

# Get important facts and reduce your health risks

Aetna Health Connections<sup>SM</sup>  
Wellness Resources



The lifestyle choices you make today can have a big effect on your optimal health and quality of life tomorrow.

## Diabetes, heart disease and stroke are linked to obesity

Obesity is an important risk factor for diabetes, heart disease and stroke.

Recognizing the link and taking action – such as changing how you eat and how much you exercise – can help delay or prevent these conditions.

## Take control of your vascular health

Knowing your risk factors is the first step to creating an action plan to help you take charge of your health. During each doctor visit, make sure you have your blood pressure, cholesterol and blood sugar levels checked. Your doctor can also give you advice about reaching or maintaining a healthy weight.

## Know the facts about diabetes, heart disease and stroke

Diabetes, heart disease and stroke share many important risk factors. While some genetic factors cannot be changed, there are lifestyle changes that can help you reduce your risk of developing diabetes, heart disease or stroke. Some of the manageable risks include:

- 1. Diet** - By eating healthy foods, you may be able to lower your body weight, reduce your blood pressure and cholesterol levels, and lower your risk for diabetes. Eating healthy can also help prevent other serious health problems such as heart disease, stroke and certain cancers.
- 2. Weight** - Whether you want to lose five pounds or fifty, extra body weight puts you at risk for conditions like high blood pressure and high cholesterol. These conditions are also serious risk factors for diabetes, heart disease and stroke.
- 3. Exercise** - Exercising 30 minutes a day can cut your risk of chronic diseases such as diabetes by more than half.<sup>1</sup> Be sure to check with your doctor before starting any exercise program.

RECOMMENDED HEALTH SCREENINGS	RECOMMENDED TIMING FOR SCREENINGS	EXPECTED RANGES
Weight/Body Mass Index (BMI)	Periodically	<ul style="list-style-type: none"><li>■ 18.5 - 24.9: Normal</li><li>■ 25 - 29.9: Overweight</li><li>■ 30 and over: Obese<sup>2</sup></li></ul>
Blood Glucose (Diabetes Test)	Discuss with your doctor if you're at risk for diabetes	<ul style="list-style-type: none"><li>■ Fasting Plasma Glucose (FPG): Less than 100</li><li>■ Oral Glucose Tolerance Test (OGTT): Less than 140<sup>3</sup></li></ul>
Blood Pressure	Ask your doctor	<ul style="list-style-type: none"><li>■ Less than 120/80 if you do not have diabetes<sup>4</sup></li><li>■ Less than 130/80 if you have diabetes<sup>5</sup></li></ul>
Fasting Cholesterol Test	Regularly, regardless of weight, exercise habits and diet	<ul style="list-style-type: none"><li>■ Total: Less than 200 mg/dl</li><li>■ High Density Lipoprotein (HDL): 40 mg/dl or higher</li><li>■ Low Density Lipoprotein (LDL): Less than 100 mg/dl</li><li>■ Triglycerides: Less than 150<sup>5</sup></li></ul>

We want you to know<sup>®</sup>



## Know and address warning signs

If you experience any of these warning signs for diabetes, heart disease or stroke, get help immediately.

### Diabetes

Call your doctor if you experience:

- Frequent urination, abnormal thirst, extreme hunger, unusual weight loss or gain, increased fatigue, irritability, blurry vision, drowsiness or lethargy, or sugar in the urine
- Eye changes: blurred vision, difficulty reading signs or books, double vision, pain in one or both eyes, redness in the eyes that stays that way, pressure in your eyes, or floaters in your vision, straight lines do not look straight or loss of peripheral vision

### Heart disease or heart attack

Call 911 if you experience:

- Discomfort in the chest that feels like uncomfortable pressure, squeezing, fullness or pain in the middle of the chest that lasts for a few minutes or comes and goes
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
- Cold sweat, nausea or lightheadedness

### Stroke

Call 911 if you experience:

- Sudden numbness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

## Additional resources on:

### Finding a doctor or specialist

An easy way to find a doctor by location, name or specialty is through Aetna's DocFind® feature at [www.aetna.com/docfind/](http://www.aetna.com/docfind/).

### Diabetes

- Aetna IntelliHealth® at [www.intelihealth.com](http://www.intelihealth.com). Click on *Diabetes* under *Diseases and Conditions*.
- The American Diabetes Association\* at [www.diabetes.org](http://www.diabetes.org)
- The Centers for Disease Control and Prevention (CDC)\* at [www.cdc.gov](http://www.cdc.gov)

### How to stop smoking

Visit [www.aetna.com](http://www.aetna.com) and from the home page, select *Members, Health and Wellness, Living Well, Self Management*, and then *Freedom from Smoking*.

### Weight control and body mass index (BMI)

- [www.aetnahealthybody.com](http://www.aetnahealthybody.com). From the home page, select *Calculate your BMI, Recipes or You Can Do It*.
- The Centers for Disease Control and Prevention (CDC)\* at [www.cdc.gov](http://www.cdc.gov). From the home page, select *Diseases and Conditions, Overweight and Obesity* and then *Body Mass Index*.

### Eating right

- Aetna IntelliHealth at [www.intelihealth.com](http://www.intelihealth.com). Click on *Nutrition*.
- The American Dietetic Association\* at [www.eatright.org](http://www.eatright.org)

### Vascular health, heart disease and stroke

- Aetna IntelliHealth at [www.intelihealth.com](http://www.intelihealth.com). Click on *Heart and Circulatory* or *Stroke* under *Diseases and Conditions*.
- The American Heart Association\* at [www.americanheart.org](http://www.americanheart.org)
- The American Stroke Association\* at [www.strokeassociation.org](http://www.strokeassociation.org)
- The Centers for Disease Control and Prevention (CDC)\* at [www.cdc.gov](http://www.cdc.gov)

<sup>1</sup> American Diabetes Association. Type 1 Diabetes. Available at [www.diabetes.org/type-1-diabetes.jsp](http://www.diabetes.org/type-1-diabetes.jsp). Accessed April 6, 2006.

<sup>2</sup> American Heart Association. Body Mass Index. Available at [www.americanheart.org/presenter.jhtml?identifier=3031003](http://www.americanheart.org/presenter.jhtml?identifier=3031003). Accessed April 7, 2006.

<sup>3</sup> American Diabetes Association. Frequently Asked Questions About Diabetes. Available at [www.diabetes.org/pre-diabetes/faq.jsp](http://www.diabetes.org/pre-diabetes/faq.jsp). Accessed April 7, 2006.

<sup>4</sup> American Heart Association. What Is Blood Pressure? Available at [www.americanheart.org/presenter.jhtml?identifier=4473](http://www.americanheart.org/presenter.jhtml?identifier=4473). Accessed April 7, 2006.

<sup>5</sup> American Diabetes Association (ADA). Standards of Medical Care in Diabetes 2006. Available at [http://care.diabetesjournals.org/cgi/content/full/29/suppl\\_1/s4#T6](http://care.diabetesjournals.org/cgi/content/full/29/suppl_1/s4#T6). Accessed April 18, 2006.

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