



Healthy LifeStyle

HbA1c

What is a Hemoglobin A1c?

If you have diabetes your doctor will do blood test to see how you are doing. One of these test is called the hemoglobin A1c (HbA1c). This test is done every 3 to 6 months. This test show the average amount of sugar in your blood over a 2 to 3 month time.

How does this work?

Think of it this way. Sugar is sticky and it sticks to

the red blood cells in your blood. So the more sugar you eat, the more of that sugar sticks to those red blood cells. When the doctor checks your blood, they count how much sugar stuck to those red blood cells. This gives the doctor a percent of sugar that was in your blood over the past 3 months.

The goal of people with diabetes is to have a HbA1c of less than 7%.

If your A1c is:

HbA _{1c} Levels and Blood Glucose Equivalents	
HbA _{1c} Level (%)	Average Blood Glucose (mg/dL)
14	360
13	333
12	300
11	270
10	240
9	210
8	180
7	150
6	120
5	80

Cholesterol Screening

Cholesterol is a soft fat found in your blood. This fat is made by your liver. It is also found in the foods you eat, like eggs, meat, and dairy.

Too much cholesterol:

1. Raises your risk of having a heart attack or stroke.
2. This fat builds up in your arteries and makes them narrow and harden.
3. Large amounts of that fat can block an artery.

- If that fat goes to your heart, it can cause a heart attack.
- If that fat goes to your brain, it can cause a stroke.

Your doctor will check your blood about every 6 months. Your cholesterol level should be less than 200.

You can make changes to help lower your cholesterol level. This will lessen the risk of a heart attack or stroke.

1. If you smoke, STOP SMOKING,
2. Exercise regularly,
3. If you are overweight, loose weight,
4. Eat plenty of fruit, vegetables, whole grains and fish.



Good and Bad Cholesterol



There are different kinds of cholesterol found in your blood. One kind is called "Good" cholesterol. This is the HDL cholesterol. This cholesterol is good because it takes the bad fat away from your

arteries. It protects you from heart attacks and strokes. It is better to have a high HDL, 60 or above. You can raise your HDL by losing weigh, quit smoking and being more active.

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 877-838-7526
Broward 866-899-4828

Bad cholesterol or LDL brings the bad fat or cholesterol to your arteries. A high level of the bad cholesterol puts you at a higher risk of heart disease and stroke. It is better to have LDL of less than 100.

Allergy and Home Remedies

What is this stuff floating in the air? Some of them are so tiny, I can barely see them. It is warm outside; the flowers are starting to bloom.

It looks like you may be allergic to pollen. Flowers, trees, plants and weeds start to grow. Pollen floats into the air. Some people are allergic to that pollen. Pollen causes them to sneeze, have watery itchy eyes, runny noses and to cough.

Pollen allergies usually start off as a "cold" but may last longer. The itchy and red eyes and coughing often tell

the doctor that you may have an allergy and not an infection.

Your doctor may check you for allergies. He will see if you have had allergy symptoms in the past. Skin test and blood test may help the doctor tell if you are allergic to pollen.

Pollen allergies can be treated by:

1. Staying away from the pollen
2. Take medications to treat the symptoms
3. Allergy shots

Home remedies include:

1. Shower or take a bath before going to bed to wash off the pollen that may be on your

skin or in your hair.

2. Gargle with warm salt water at night to wash out the pollen that may be in your mouth.
3. Don't go outside, especially on windy days.
4. Keep your window and doors shut, use your air conditioner at home and in your car.
5. Don't go near dust, insect sprays, tobacco smoke, or air pollution.
6. Steam may help to ease the allergy symptoms.



Managing Stress



Life is a series of transitions. Some changes are expected, others are not. But most important is to learn to cope, manage, and adapt to the changes. Changes usually lead to stress for many, and how we respond can make a difference in our lives.

What is stress? Stress is our body's way of responding to any kind of demands or pressures. Stress can affect both our body and our mind. Too much stress can affect the way we feel, act and think. However, we all need some stress

or excitement to keep us on our toes. The key is to prevent stress from harming us and to learn to manage those stressors.

What is stressor? A stressor is the event, activity, or anything that causes the stress.

Some examples of stressors are:

- Divorce
- Illness
- Loss of job
- Finance issue
- Moving
- Family conflicts
- Problem at work

Some helpful stress reducing ac-

tivities that can help with our day-to-day stressors are:

- Laughter
- Avoid people who stress you out
- Share your feelings with others
- Exercise
- Plan a healthy diet
- Listen to relaxing music
- Avoid smoking and excessive drinking
- Appreciate yourself and others

Remember to accept there are things that you cannot change. And always take good care of yourself by making healthy lifestyle choices.

Lead Alerts: Prevent Poisoning

Child lead poisoning can be avoided. The key is to stop children from coming into contact with lead. The most common causes of lead poisoning today are:

*Lead-based paint

*Lead-contaminated dust and soil

*Children's toys that contain lead
It can affect nearly every system in the body. High levels of lead in the body can cause coma and death. Low levels can cause learning problems in

children.

Children under the age of 6 are especially high risk. They tend to put their hands and objects into the mouth. So it is important to ask your doctor to have a lead test for your child.

