Controlling Cholesterol and Triglycerides

By Ashley Jahn, Jillian Coons and Tulip Younes

Resident Pharmacists, Ashley Jahn and Jillian Coons, and Pharmacist, Tulip Younes of Confluence Health spoke at our May Mended Hearts Meeting about controlling cholesterol and triglycerides. They explained that cholesterol is a waxy, fat-like substance naturally produced in the body and used for hormone production and fat digestion. Cholesterol levels include a combination of Low Density Lipoprotein, High Density Lipoprotein and Triglycerides.

Ways to lower cholesterol include Lifestyle Changes (nutrition, exercise and stop smoking) and Medications (statins, ezetimibe, resins, fibrates, niacin and omega-3 fatty acids). They spent most of the time talking about statins, since that is the medication most commonly prescribed and was of interest to our group. What about avoiding grapefruit? They said grapefruit contains a chemical that increases the level of the statin in your blood, making side effects more likely.

In Honor of National Nurse’s Month

To show our appreciation and thanks for the support we receive from the nursing staff and cardiovascular services at Confluence, Nikki Johnson, one of our Mended Hearts Visitors, presented a bouquet of flowers to the nursing staff of the Progressive Care Unit and Cardiovascular Services Department. The flowers were provided compliments of Kunz Floral.

To Join Mended Hearts

Family dues are $45/year and Individual dues are $30/year. For more information, call Chris or Chuck Phelps, Membership Chairpersons, at 509-860-4554 or email: membership91@nwi.net

“You Are Not Alone”

Hope and encouragement are just a phone call away. If you or your family would like to talk with one of our Mended Hearts Visitors about your heart condition and concerns, please call Dominick Ferraro, Visiting Program Chair, at 509-421-3641.

“We were very surprised to receive a $1,500 donation from RunWenatchee, presented by Joel Rhyner of RunWenatchee. We were selected as the recipient of the proceeds of this year’s Wenatchee Heart Breaker 5K Run/Walk held in February. To thank them, Jan Cripe, Chapter President, presented Joel with a Special Certificate of Appreciation.”

Joel Rhyner & Jan Cripe

Hearts Mended by Hope in North Central Washington

June 2018
New shingles vaccine offers reliable protection

**Shingrix**, a newly approved shingles vaccine, is recommended for all healthy adults age 50 and older, according to the Centers for Disease Control and Prevention (CDC). Even if you had a shingles vaccination of Zostavax, the vaccine in use since 2006, you should get two shots of **Shingrix**, six months apart.

It also doesn't matter if you have had shingles or if you do not know if you had chicken pox or not. The CDC recommends you get the new shingles shot.

On the other hand, you should not get the vaccine if you have tested negative for immunity to varicella zoster, the shingles virus. If you test negative, you should get the chicken pox vaccine.

Pregnant and breastfeeding women should not have the vaccine and those who currently have shingles should not get the vaccine.

If you have the first of the two **Shingrix** shots, and you have an allergic reaction, do not get the second. Two doses of **Shingrix** in adults ages 50 to 69 was 97 percent effective in preventing shingles and protection remained strong four years later.

**Optimal Cholesterol Levels**

It's important to know your numbers. You are at increased risk for coronary heart disease, heart attack and stroke if you have high cholesterol.

- Low Density Lipoprotein (LDL) - Less than 100 mg/dL
- High Density Lipoprotein (HDL) - 60 mg/dL and above
- Triglycerides - Below 150 mg/dL

**Total Cholesterol** = HDL + LDL + (Triglycerides/5)

Desirable level is less than 200 mg/dL

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**Visitor Program Statistics**

For April 2018

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Visitors: Gene ANDERSON
Bob & Jan CRIPE
Heinz EBERT
Dominick FERRARO
Nikki JOHNSON
Richard WAINSCOTT