



# Staying Well!!

It's Prevention that helps keep the Doctor away!

# Virtual Classroom Guidelines

1. Turn up sound on your computer
2. Shut down unnecessary computer programs
3. Minimize distractions
4. Avoid placing the call on hold 🎵
5. Facilitator will ask questions, please reply in 'Chat' box.
6. Headsets help with audio clarity
7. Enjoy!!

# Important Disclaimer

The information provided in this presentation is not a substitute for the advice of your personal physician or other qualified health care professional.

Always seek the advice of your physician or other qualified health care professional with any questions you may have regarding medical symptoms or a medical condition.

Never disregard professional medical advice or delay in seeking it based on information contained in this presentation



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**GROUP CLASS  
CONFIDENTIALITY AGREEMENT**

Privacy is something everyone is concerned about when they come to a group class. Everyone who participates in the group wants what is said in the group to be treated with respect and complete discretion. Along with Kaiser Permanente's commitment to foster a respect for all participants, each participant individually has a responsibility to respect and protect each other's privacy.

Please share useful general information outside of the group, but what you hear and learn about individual group members should stay here.

# About your instructor

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- Kaiser Permanente Health Educator

# Agenda

Learn about blood pressure, cholesterol, and blood sugar.

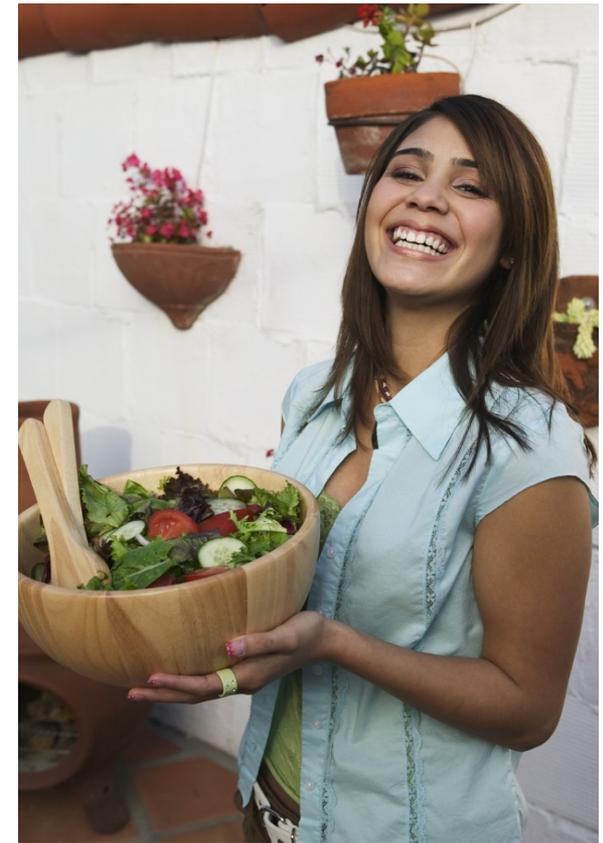
Learn when to get hearing and vision checked.

Learn about important health screenings for women, men and everyone.

Understand the importance of staying up to date on vaccines.

# Prevention pays off

- Do all that you can to live well, stay healthy, and prevent problems before they occur
- Start investing in your health today
  - stay up-to-date with immunizations
  - get screening tests for early detection of disease
  - practice healthy lifestyle habits



# Help keep your heart in shape



- **Blood pressure:**
  - Check at every visit or at least every 2 years. If your blood pressure is high, you may need to have it checked more often.
  - Normal is 119/79 or lower.
- **Cholesterol: (Total, HDL, LDL, triglycerides)**
  - Starting at age 20, check your cholesterol.
  - Every 5 years starting at 35 in men and 45 in women.

# What is blood pressure?

Blood pressure is the force of blood against the walls of the arteries.

The top number (systolic) measures the pressure of blood as the heart contracts.

The bottom number (diastolic) measures the pressure of blood as the heart relaxes between beats.

Systolic – when the heart contracts



**119/79** mm/Hg



Diastolic – when the heart relaxes

# What is high blood pressure (hypertension)?

Blood pressure rises and falls during the day.

When it goes up and stays up, it's called high blood pressure (hypertension).

Blood pressure of 140/90 and over is considered high blood pressure, or hypertension.

Blood pressure between 120/80 and 139/89 is considered prehypertension.

# What is Cholesterol?

**Cholesterol is a waxy, fat-like substance in the cells of your body.**

**Your body makes all the cholesterol you need and uses it to make hormones and substances to help digest food.**

**The amount of cholesterol your body makes is influenced by:**

- Your genes, AND
- The amount of saturated fat and cholesterol you eat

**The liver makes too much cholesterol when the diet is high in saturated fat.**

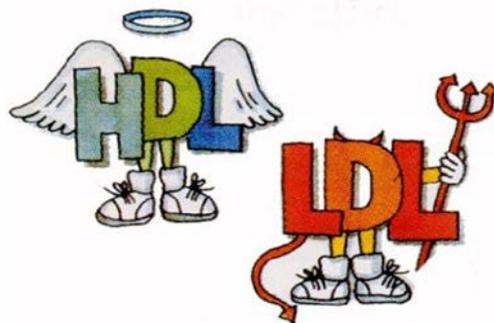


# The “Good” and the “Bad” Cholesterol

HDL is “good” because it acts like a sponge and cleans the extra cholesterol from the artery walls and removes it from the body.

