



HEALTH & WELLNESS NEWS

Coronary Artery Disease

Coronary artery disease (CAD) is the most common type of heart disease in the United States. For some people, the first sign of CAD is a heart attack. You and your health care team may be able to help you reduce your risk for CAD.

Causes of CAD

CAD is caused by plaque buildup in the walls of the arteries that supply blood to the heart (called coronary arteries) and other parts of the body. Plaque is made up of deposits of cholesterol and other substances in the artery. Plaque buildup causes the inside of the arteries to narrow over time, which could partially or totally block the blood flow. This process is called atherosclerosis.

Too much plaque buildup and narrowed artery walls can make it harder for blood to flow through your body. When your heart muscle doesn't get enough blood, you may have chest pain or discomfort, called angina. Angina is the most common symptom of CAD.

Over time, CAD can weaken the heart muscle. This may lead to heart failure, a serious condition where the heart can't pump blood the way that it should. An irregular heartbeat, or arrhythmia, also can develop.

Diagnosing CAD

To find out your risk for CAD, your health care team may measure your blood pressure, cholesterol and sugar levels. Being overweight, physical inactivity, unhealthy eating and smoking tobacco are risk factors for CAD. A family history of heart disease also increases your risk for CAD. If you're at high risk for heart disease or already have symptoms, your doctor can use several tests to diagnose CAD.

Reducing Your Risk for CAD

If you have CAD, your health care team may suggest the following steps to help lower your risk for heart attack or worsening heart disease:

- Lifestyle changes, such as eating a healthier (lower sodium, lower fat) diet, increasing physical activity and quitting smoking.
- Medications to treat the risk factors for CAD, such as high cholesterol, high blood pressure, an irregular heartbeat and low blood flow.
- Surgical procedures to help restore blood flow to the heart.

To find out about your risk of CAD, call the Grand Ronde Health and Wellness Center to schedule an appointment or talk to your primary health care provider about your risk.

Health & Wellness Center Entrance

Reminder: The drive-through entrance at the Health & Wellness Center is for loading and unloading only. The entrance was built with our Elders and those with mobility issues and their ease of access in mind. If you are coming to the center to pick up prescriptions, please park in one of our regular parking spaces.

**Thank you,
Grand Ronde Health & Wellness Center Administration**

Dear Grand Ronde Pharmacy Mail Order Patients:

In order to best serve you please note the following:

- Allow a **MINIMUM of FIVE BUSINESS days** before calling to **check on the status** of your mailed prescriptions. We are open Monday through Friday and closed major holidays.
- When calling **503-879-2342 (option 1 then 5)** the following is needed to best trace your package:
 - Prescription number
 - Your name and approximate date of request also will be needed if you do not have your prescription number.

Beginning **Aug. 1** we will **no longer provide overnight services**. Please **plan your requests** accordingly to **make sure you do not run out of your medications**.

You may **call in your refill requests seven days before you are due** in order to allow enough time to process and receive the medications in the mail before you are out.

Medications usually **stored in the refrigerator** will be **bubble packed with a cool pack** to keep them at or below room temperature during shipment. **These medications are stable for up to 14-28 days at room temperature.**

Thank you for helping us provide you with quality patient care.

*Sincerely,
Grand Ronde Pharmacy staff*

Grand Ronde Health & Wellness Pharmacy

Please be advised for:

Refill Requests

In order to best serve you, please note the following time requirements for your refill requests:

(Valid) Refills remaining – 48-72 hours

NO refills remaining – up to 7 days*

*This allows us time to coordinate and correct any needs that may exist for your refill

PLEASE LET US KNOW IF YOU WILL BE OUT BEFORE THIS TIME FRAME ON A MAINTENANCE MEDICATION SO THAT WE CAN BEST ACCOMMODATE YOUR NEEDS.

Thank you for allowing us to serve your prescriptions needs.

*Sincerely,
Your Pharmacy staff*

Low Sodium Foods: Shopping list

Most people eat much more sodium (salt) than they need. This can lead to health problems like high blood pressure. To lower the amount of sodium in your diet, follow these tips when you go food shopping:

- Choose fresh instead of processed foods when you can.
- Use the Nutrition Facts label to check the amount of sodium. Look for foods with 5 percent Daily Value (DV) or less. A sodium content of 20 percent DV or more is high.
- Look for foods labeled "low sodium," "reduced sodium" or "no salt added." Take the list below with you the next time you go food shopping.

Vegetables and Fruits

Get plenty of vegetables and fruits.

- Any fresh fruits, like apples, oranges or bananas
- Any fresh vegetables, like spinach, carrots or broccoli
- Frozen vegetables without added sauce
- Canned vegetables that are low in sodium or have no salt added
- Low sodium vegetable juice
- Frozen or dried fruit (unsweetened)
- Canned fruit (packed in water or 100 percent juice, not syrup)

Breads, Cereals and Grains

Compare labels to find products with less sodium. When you cook rice or pasta, don't add salt.

- Rice or pasta
- Unsweetened oatmeal
- Unsalted popcorn

Tip: If your food comes with a seasoning packet, use only part of the packet. This will lower the amount of sodium in the food.

Meats, Nuts and Beans

Choose fresh meats when possible. Some fresh meat has added sodium, so always check the label.

- Fish or shellfish
- Chicken or turkey breast without skin
- Lean cuts of beef or pork
- Unsalted nuts and seeds
- Dried peas and beans
- Canned beans labeled "no salt added" or "low sodium"
- Eggs

Dairy Products

Choose fat-free or low-fat milk and yogurt. Be sure to check the label on cheese, which can be high in sodium. Milk and yogurt are also good sources of potassium, which can help lower blood pressure.

- Fat-free or low-fat (1 percent) milk
- Fat-free or low-fat yogurt
- Low- or reduced-sodium cheese (like natural Swiss cheese)
- Soy milk with added calcium

Dressings, Oils and Condiments

When you cook, use ingredients that are low in sodium or have no sodium at all.

- Unsalted margarine and spreads (soft, tub or liquid) with no trans fats
- Vegetable oils (canola, olive, peanut or sesame)
- Sodium-free, light mayonnaise and salad dressing
- Low-sodium or "no salt added" ketchup
- Vinegar

Seasonings

Try these seasonings instead of salt to flavor your food.

- Herbs, spices or salt-free seasoning blends
- Chopped vegetables, like garlic, onions and peppers
- Lemons and limes
- Ginger