

High Blood Pressure **Myths**

Know the facts so you can make smart choices.

Myth: High blood pressure runs in my family, so I cannot prevent it.

Fact: High blood pressure can run in families. If your parents or close blood relatives have had high blood pressure, you are more likely to develop it, too. However, healthy lifestyle choices have allowed many people with a family history of high blood pressure to avoid it themselves.

Myth: I don't use table salt, so I'm in control of my sodium intake.

Fact: Limiting or avoiding table salt is just one way to control sodium. It's also important to check food labels, because up to 75% of the sodium we consume is hidden in processed foods like tomato sauce, soups, condiments, canned foods and prepared mixes. Watch for the words "soda" and "sodium" and the symbol "Na" on labels. These words show that sodium compounds are present.

Myth: I feel fine. I don't need to worry about high blood pressure.

Fact: Many people have high blood pressure and do not know it or do not experience typical symptoms. High blood pressure can lead to serious health problems, including stroke. Be sure to know your blood pressure numbers even when you are feeling well.

Myth: I have high blood pressure and my doctor checks it for me. This means I don't need to check it at home.

Fact: Blood pressure can change often. Home monitoring and recording of your blood pressure is valuable information for your doctor to see if your treatment is working. It's important to take the readings at the same time each day, such as morning and evening, or as your doctor recommends.



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Contact Us
1-866-942-7966
Monday–Friday,
8:30 am–5:00 pm
TTY: 1-800-662-1220

We Value Your Opinion
Please fill out a brief, anonymous survey at mvplistens.com.

All responses are 100% confidential and help create a better experience.

MVP Health Care offers a health management program for members living with heart disease. For more information or to see if you qualify, call **1-866-942-7966**. MVP's program is based on the American Heart Association (AHA) and the American College of Cardiology's Guidelines for Preventing a Heart Attack and Death in Patients with Atherosclerotic Cardiovascular Disease.

Information in this newsletter does not constitute medical advice. If you have questions about your health, talk to your doctor.

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.

Depression and Coronary Artery Disease

There is a link between depression and coronary artery disease. People with heart disease are more likely to get depression. And if a person has both depression and heart disease, they may not stay as healthy as possible. They are less likely to take their medicines and get regular exercise. And this may raise their risk of having a heart attack.

Your Doctor Can Help

Your doctor will likely ask you some simple questions to check for any symptoms of depression. But if you think you have symptoms of depression, do not wait to ask for help. Your doctor can help find out if you are depressed and talk to you about your options for treatment.

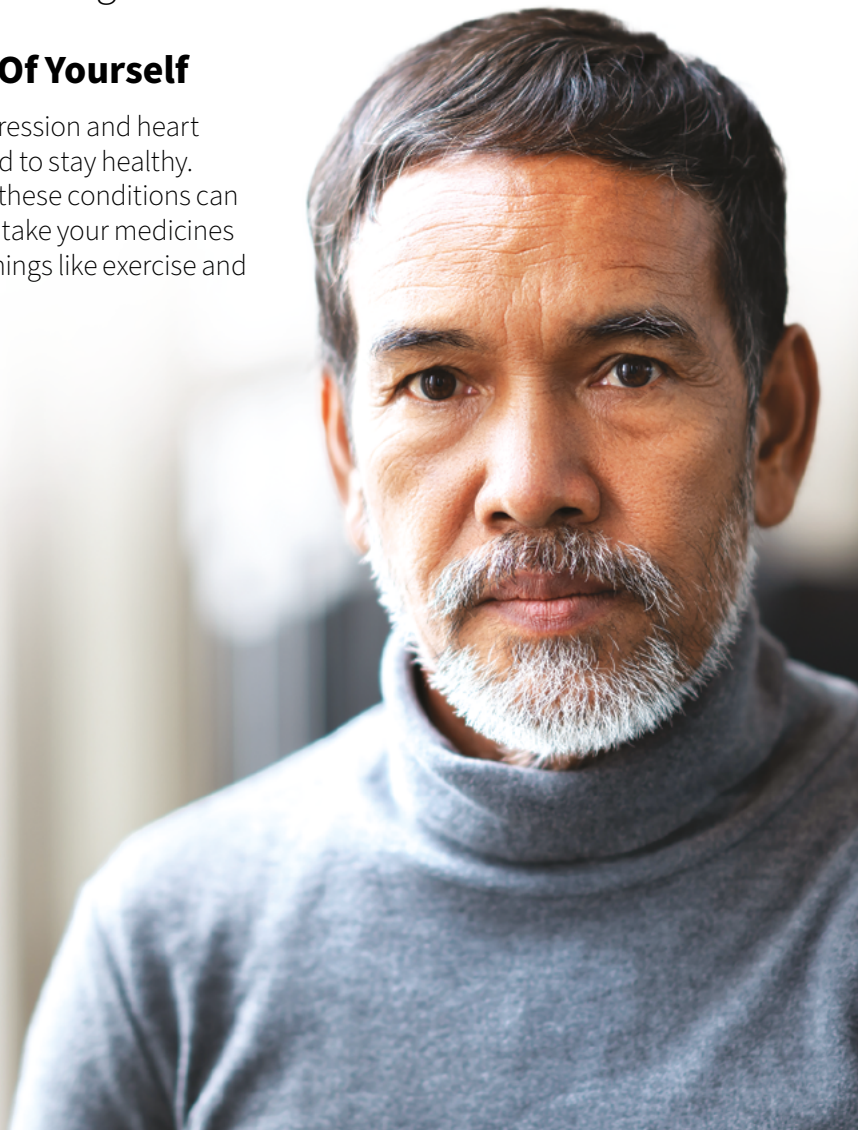
On your regular doctor visits, he or she might ask how often you have been bothered by any of the following problems in past two weeks:

- You don't have interest or pleasure in doing things
- You feel down, sad, or hopeless

If your doctor thinks you might have depression symptoms, he or she will ask you more about your symptoms. Your doctor may refer you to another doctor who diagnoses and treats depression.

Take Care Of Yourself

If you have depression and heart disease, try hard to stay healthy. Having both of these conditions can make it hard to take your medicines or do healthy things like exercise and eat right.



Did you get your flu shot?

If not, visit your doctor or stop by your pharmacy to protect yourself and those around you.



The Facts on Fats

The American Heart Association recommends replacing bad (saturated) fats with good (unsaturated) fats as a part of a healthy eating pattern.

Love It:

Unsaturated (Poly and Mono)

- Lowers rates of cardiovascular and all-cause mortality
- Lowers bad cholesterol & triglyceride level
- Provides essential fats your body needs but can't produce itself
- Found in olive oil, avocado, salmon

Limit It:

Saturated

- Increases risk of cardiovascular disease
- Raises bad cholesterol levels
- Found in butter, cheese, cured or fatty meats, cream

Lose It:

Artificial Trans Fat, Hydrogenated Oils, and Tropical Oils

- Increases risk of heart disease
- Raises bad cholesterol levels
- Found in fried foods, baked goods, stick margarine

Source: The American Heart Association

Proper Medication Use

If you have been prescribed medication to help manage your heart disease, it is very important that you take them exactly as they have been prescribed by your doctor, for them to best help you. Make sure you understand:

- When to take the medication
- How much to take
- How to take them (i.e. with or without water or food)
- How long to take them

Continue to take your medication—even if you feel well or don't have signs of the disease. If you have any concerns or experience any side effects, call the doctor who prescribed the medication it right away.

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Are you due for important health screenings?

Regular screenings are important to help maintain your overall health. For screenings that are appropriate for your age and sex, visit mvphealthcare.com/PreventiveCare and talk to your doctor.

Quick Tips for Your Next Appointment

Patients who have good relationships with their doctors are more satisfied with their care and have better results. Whether your appointment is in-person or virtual, here are some tips to help you and your doctor become better partners in improving your health care:

- Write down your questions before your visit. List the most important ones first to make sure they get asked and answered.
- Bring a “health history” list with you and keep it up to date.
- Always bring any medications you are taking, including over-the-counter, or a list of those medications (include when and how often you take them) and what strength.
- You might want to bring someone along to help you ask questions and remember the answers.

Find more information and printable forms at mvphealthcare.com.

Source: Agency for Healthcare Research and Quality (AHRQ)