LDL is “bad” because it drops cholesterol into the artery walls where it becomes plaque.

Triglycerides- help move fat around in the body.



# Check Your Cholesterol Numbers\*

## General Guidelines

### Aim for total cholesterol less than 200

- 200-239 is moderately high
- 240 and above is high

### An HDL of 60 and above is desired

- An HDL of 40 or less is low and puts you at risk

\*Your doctor is the best person to explain your cholesterol numbers to you.

Source: <http://www.nhlbi.nih.gov/health/health-topics/topics/hbc/diagnosis.html>, last visited 04/22/13.

# Check Your Cholesterol Numbers\*

## General Guidelines

### An LDL less than 100 is optimal

- Your doctor may recommend lower levels based on your medical history

### A triglyceride level of less than 150

- If your triglyceride level is borderline high (150–199 mg/dL) or high (200 mg/dL or higher), you may need treatment.

\*Your doctor is the best person to explain your cholesterol numbers to you.

Source: <http://www.nhlbi.nih.gov/health/health-topics/topics/hbc/diagnosis.html>, last visited 04/22/13.

# Know your risk for diabetes

- Blood sugar:
  - Talk to your doctor about screening if you have high blood pressure, high cholesterol or BMI>25.
  - From age 45, get tested every 5 years.



# What is Diabetes?

Diabetes occurs when the body does not produce or properly use insulin.

Insulin is a hormone that is needed to change sugars, starches, and other food into energy. It controls your blood sugar level.

Diabetes is characterized by high levels of blood glucose (sugar).

# Type 2 Diabetes

Type 2 diabetes is the most common form of diabetes

People can develop this form of diabetes at any age, even during childhood

Type 2 diabetes results from the body's inability to make enough, or properly use insulin

Some people can control their type 2 diabetes with diet, exercise and medications they take by mouth; some people need to take insulin shots



Source: <http://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>, last visited 2/9/15

# Maintain your weight and bone strength

- **Weight:**
  - Measured at every visit. Calculate your body mass index (BMI) to help determine if you are at a healthy weight.
- **Bone mineral density:**
  - Check with your doctor about having a bone mineral density test.

# Physical Activity Guidelines

## Children and Adolescents (age 6-17)

- One hour (60 min) or more of physical activity every day
- Moderate to vigorous intensity

## Adults (aged 18-64)

- A total of 2 hours and 30 minutes a week of moderate intensity or 1 hour and 15 minutes of high intensity aerobic activity
- Include muscle strengthening activities on 2 or more days a week
- More physical activity increases health benefits

## Older Adults

- If possible, follow adult guidelines
- Be as physically active as your ability allows
- Avoid inactivity

# Nutrition

- Eat balanced meals with at least five servings of fruits and vegetables every day.
- Eat foods high in calcium.
- Limit foods high in salt, fat and sugar.
- Eat more fiber and whole-grain foods.

