



Mission in Motion

Health & Wellness Newsletter
September 2014 - Cholesterol

This Issue

- A Change of Heart P.1
- Is it Fact or Fiction? P.1
- What is Cholesterol? P.2
- Lowering Your Number Can Reduce-
Heart Attack Risk P.3
- Chewing the Fat P.3
- Cartoon Corner P.4
- Up Coming Events P.4
- Healthy Recipes P.4
- Healthy Swap P.4

Is it Fact or Fiction?

Know the misconceptions about cholesterol.

Cholesterol can be both good and bad. That's why it's important to learn the facts about cholesterol, how it can affect your health and how to manage your blood cholesterol levels.

Beware of the following misconceptions about cholesterol:

- 🍂 Choices about diet and physical activity are the only contributors to cholesterol levels.
- 🍂 Using margarine instead of butter will lower cholesterol.
- 🍂 Taking medication for high cholesterol means not having to worry about what you eat.
- 🍂 High cholesterol is only a man's problem.
- 🍂 You don't have to have cholesterol checked until you reach middle age.

Source: American Heart Association



A Change of Heart

Healthy lifestyle changes can prevent heart disease.

Are you at risk for heart disease? You could be, considering that heart disease is the leading killer of Americans today. Certain lifestyle factors play a major role in contributing to heart disease. That means you have the power to control many of the risk factors that can lead to this life-threatening condition. Change isn't always easy, but when you get support from health care providers, family and friends and helpful resources, you can introduce healthy habits into your daily routine.

Don't be a risk-taker

If you have more than one risk factor for heart disease or stroke, start making smart lifestyle choices now to help reduce your risk. Begin with small changes, and as you adopt healthy, new habits, keep making more changes to work toward improving your health. The American Heart Association recommends the following lifestyle changes to increase your protection against heart disease:

- 🍂 Have your blood cholesterol checked regularly. Take steps to lower it if it's too high.
- 🍂 Don't smoke. Smokers have more than twice the risk of heart attack as nonsmokers do. Even if you don't smoke, being exposed to tobacco smoke daily puts you at higher risk.
- 🍂 Have your blood pressure checked regularly. Take steps to lower if it's high.
- 🍂 Be physically active. Try to get at least 30 minutes of physical activity on most or all days of the week.
- 🍂 Recognize and treat diabetes.
- 🍂 Maintain a healthy weight. Take steps to lose weight if needed.
- 🍂 Eat healthy foods low in saturated fat, cholesterol and sodium

Source: American Heart Association

What is Cholesterol?

Cholesterol is a waxy, fat-like substance that your body needs. But when you have too much in your blood, it can build up on the walls of your arteries and form blockages. This can lead to heart disease, heart attack, and stroke.

There are two kinds of cholesterol: high-density lipoprotein (HDL) and low-density lipoprotein (LDL). HDL is also called "good" cholesterol. LDL is called "bad" cholesterol. When we talk about high cholesterol, we are talking about "bad" LDL cholesterol.

Seventy-one million American adults have high cholesterol, but only one-third of them have the condition under control.¹ September is National Cholesterol Education Month—a good time to resolve to get your cholesterol screened.

What role does screening play?

Screening is the key to detecting high cholesterol. Because high cholesterol does not have symptoms, many people do not know that their cholesterol is too high. Your doctor can do a simple blood test to check your cholesterol level.

The National Cholesterol Education Program recommends that adults aged 20 years or older have their cholesterol checked every 5 years.²

You may need to have your cholesterol checked more often if any of the following statements applies to you:

- 🌿 Your total cholesterol is 200 mg/dL or higher.
- 🌿 You are a man older than age 45 or a woman older than age 50.
- 🌿 Your HDL cholesterol is lower than 40 mg/dL.
- 🌿 You have other risk factors for heart disease and stroke.

