association

HEALTHY facts

SIMPLE TECHNIQUE IS BEST

A common method to revive someone who has a sudden heart attack could safely be replaced by a simpler technique.

Researchers found that people who had a heart attack away from a hospital generally had more favorable outcomes when untrained bystanders used chest compressions alone compared to a combination of chest compressions and mouth-to-mouth resuscitation.

—*The Lancet*

FEWER U.S. WOMEN DYING FROM HEART DISEASE

From 2003 to 2004—the latest year for which data are available—the ratio of women's deaths due to heart disease fell from one in three to one in four. It was the fifth consecutive year in which the percentage declined.

—*National Institutes of Health*



healthyheart

HEALTHY HEART is published as a health improvement service for members of COMMUNITY HEALTH PLAN's Cardiac Connections program, 137 N. Belt Highway, St. Joseph, MO 64506, 800-990-9247, www.mychp.com.

Linda Bahrke
Plan Administrator

James J. McMillen,
MD, FACP, CMD
Medical Director

Amy Owens
Marketing/Communications

Information in HEALTHY HEART comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

Models may be used in photos and illustrations.
Copyright © 2007 Coffey Communications, Inc.

HTN21077p



heart attack DON'T IGNORE SYMPTOMS

SOMETIMES IT PAYS TO ACT FAST.

And that's certainly true when it comes to a heart attack.

A quick response to signs of a heart attack could save your life. Waiting longer than five minutes to call for emergency help may result in lasting heart damage or death, according to the American Heart Association.

Take immediate action if you have any of these warning signs of a heart attack:

- Discomfort in the center of the chest that lasts for more than a few minutes or that goes away and comes back. You may feel uncomfortable pressure, squeezing, fullness or pain. The pain might make you think of indigestion or heartburn.

- Pain or discomfort in one or both arms or the

back, neck, jaw or stomach.

- Shortness of breath with or without chest discomfort.

- A cold sweat, nausea or vomiting, or feeling light-headed or dizzy.

Women are more likely than men to experience shortness of breath, nausea or vomiting, and back or jaw pain.

If you have chest discomfort—especially with one or more other signs of a heart attack—call 911 right away. An ambulance is the fastest way to get to the hospital. Have someone drive you, or drive yourself only if there is no other option.

Getting medical help quickly is

essential—treatments for heart attack are most effective if given within one hour of the start of symptoms.

A quick response to a heart attack could save your life.

TREATING CLOGGED arteries

WHEN THE BLOOD VESSELS THAT nourish your heart are blocked, you have coronary artery disease—and a serious health problem.

You and your doctor will work together on a treatment plan to lower your risk of heart attack and stroke.

Changing specific behaviors, such as stopping smoking, can help prevent the continuing buildup of fatty deposits in your arteries.

But other treatments may be recommended, too. Here are three of the most common:

■ **Medicine.** With or without other treatments, your doctor may prescribe medicine tailored to your heart health needs.

Some medicines lower cholesterol, a waxy substance that builds up in the arteries and blocks the flow of blood.

Others prevent blood clots, lower blood pressure to reduce the workload on the heart or widen the coronary arteries to increase blood flow to the heart.

■ **Angioplasty.** This procedure opens clogged arteries. It can improve blood flow, relieve chest pain and maybe prevent a heart attack.

In balloon angioplasty, a doctor threads a thin, flexible, balloon-tipped tube into the artery. The balloon is then inflated, pushing the fatty buildup (plaque) against the artery's wall. This makes room for

more blood to flow in the artery. Sometimes a wire mesh tube, called a stent, is put in place to keep the artery propped open after the procedure.

In other angioplasty procedures, surgeons use special tools to cut away or vaporize plaque.

■ **Bypass surgery.** In this operation, the surgeon uses a piece of a healthy artery or vein from elsewhere in the body to build a detour, or bypass, around the blocked artery in the heart. Blood then travels through the bypass to get to the heart muscle.

Which treatment your doctor recommends depends on a number of factors, including where your blockage is, how many blockages you have and your overall health.

Sources: American Heart Association; National Heart, Lung, and Blood Institute

Lifestyle changes are necessary

Even if you have heart surgery or take medicine for atherosclerosis—hardening of the arteries—you'll still need to make long-term lifestyle changes to improve your heart's health. Work with your doctor to:

Stop using tobacco. Smoking or using smokeless (spit) tobacco injures blood vessels and speeds up the hardening of arteries.

Eat a heart-healthy diet. Consume a diet low in salt, fat and cholesterol and high in fruits, vegetables and low-fat dairy products.

Exercise regularly. Exercise helps make your heart stronger. Talk with your doctor about the right kind of exercise for you and when to start.

Lose weight. Carrying extra weight puts you at risk for many diseases, especially heart disease, stroke, diabetes and cancer. Even a small weight loss (10 percent of your current weight) can help lower your risk of heart problems.

Source: National Heart, Lung, and Blood Institute

Looking for a doctor?
Call **800-447-1098**
for a physician referral.



Community Health Plan
137 N. Belt Highway
St. Joseph, MO 64506

Presorted Standard
U.S. Postage
PAID
Tacoma, WA
Permit No. 1066



HEALTHY. recipe

Rainbow fruit salad

Ingredients

For fruit salad:

- 1 large mango, peeled and diced
- 2 cups fresh blueberries
- 2 bananas, sliced
- 2 cups fresh strawberries, halved
- 2 cups seedless grapes
- 2 nectarines, unpeeled and sliced
- 1 kiwifruit, peeled and sliced

For honey-orange sauce:

- 1/3 cup orange juice
- 2 tablespoons lemon juice
- 1 1/2 tablespoons honey
- 1/4 teaspoon ground ginger
- Dash nutmeg

Instructions

1. Put fruit in a mixing bowl.
 2. In a separate bowl, mix together ingredients for sauce.
 3. Just before serving, pour honey-orange sauce over fruit.
- Makes 12 four-ounce servings.

Nutrition facts (per serving)	
Calories 109	Calories from fat 9
Percent Daily Value*	
Total fat 1g	2%
Cholesterol 0mg	0%
Sodium 4mg	less than 1%
Carbohydrate 24g	8%
Protein 1g	
Percent of calories from fat 8	

*Percent Daily Values are based on a 2,000-calorie diet.
Reprinted with permission from the National Institutes of Health

vegetables

CHOOSE CANNED,
FROZEN OR FRESH

VEGETABLES ARE ONE OF THE best foods you can eat to help ensure a healthy heart. Along with being a great source of vitamins, minerals and fiber, vegetables can help lower cholesterol and reduce your risk for heart disease, stroke and certain cancers.

And while just about nothing tastes better than a just-picked ear of corn, fresh vegetables aren't always in season or may not be available in some areas. The good news is that you can get many of the same health benefits from canned or frozen vegetables as you can from fresh ones, says the American Dietetic Association.

Here's why: Vegetables for canning and freezing are specially grown just for that purpose. Harvested

vegetables are typically taken straight to processing so they're preserved at the peak of freshness and retain much of their nutritional value.

Do keep in mind, though, that canned and frozen vegetables can contain added salt. And some vegetables may come in butter or cream sauces that contain extra salt and fat. Too much salt can contribute to high blood pressure and worsen other health conditions, such as heart failure.

So when shopping, check that canned vegetables or packages of frozen ones are labeled *sodium free*, *low sodium* or *unsalted*. It's also a good idea to drain and rinse

canned vegetables before cooking to reduce extra salt.

Talk to your disease management nurse about nutrition: **816-271-7862.**

Additional source: U.S. Department of Agriculture