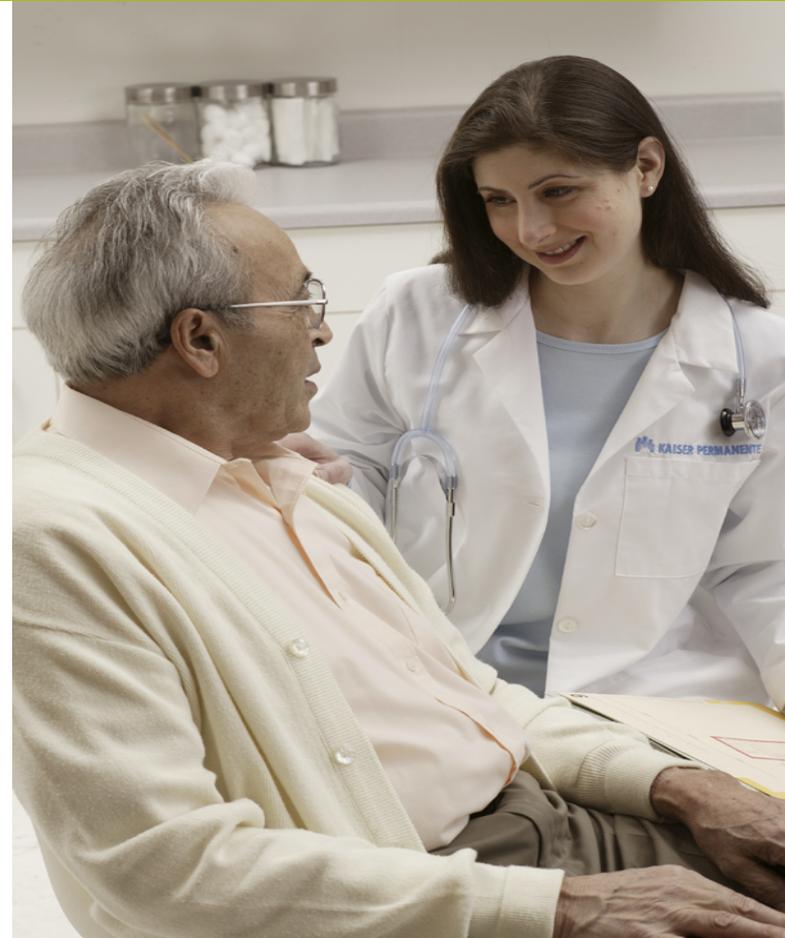
# Check on your eyes and ears



- **Vision:**
  - One initial eye exam for everyone, then once every 3 to 5 years for African-Americans ages 20 to 39.
  - Check every 2 to 4 years between the ages of 40 and 64.
  - Check every 1 to 2 years after age 65.
- **Hearing:**
  - After age 50, discuss your need to have your hearing checked with your health care practitioner.

# Get screened for colorectal cancer

- Fecal Immunochemical Test (FIT):
  - From ages 40-49, talk to your doctor based on your risk factors.
  - From ages 50-75, talk to your doctor about which screenings are right for you.



# Get screened for Sexually Transmitted Infections/Diseases (STI/STD)

Get screened for STDs if you:

- Have Hepatitis B or C
- Are pregnant
- Are an injection drug user or are enrolled in a chemical dependency rehab program
- Are sexually active

# Pop Quiz!

## Poll question:

**Which screenings should everyone have?  
(Select all that apply)**

- A. Blood pressure
- B. Cholesterol
- C. FIT
- D. STI/STD

# For women only

## Breast cancer screening:

- From ages 50 to 74, have a screening mammogram every 1 to 2 years.
- Talk to your doctor about your need for mammogram if you are younger than 50 or older than 74.

## Cervical Cancer Screening:

- From ages 21 to 29, have a pap test every 3 years.
- From ages 30 to 64, have a pap and HPV test together every 5 years.



# For men only



- Prostate specific antigen (PSA) and rectal exam to screen for prostate cancer:
  - From ages 50-69, talk to your doctor about whether screening is right for you.
- Abdominal Aortic Aneurysm (AAA) screening
  - For men 65 to 75 who have ever smoked, have a screening one time to look for an abnormally large or swollen blood vessel in the abdomen.

# Adults need vaccines, too

- Have a seasonal flu shot every year.
- Adults 19 or older should get pneumococcal shots if you are at high risk for problems from pneumonia. Adults age 65 and over may need another shot.
- Have a Tetanus/diphtheria shot every 10 years. Over the age of 18, have one tetanus, diphtheria, and acellular pertussis (Tdap) vaccine.
- Talk to your doctor about other immunizations to help protect against zoster, measles, mumps, and rubella, hepatitis A, hepatitis B, and chicken pox (varicella).

# Do something good for your mind, body, and soul every day

- Get active
- Eat well for your heart
- Watch your weight
- Manage your stress
- Don't use tobacco

# Wellness Coaching by Phone

## Topics

- **Healthy weight**
- **Managing stress**
- **Physical activity**
- **Eating healthy**
- **Quitting tobacco**

**\*Available to all adult Kaiser Permanente members.**



Telephone appointments  
1-866-862-4295

Monday through Friday, 7 a.m. to 8 p.m.

# Use kp.org as your source for healthy living information

- Healthy lifestyle programs offer online tools to help you assess your health, quit smoking, establish a nutrition plan, incorporate relaxation into your daily life, and design a weight loss program. Visit [kp.org/healthylifestyles](https://kp.org/healthylifestyles)
- The Total Health Assessment gives you a summary of your health and tells you what areas need work. You can send the results to your doctor which can be discussed at your next visit.
- The Health Encyclopedia gives you access to hundreds of health topic areas. Visit [kp.org/encyclopedia](https://kp.org/encyclopedia)

# Wrap Up

- Basic guidelines for low and average risk adults
- Your doctor may add other screenings based on your needs
- Practice healthy habits every day to protect your health
- KP resources

# Upcoming Webinars!!

Date	Topic
April 13 <sup>th</sup> , 2017	Weight Management
May 11 <sup>th</sup> , 2017	Nutrition, Just the Basics
June 8 <sup>th</sup> , 2017	Herbs & Other Natural Foods
July 13 <sup>th</sup> , 2017	Stress & Emotional Eating
August 10 <sup>th</sup> , 2017	Physical & Emotional Impact of Stress
September 14, 2017	Stress Management
October 12 <sup>th</sup> , 2017	Flu Awareness
November 9 <sup>th</sup> , 2017	Sleep Awareness

# Thank you!

Please take survey (link)  
listed below in chat!!

<https://www.surveymonkey.com/r/M3VMZ2C>