



2D MEDICAL GROUP NEWSLETTER

WHAT'S YOUR NUMBER?

Blood Cholesterol Levels and Heart Disease Risk

Total Cholesterol

- Less than 200 mg/dL
Desirable
- 200-239 mg/dL
Borderline high
- 240 mg/dL and above
High

LDL Cholesterol Level

- Less than 100 mg/dL
Optimal (ideal)
- 100-129 mg/dL
Near optimal/above optimal
- 130-159 mg/dL
Borderline high
- 160-189 mg/dL
High
- 190 mg/dL and above
Very High

Blood Pressure

- Systolic less than 120 mmHg and diastolic less than 80 mmHg
Normal
- Systolic 120-139 mmHg or diastolic 80-89 mmHg
Prehypertension
- Systolic 140 mmHg or higher or diastolic 90 mmHg
High Blood Pressure



HEART MONTH HEART MONTH HEART MONTH HEART MONTH

Your Healthcare is Important

Because your health and wellness are important to us, the 2D Medical Group is dedicated to your good health and wants to ensure that you obtain all recommended healthcare screenings. The US Preventive Services Task Force (USPSTF) recommends a variety of tests based on your age and risk factors.

For more information go to: <http://www.ahrq.gov/clinic/prevenix.htm>. For health related issues contact your Family Health Team or the appointment line at: (318) 456-6555. Please enjoy reading the 2DMedical Group Newsletter, where your healthcare issues matter.



HAVE A HEART

Heart disease is the leading cause of death in the United States. This disease kills more people each year than all the other causes of death combined, including all forms of cancer. Heart attacks happen when blood flow to the heart is blocked by plaque and blood clots. Cardiac arrest occurs when the heart stops pumping blood. A cardiac arrest victim will not be breathing or have a pulse. High cholesterol, high blood pressure, obesity, diabetes, tobacco use and second-hand smoke are all risk factors associated with heart disease. Over 81 million American adults have one or more cardiovascular diseases. Women often experience heart attack symptoms differently than men do. 90% of women have one or

more risk factors for developing heart disease. Every 32 seconds, someone dies from heart and blood vessel diseases, America's #1 killer. About 47% of Americans have cholesterol levels that are too high.

There are steps to prevent and control your risks.

- ⇒ **A healthy diet and lifestyle** are the best weapons you have to fight heart disease.
- ⇒ **Choose lean meats and poultry**, select fat-free and low fat dairy products, cut back on foods high in cholesterol, cut back on partially hydrogenated oils and trans fat, choose and prepare foods with little or no

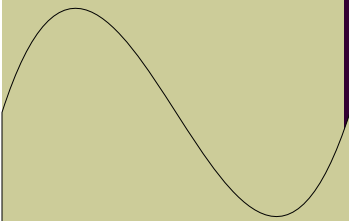
- salt, and limit alcohol consumption.
- ⇒ **Schedule time in your day** for physical activity – 30 minutes a day; 3-5 times a week.
- ⇒ **Smoking is the most preventable** major risk factor of our #1 killer – Heart Disease. No matter how much or how long you've used tobacco, when you quit, your risk of heart disease begins to drop.
- ⇒ **Keep your intake of sugar-sweetened beverages** to less than 36 oz per week. Eat slowly, take smaller portions and avoid "seconds".
- ⇒ **Avoid stress by finding** ways to control your thoughts such as yoga, walking or meditation.



HOW ARE YOU
MAKING A
DIFFERENCE IN
YOUR HEART
HEALTH?

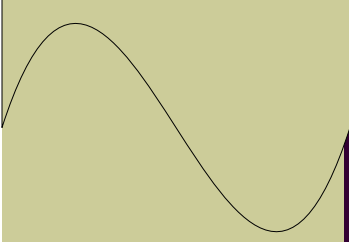
Get more info at:

www.americanheart.org
www.cdc.org
www.nhlbi.gov



Follow us on Facebook

The Medical Group has developed a Facebook page, "Barksdale AFB-2d Medical Group." Please visit and "Like" us. Our page is packed full of information and loaded with additional helpful links. Come check us out!



<http://www.facebook.com/barksdaleafbclinic>



2 Medical Group

HEART DISEASES

Heart Disease can come in several forms of heart conditions. The most common form of heart disease, according to the Center for Disease Control and Prevention, include **Coronary Artery Disease (CAD)**, which can lead to other symptoms like **Heart Attacks, Angina, Heart Failure, and Arrhythmias**. The best prescription for preventing heart related symptoms is by staying **Heart Healthy**. However, during a heart attack the key to survival is knowing the signs and symptoms and getting to a hospital right away for immediate attention.

5 MAJOR SYMPTOMS OF HEART ATTACK

- ◆ Pain or discomfort in the jaw, neck, or back
- ◆ Feeling weak, light-headed, or faint
- ◆ Chest pain or discomfort
- ◆ Pain or discomfort in arms or shoulder
- ◆ Shortness of breath

WHAT SHOULD YOU DO?

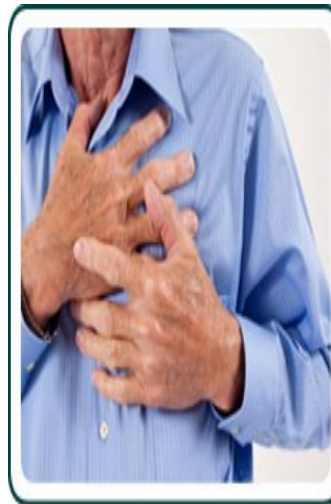
- ◆ Get help immediately by calling **9-1-1**



What is a Heart Attack?

A heart attack, also know as a Myocardial infarction, is when a section of the heart dies, is damaged, or does not get enough blood supply. The primary cause of heart attack is Coronary Artery Disease (CAD), but can also happen with sever spasms of a coronary artery.

Sudden cardiac arrest happens when the heart stops completely. When this happens death is immanent, if not treated immediately.



INCREASES RISK

- ◆ High levels of LDL
- ◆ High Blood Pressure
- ◆ Diabetes
- ◆ Tobacco Use
- ◆ High fats and cholesterol diet
- ◆ Physical Inactivity

- ◆ Obesity
- ◆ Alcohol
- ◆ Heredity—some heart diseases can run in the family
- ◆ Menopausal Hormone Therapy (long term use)
- ◆ Stress and Depression
- ◆ Birth Control Pills (high dose oral contraceptives)
- ◆ Sleep Apnea

If you think you or someone you know is having a heart attack, **call 9-1-1 immediately.**