Although the number of people who said they were screened for cholesterol within the previous 5 years increased from 73% to 76% from 2005-2009, only a handful of states have met the 82% Healthy People 2020 objective, and disparities in getting screened persist.

How can you prevent or treat high cholesterol?

Make therapeutic lifestyle changes by:

- 🌿 **Eating a healthy diet.** Avoid saturated fats and trans fats, which tend to raise cholesterol levels. Other types of fats, such as polyunsaturated fats, can actually lower blood cholesterol levels. Eating fiber also can help lower cholesterol.
- 🌿 **Exercising regularly.** Physical activity can help lower cholesterol. The Surgeon General recommends that adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.
- 🌿 **Maintaining a healthy weight.** Being overweight or obese can raise your cholesterol levels. Losing weight can help lower your cholesterol.
- 🌿 **Not smoking.** If you smoke, quit as soon as possible.

Be sure to follow your doctor's instructions and stay on your medications, if prescribed, to control your cholesterol.



Source: Centers for Disease Control and Prevention

Set your heart on lower cholesterol



Lowering Your Number Can Reduce Heart Attack Risk

A major contributor to these statistics is high cholesterol, which is measured as total cholesterol of 200 mg/dL or higher.

To control your cholesterol:

- 🌿 Get a cholesterol screening
- 🌿 Eat foods low in saturated fat and cholesterol
- 🌿 Maintain a healthy weight
- 🌿 Exercise regularly
- 🌿 Follow your physician's recommendations

Take lower cholesterol to heart by making positive lifestyle changes now to reduce your risk of heart disease.

Source: American Heart Association

Chewing The Fat

Learning the difference between good and bad fats is the first step in lowering your chance of developing heart disease. Unhealthy fats, which include saturated fat, trans-fatty acids and dietary cholesterol, raise LDL cholesterol and can increase your risk. Monounsaturated fats and polyunsaturated fats don't. Some studies suggest they might even help lower LDL cholesterol slightly when eaten as part of a low-saturated-fat diet. To control your risk of heart disease, make it a regular habit to eat foods low in saturated fat and cholesterol.

Source: American Heart Association

What do your
levels mean?



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"I'm four inches shorter than I used to be,
so technically I have lowered my cholesterol!"

Breast Cancer Awareness Events

Breast Cancer Awareness Walk - Saturday, 10/04/2014
Breast Cancer Awareness Luncheon - Thursday, 10/09/2014

*More Details to Follow

Health & Wellness
Seminars

To Be Announced

*If you have a subject or topic
that you would like more
information on, feel free to make
your request to HR.

Chilled Fruit Soup

Ingredients:

| | |
|--|--------------------------------------|
| 2 ½ cups diced ripe cantaloupe | 2 Tbs. fresh lemon juice |
| 2 braeburn or Gala apples, peeled, diced | 1 cup fresh blueberries for garnish |
| 1 cup of green grapes | 1 cup fresh raspberries, for garnish |
| ½ lb. strawberries, halved | 12 mint leaves, cut crosswise |
| ¼ cup of sugar | |

Directions:

1. In large saucepan, combine melon, apples, grapes, strawberries, sugar and lemon juice. Add 3 cups water. Bring to boil over medium-high heat. Cover, reduce heat and simmer until fruit is very soft, 12-15 minutes. Uncover and set aside to cool for 15 minutes.
2. Transfer contents of pot to blender. Wrap dishtowel around top of blender. Firmly pressing down blender lid, whirl soup until smooth. It will look creamy. Doing this in 2 batches may be necessary.
3. Pour soup into 1 large or 2 medium jars and let sit at room temperature until lukewarm. Refrigerate soup until well chilled, 6 hours to overnight. Just before serving, shake jar vigorously.
4. Divide soup among 6 wide, shallow bowls. For garnish, divide blueberries, raspberries and mint among the bowls. Serve immediately.



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*Our mission is to
promote health
awareness and to
encourage healthy
lifestyles.*