

Your Heart 2010

A Publication of Doctors Direct Healthcare, Inc.

WHAT'S ALL THE FUSS ABOUT?

SPECIAL POINTS OF INTEREST:

- Cholesterol
- Blood Pressure
- Where do WE go from here



QUICK BITES

1. TOTAL LIPID PROFILE DONE TWICE YEARLY
2. AIM FOR LESS THAN 2400MG OF SODIUM A DAY
3. BP CHECK AT EVERY DOCTOR VISIT
4. GET MOVING EVERY DAY
5. IF YOU ARE TAKING A STATIN TO LOWER YOUR CHOLESTEROL, KEEP UP WITH YOUR BLOOD-WORK
6. CHOOSE FOODS THAT ARE LOW IN SODIUM
7. STOP SMOKING!

WHY IS YOUR CHOLESTEROL IMPORTANT?

Cholesterol is a waxy substance, created by the liver, that is used to make some hormones and the walls of some cells such as nerves, muscles, brain and heart. All the cholesterol you need is manufactured by the liver, so none is needed in the diet.

When cholesterol levels get too high, build up occurs in the blood vessels. This leads to narrowing and increases pressure on the heart. Also, plaque, comprised of waste products and other substances begins to build and the vessels begin to become more rigid. This is called atherosclerosis. Over time, those vessels become thin and fragile and may rupture. This may cause a clot to form. Clots that block vessels feeding the brain cause strokes, and those going to the heart cause heart attacks.

There are certain risk factors that are known to increase the likelihood of atherosclerosis. These are:

Smoking

High Blood Pressure

Diabetes

Elevated Cholesterol and Triglycerides

Smoking greatly increases the speed of plaque growth and worsens the hardening of the vessels.

It is important to talk to your doctor about your levels and work together to bring them down!

Questions? Please call us at 1-877-503-0388 opt 1, ask for Debbie, Kim, Carol or Stacie.

WHAT DOES BLOOD PRESSURE HAVE TO DO WITH MY HEALTH?

Often called the silent killer, high blood pressure has no symptoms. But the effects can be devastating all the same. Your heart has to work harder to pump blood into the vessels all throughout the body. Over time, the muscle of the heart grows larger. Eventually the larger heart is unable to pump efficiently and begins to fail. Also, this higher pressure increases the likelihood of a stroke, as pressure on hardened arteries causes them to fail, leading to a clot. High blood pressure in small vessels in the eyes leads to blindness, in the kidney leads to failure and possible need for transplant and in the penis can lead to erectile dysfunction.

There are certain risk factors for high blood pressure that are under your control:

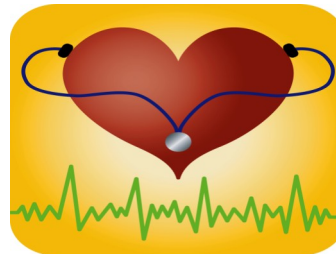
Smoking

Increased sodium intake

Being overweight

Drinking alcohol

Sedentary lifestyle



Keeping Your Heart Healthy is our Number One Priority!

What's Next?

1. Kick the cigarette to the curb! Call us for support and enroll in our free program.
2. Get moving! A healthy goal is a minimum of 30 minutes most days, but you don't have to do it all at one time. Fat burning happens in longer workout times, but improving cholesterol, blood sugars and over all fitness works as well with three ten minute work outs per day.
3. Become aware of the sources of sodium in your diet and make some changes. Try your favorite recipes with less salt, or with different ingredients that lowers salt naturally, and look for some new favorites.
4. Reduce stress and get moving! If you need to lose weight, email or call us about joining our free Spark program or our postal or email weight loss program! We are here to provide support and encouragement.
5. Take a hard look at your diet. Are you getting enough fresh or frozen fruits and vegetables? Do you have whole grains daily? How many servings of red meat do you eat a day? It's important to find balance in your life. Eating well takes work. It does not just happen.

If preparing food takes up too much time, give us a call to discuss healthy foods that are easy to prepare. Let us help you plan some meals that can be made ahead of time. Also, there are healthier alternatives at the fast food restaurants. We are happy to help you in your quest for overall health.

Have you set any health and fitness goals? What is keeping you from meeting them? Let us know how we can help you!