



Enrollee Newsletter

February 2019

Volume 4, Issue 1

February is American Heart Month



Community Care Plan, 'the health plan with a heart'

What is CHF?

Congestive Heart Failure (CHF) occurs when the heart can't pump enough blood to fill the heart, to pump to the rest of the body, or both. CHF is common. About 5.7 million people in the United States have CHF. CHF does not mean your heart stopped or is about to stop.

Causes

Overworking or damaging the heart can lead to CHF. Some of these conditions include:

- Diabetes: high blood sugar levels can weaken or damage the heart and the blood vessels around it.
- Coronary Heart Disease: waxy build up inside the coronary arteries narrow the arteries and lessen the blood flow to your heart. The buildup can also lead to blood clots.
- High blood pressure: the blood pushing against the walls of the arteries can lead to plaque buildup and weaken the heart.

Source: <https://www.nhlbi.nih.gov/health-topics/heart-failure>

What is my Risk?

You are more at risk for CHF if you are:

- 65 years or older
- African American
- Overweight
- Had a Previous heart attack

What can I do to help my Heart?

Per the American Heart Association, making small lifestyle changes can help people with mild to moderate heart failure live nearly regular lives. These some of these lifestyle changes include:

- Quitting Smoking
- Lose or Maintain Weight
- Tracking Fluid Intake Daily
- Limit or Avoid Alcohol and Caffeine
- A Heart Healthy Diet
- Physical Activity
- Stress Management
- Tracking your symptoms
- Blood Pressure monitoring

Source: <https://www.heart.org/en/health-topics/heart-failure/treatment-options-for-heart-failure/lifestyle-changes-for-heart-failure>

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD, 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-899-4828 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-899-4828 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.

Prenatal Infection Prevention

February is also International Prenatal Infection Prevention Month

A mother can get an infection while pregnant or planning pregnancy, that she may pass along to her baby. The Center for Disease Control and Prevention (CDC) recommends ways you can protect your baby from serious health problems.

1. Cytomegalovirus (CMV)

CMV virus can be passed from a mom to her baby during pregnancy. A mother gets CMV from an infected person's body fluid. Infants and young children are more likely to pass on CMV than older adults. To lessen your chances of getting CMV, wash your hands after changing diapers, and do not share food or utensils with infants and young children.

2. Group B Strep

Group B Strep bacteria is carried by about 1 in 4 women in America. A mother could pass group B Strep to her baby during pregnancy. The baby could get very sick and even die if they are infected with Group B Strep. If you are pregnant, talk to your doctor about getting tested. If you test positive, your doctor can give you antibiotics to prevent the spread of Group B Strep to your baby.

3. Listeriosis

Listeriosis is rare but serious, as pregnant women are 10 times more likely to get the infection. It is caused by eating food with the Listeria bacteria. Visit <https://www.cdc.gov/features/prenatalinfections/index.html>, and talk to your doctor about what foods you should avoid during pregnancy.

4. Zika

The Zika Virus can be passed from mother to baby during pregnancy. Zika Virus has been linked to serious birth defects including microcephaly, or when a baby's head is smaller than it should be. The CDC recommends pregnant women not travel to places where Zika is occurring. Zika can also be spread during sex by an infected person.



Source: <https://www.cdc.gov/features/prenatalinfections/index.html>

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD, 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-899-4828 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m. Si ou vie resewva enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-899-4828 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.