

Happenings

October
2008

HEALTHY WOMAN A UNION COUNTY HOSPITAL RESOURCE



Pictured are the door prize winners from the September event at StarView Vineyards near Cobden.

UCH Annual Community Health Fair

October 10, 2008

8 am-3 pm

- Health screenings
- Wii competition for Union Co. 6-8th grades & 9-12th grades
- Games & activities for the kids
- Refreshments
- Vendor fair
- Senior Circle Bingo

Fun for the whole
family!

“The Heart of the Matter”

Dr. Parag Madhani with River to River Heart Group in Marion presented information on heart health and nutritional supplements to members during the September event at StarView Vineyards near Cobden. The group offers appointments to its patients at their Anna office on Tuesdays.

For more information, you may call 618-998-7600.

After the presentation, members enjoyed refreshments & music on the deck. Several members won door prizes including a pair of designer sunglasses from Moreland EyeCare in Anna.

“It’s All About You!”

Thursday, November 20th from 5:30-7:30 pm
C-Infinity Event Center, 220 S. Front Street, Cobden

Featuring StarView Vineyards

Stressed thinking about all the holiday shopping you have to do? Then, you don’t want to miss this! Join us for an evening of contemporary music, food & wine pairing, and rejuvenation before the holidays! Vendors will be present offering you a complete holiday shopping experience! You’ll also get to meet the medical staff from the Outpatient & Family Practice Clinics.

Cost: \$15/person. Pre-registration & money are due by November 14th. Checks should be made payable to Union County Hospital & mailed to UCH Healthy Woman, 517 North Main, Anna, IL 62906.

Register by calling 833-4112 or on-line at unioncountyhospital.com.

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Maintaining Your Cholesterol for a Healthy Heart

Most people have heard about it, read about it, know someone who is at risk or even has it – it's high cholesterol, which can lead to stroke, heart attack or heart disease. Some of the latest statistics show that heart disease is the leading cause of death in the United States claiming nearly 500,000 lives a year.

Cholesterol is a waxy, fat-like substance made in the liver and found in certain foods such as dairy products, eggs and meat. The body requires only a small amount of cholesterol in order to function properly and produce hormones, vitamin D and acids that help to digest fat. When too much cholesterol is present in the body, health issues such as heart disease may develop.

High cholesterol is one of the many risk factors for heart disease, and learning how to manage it is essential to heart health. High cholesterol occurs when a person has too much low density lipoprotein (LDL) or "bad" cholesterol in the body. The LDL can form a plaque that may build up on the inside walls of the arteries, blocking the flow of blood. If an artery that supplies blood to the heart or brain is completely blocked, the result can be a stroke or heart attack. The optimal LDL level is less than 100mg. More than 160mg and above is considered very high. Cholesterol is not the only risk factor for heart disease; others include smoking, family history of heart disease, age and obesity.

High density lipoprotein (HDL), is a type of cholesterol that is actually good for heart health. This type of cholesterol helps the body get rid of bad cholesterol in the blood; therefore, the higher level of HDL cholesterol, the better. The optimal HDL range for women is 50 – 60mg and for men is 40 – 50mg. There are several ways to increase the levels of HDL in the body: increase aerobic exercise; stop smoking; lose weight; reduce the intake of trans fatty acids; add soluble fiber in your diet

Dietary changes and exercise are typically the first course of action in trying to increase HDL and reduce LDL cholesterol. If you've followed a low cholesterol, low saturated fat diet and increased your exercise, but still can't reach your cholesterol goal, your physician may prescribe a cholesterol-lowering medication as part of your heart healthy regimen.


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517 North Main Street
Anna, IL 62906
(618) 833-4112

Know a friend who is not a Healthy Woman member? Be a BEST friend and introduce her to our program which will provide lifelong benefits!

We welcome comments-just give us a call at 618-833-4112.