



Your **Link** to Better Health

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HIGHLIGHTS

- Signs of a Heart Attack
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Signs of a Heart Attack

Most heart attacks start slowly, and people affected are not sure what is happening. Most do not happen quickly. Because early treatment leads to the best outcome, call 911 if you think you might be having a heart attack. Get to the hospital right away if you have any of these symptoms:

- Chest discomfort that feels like pressure, squeezing, fullness, or pain; it lasts longer than a few minutes, or it goes away and comes back
- Discomfort in the upper body, including the back, neck, jaw, stomach, or one or both arms
- Shortness of breath that may occur with or without chest discomfort
- Other symptoms, including cold sweat, nausea, and light-headedness

Visit Welborn Health Plans on the Web at welbornhealthplans.com.



CHOLESTEROL TESTING for Heart Health

It is a well-known fact that people with high fat and cholesterol levels are at greater risk for heart disease and stroke. If you are older than age 20, you should have your cholesterol checked. The lab test for fat and cholesterol is called a lipid panel. It generally checks for four types of lipids (fats and cholesterol):

- **Total cholesterol**—This measures all the cholesterol, good and bad, in your blood. Cholesterol is a soft, waxy substance. Our bodies make cholesterol, and we get more cholesterol from eating animal products.
- **LDL cholesterol (low-density lipoprotein)**—This is the bad cholesterol. Low levels are healthy. LDL can deposit in blood vessels, leading to plaque formation and clogged arteries.

- **HDL cholesterol (high-density lipoprotein)**—This is the good cholesterol. High levels are healthy. HDL carries harmful cholesterol, triglycerides, and other harmful substances to the liver, where they are broken down and removed from the body.
- **Triglycerides**—These are another form of fat in the blood. Less is known about the effects of this fat, but when triglycerides are high, HDL cholesterol seems to be low.

Talk with your doctor about your need for testing, and about what you need to do to reduce your risk for heart disease and stroke.

Understanding the LIPID PANEL

The lipid panel is a blood test. You should not eat or drink for 10 to 12 hours before the test is performed. Values are measured in milligrams per deciliter (mg/dl).

	Optimal	Near Optimal	Borderline	High
Total Cholesterol	200 mg/dl or less		201–240 mg/dl	Greater than 240 mg/dl
HDL Cholesterol	60 mg/dl or higher		40–59 mg/dl	Less than 40 mg/dl
LDL Cholesterol	Less than 100 mg/dl	100-129 mg/dl	130–159 mg/dl	Greater than 160 mg/dl
Triglycerides	Less than 150 mg/dl		150–199 mg/dl	Greater than 199 mg/dl

Information About Shingles

About 99 percent of adults older than age 40 have had chickenpox. A virus called varicella causes chickenpox. Once chickenpox symptoms go away, the virus stays in the body forever. Though it does not usually cause chickenpox again, it may cause shingles later in life. Only someone who has had chickenpox, or rarely, the chickenpox vaccine, can get shingles.

Shingles is a painful rash. It usually appears on only one side of the face or body. Shingles pain can be quite severe. Fever, headache, chills, and upset stomach may also occur. Symptoms last from two to four weeks. Very rarely, shingles can cause serious problems including pneumonia, hearing or vision problems, brain inflammation, or death.

About one in five people who get shingles will continue to have severe



pain long after the rash has cleared. This is called post-herpetic neuralgia, or PHN. When PHN occurs, the skin remains very sensitive to any touch. Even a breeze blowing on the skin may cause pain.

Shingles is more common in people older than age 50. It may also occur in people whose immune system is weakened.

A vaccine is available to help prevent shingles. The CDC recommends that adults older than age 60 receive the vaccination.

Q & A

Shingles Vaccine:

Does it work?

The shingles vaccine prevents shingles in about 50 percent of people who receive it. Vaccinated individuals who get shingles usually have a milder case lasting less time. It provides six or more years of immunity.

Are there side effects?

The most common side effects include redness, soreness, or itching at the injection site. Headache occurs in about one of 70 people.

Does Insurance pay for it?

The shingles vaccine is covered by Welborn Health Plans for individuals ages 60 and over. It must be received at your doctor's office.

Visit www.cdc.gov/vaccines for more information.