

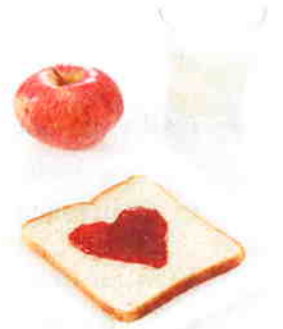
What is Lipid Profile?

You will take many tests in your life. But lipid profile is one test that you shouldn't refuse. It is a group of blood tests that helps to determine your risk of heart disease. It is a good indicator for the doctor to see if you are at risk for heart attack or stroke. Also, it helps your doctor in deciding what treatment may be best for you. The lipid profile typically includes:

- ◆ Total cholesterol
- ◆ HDL-C – often called “Good” cholesterol
- ◆ LDL-C – often called “Bad” cholesterol
- ◆ Triglycerides

It is recommended that healthy adults to be tested once every five years. For people who have heart disease, hypertension, diabetes or high cholesterol. You will need to be tested more regularly. Talk with your doctor if you have not had this test before.

Remember: The test requires fasting. That means no food or drink after midnight the night before your test.



Feeling Tired?

Don't let diabetes make it worse! Did you know uncontrolled blood sugars can lead to many problems? It could trouble your eyes, kidneys and blood pressure.

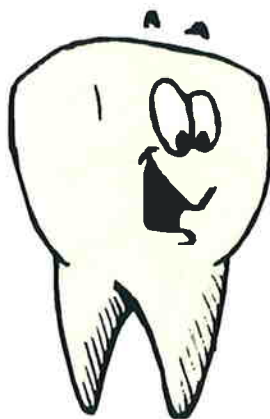
Make an appointment with your doctor today for a checkup. Your doctor will give you a referral to a specialist if you need it.



What is your New Year's resolution?



SMILE



February is National Children's Dental Health Month. Let's get a good start for the New Year. Schedule a dental visit for your child. It is important to have regular dental exam. It helps prevent dental caries. The dentist could apply sealants to protect the teeth. Children can learn how to brush and floss correctly. Good habits at

an early age helps children get a good start on a lifetime of healthy teeth and gums.



Give Your Child a Healthy Smile Today!



Appointment Assist

If you are having problems getting an appointment because you do not understand the doctor. Call us. We will help you to get an appointment.

Miami Dade 1-877-838-7526

Broward 1-866-899-4828



Is it a Medical Emergency?



Even healthy kids get hurt and sick sometime. In some cases, you know that you need to head straight to the emergency room (ER). In other cases, you might not be sure if you need to go to ER or not. As a parent/guardian, it can be hard to make these decisions. You don't want to rush to the ER if it isn't really an emergency. Different problems require different levels of care.

Here are some helpful tips for you and your family:

- ◆ **Handle the problem at home.** Some minor injuries or illnesses can be handled with home care. For example minor cuts, coughs, colds, bruises, low grade temperature ($<100.5^{\circ}\text{F}$). Talk to your doctor about over-the-counter treatments.
- ◆ **Call your doctor.** If you're not sure of the level of care that your child needs, call your child's doctor. Call the doctor's office even when the office is closed. Doctors have answering services that allow them to get in touch with you. They can help you decide what steps to take and how.
- ◆ **Visit an urgent care center.** An urgent care center can be a good option for non-emergencies at night and on weekends. These centers can usually take care of minor injuries that are not life threatening. Make sure you know the nearest urgent care center around you.
- ◆ **Visit an emergency room.** An ER can handle serious problems. For example severe bleeding, head trauma, seizures, breathing difficulties and serious infections. Make sure you know the nearest hospital ER around you.

Panic Disorder



A panic attack may be a symptom of anxiety disorder. This is a serious but uncommon health problem in the U.S. It affects nearly 2.5 million Americans every year. It usually occurs in young adults. It tends to occur in public places. It can occur with no reason. It can last for 10 minutes or more. It increases the fear of having another attack.

Symptoms may include:

- ◆ Rapid heartbeat
- ◆ Stomach upset
- ◆ Dizziness
- ◆ Numbness in the hands
- ◆ Not able to breath
- ◆ Trembling
- ◆ Fear of dying
- ◆ Terror



If you have had any of these symptoms, talk with your doctor. For any question, call UMBH at 1-800-294-8642.