

Be Healthy in 2009! Call your Health Coach at 1-800-367-9938.

<p>January</p> <p>January 18-24 is Healthy Weight Week.</p> 	<p>February</p> <p>American Heart Disease Prevention Month.</p> <p>Feb. 6th is National Wear Red Day for Women's Heart Disease Awareness.</p>	<p>March</p> <p>March is National Nutrition Month.</p> 	<p>April Fools Month!</p> <p>April is National Humor Month and National Stress Awareness Month.</p>
<p>May</p> <p>May is National High Blood Pressure and Stroke Awareness Month.</p> <p>It's also Allergy and Asthma Month so watch out for those Spring flowers!</p>	<p>June</p> <p>June 14-20th is National Men's Health Week.</p> 	<p>July</p> <p>July is UV Safety Month.</p> <p>July 5th -12th is National Therapeutic Recreation Month.</p>	<p>August</p> <p>National Immunization Awareness Month.</p> 
<p>September</p> <p>September is National Cholesterol Education Month.</p> 	<p>October</p> <p>October is Healthy Lung Month and Breast Cancer Awareness Month.</p>	<p>November</p> <p>November is American Diabetes Month.</p> <p>November 18th is the Great American Smokeout.</p>	<p>December</p> <p>A time for celebration with family, friends and coworkers.</p> <p>A time for reflection for the New Year to come!</p>

Americans with High Blood Pressure or Diabetes have an increased risk for Kidney Disease

When most people think of kidney disease, they think of dialysis or transplantation,” said Dr. Joseph A. Vassalotti, chief medical officer for the National Kidney Foundation, a major education and advocacy group. “They don’t understand that it encompasses a spectrum, and that the majority of patients are unaware they have the condition.” Many Americans are unaware that they are suffering from chronic kidney disease, which is caused in most cases by uncontrolled hypertension (high blood pressure) or diabetes, and often has no symptoms until its later stages. The Journal of the American Medical Association found that 13 percent of American adults — about 26 million people — have chronic kidney disease, up from 10 percent, mostly due to increasing Obesity and the aging of the population.

People with decreased kidney function are urged to quit smoking, lose weight, exercise regularly, restrict their diets and control their blood pressure and diabetes with medication.

But even these efforts will not restore kidney function that has been lost. Chronic kidney disease itself can damage the cardiovascular system and lead to other serious medical conditions, like anemia, vitamin D deficiencies and bone disorders. To learn more about the risks and prevention of kidney damage for those with High Blood Pressure and Diabetes, call your Optimal Health Coach at 1-800-367-9938.

*Medical Cost Management
105 West Adams, Suite 2200
Chicago, Illinois 60603*

*Phone: 1-800-367-9938
Fax: 312-236-4109*

*We're on the Web!
www.MedicalCost.com*

Optimal Health Newsletter

Living Well with Chronic Conditions

Women & Heart Disease

Friday, Feb. 6, 2009 is National Wear Red Day. Americans nationwide can take women's health to heart by wearing red to help raise women's heart disease awareness.

Fried foods, salty snacks and meat – the typical Western diet, accounts for about 30 percent of heart attack risk across the world, according to a study of dietary patterns in 52 countries, reported in *Circulation: Journal of the American Heart Association*.

Your body and current state of health are as unique as you are. That's why it's so important for women to be aware of the lifestyle choices that can decrease the risk of heart disease and find realistic heart health goals with the help of their doctors, and to know the signs and symptoms of Heart Disease.

The American Heart Association wants you to know the signs that a heart attack may be happening:

- ✓ Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- ✓ Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- ✓ Shortness of breath. This feeling may occur with or without chest discomfort.
- ✓ Other signs of discomfort. These may include breaking out in a cold sweat, nausea or light-headedness.
- ✓ As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

DID YOU KNOW?

People who have high cholesterol have twice the risk of heart disease, but that many people with high cholesterol often have no symptoms.

- ✓ If you or someone you are with has chest discomfort, especially with one or more of the other signs, don't wait longer than five minutes before calling 9-1-1 for help.

Risk Factors You Can Control or Treat include:

Cholesterol, Blood Pressure, Smoking, Physical Activity, Obesity, and Diabetes. These risk factors can be controlled or treated with help from your healthcare professional. You can modify others by changing your lifestyle. Call your Health Coach to get started at 1-800-367-9938!

With that in mind, make it your goal this year to know your cholesterol and triglyceride numbers as well as you know your 401(K) balance and shoe size! Counting is key; count your daily steps to reach a goal of 10,000 each day and keep an eye on your calorie count - and eat from each of the six food groups as recommended by the USDA and the American Heart Association.



**Happy New Year 2009 from the
Chronic Care Management Team at MCM!**

Left to right: Kathy, Hilda, Maureen, Marietta, Laura,
Bridget, Sarah, Nancy, Carmen & Alice