



**CYBER HEALTH
INFORMATION
CORNER**

Here are some recommended websites that you can use to live healthier. Please feel free to contact us with any questions or concerns you may have@
Appt line: 456-6555.

Websites:

General Health-
www.cemm.org

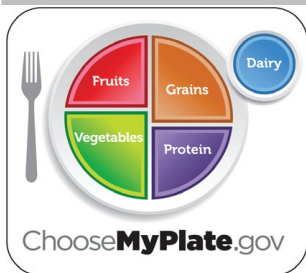
Children-
www.healthychildren.org

Deployment-
www.afterdeployment.org

Symptom Checker-
www.familydoctor.org

General-
www.triwest.com/en/beneficiary/healthy-living

(Supplemental information only, not to replace medical advice from your Primary Healthcare Provider)



[http://
www.facebook.com/
barksdaleafbclinic](http://www.facebook.com/barksdaleafbclinic)



2D MEDICAL GROUP NEWSLETTER

Cholesterol Education Month

Cholesterol Education Month

Some Tidbits about your heart:

- About the size of a fist
- Weighs about ¾ pound
- Beats over 100,000 a day = over 35 million beats per year
- The cardiovascular system that circulates blood and oxygen inside your body is 60,000 miles long

Optimize Your Health with

HEALTH COACH TEAM

Lt Col Prudence Anderson (318)529-4509
 Capt Micah Emerson (318)456-9512
 Capt Lorna Blodgett (318)529-4508

Desires to better serve your healthcare needs

If you have obtained:

Yearly lab work / Preventative Services such as Mammogram, Colonoscopy or PAPs

at an off-base facility or provider

PLEASE have your results faxed to

(318) 456-6707

Attention 2 MDG Health Coach Team

About Your Lipids

- **LDL: "L" for LOUSY = Keep these LOW**
 - Damages your arteries
- **HDL: "H" for HAPPY = Keep these HIGH**
 - Protects your arteries
- **TG: "T" for THICK = Keep these LOW**
 - Circulating fats make your blood thick
- **LDL + HDL + 1/5 TG (VLDL) = Total Cholesterol**

Why Should You Worry About High Cholesterol and Triglycerides?

The **HIGHER** the number, the **GREATER** the risk for:

HEART ATTACK
and **STROKE.**

HEART DISEASE:
Leading cause of death AND major cause of disability in the US

Your Cholesterol Goals

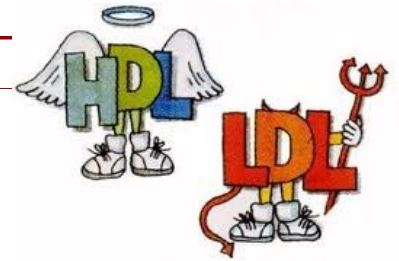
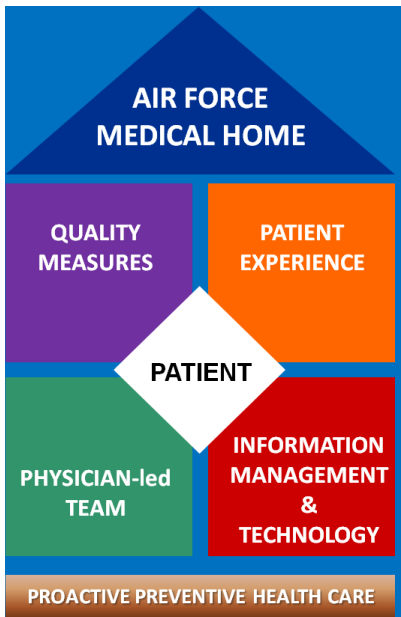
- Total cholesterol: < 200
- HDL cholesterol: > 40
 - PREFER > 60
- Triglycerides (TG): < 150
- LDL cholesterol: Determined individually

Ways to Lower Cholesterol

- Limit Saturated Fats and Dietary Cholesterol
- Exercise
- Manage your stress levels
- Tobacco Cessation
- Maintain a healthy weight

For more information go to: National Heart, Lung, and Blood Institute at:

<http://www.nhlbi.nih.gov/>



Where Does Cholesterol Come From?

People get cholesterol in two ways:

1. The body — mainly the liver — produces about 1,000 milligrams a day.
2. Foods also can contain cholesterol. Animal foods (especially egg yolks, meat, poultry, fish, seafood and whole-milk dairy products) contain it. Foods from plants don't contain cholesterol. Remember, if a food never had a liver itself (peanuts/peanut butter) it never had cholesterol.

The body makes all the cholesterol it needs, so people don't need to consume it.

Do Something Good for Your Heart!!!

For all that your heart does for you, isn't it time you did a few nice things for it? It is really not so hard. Here are some things you can do that will really make your heart happy:

Move more – walk your dog (or your kids!); wash the car; get up during commercials and do a few squats, jumping jacks, or sit-ups; ride your bike to the corner store; take the stairs. Start slowly to increase your activity, adding a few minutes each day until you reach 30 minutes at least five times a week. Remember, it doesn't have to happen all at once. Ten minutes here and 20 minutes there add up quickly.

Lower fat intake – reduce your milk fat by 1% at a time; skip the extra cheese on your pizza; use olive oil instead of butter; use only half the yolks when you make scrambled eggs or egg salad; eat leaner meats like chicken and fish more often; read food labels (it's an eye opener)!

Reduce salt intake – this may help lower your blood pressure and ease the workload on your heart. Processed foods contain **HUGE** amounts of sodium (salt) so read labels carefully and eat unprocessed foods as often as possible. Remember - Fresh is best! Shop in the outer perimeter of the grocery store – this is where you will find fresh and frozen fruits and vegetables, meats, whole grain breads and dairy products. Processed foods are more often found on the inner aisles of the store.

Your heart asks very little of you for the tremendous work it does each day. These small changes can make a world of difference to your heart and keep you healthy, active and enjoying life a lot longer. Won't you start today?

Where to get Information on Your Child:

- <http://patiented.aap.org>
- <http://www.healthychildren.org/>
- <http://new.dhh.louisiana.gov>
- <http://kidshealth.org>
- <http://www.cdc.gov/>
- <http://www.letsmove.gov/>
- <http://www.fitness.gov/>
- www.operationmilitarykids.org/
- <http://www.militarychild.org/>

*Not to be substituted for medical care

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