

HEART DISEASE

According to the American Heart Association, coronary heart disease is the number one cause of death. The major risk factors of heart disease are: smoking, high blood cholesterol, high blood pressure, physical activity, obesity and overweight, and diabetes mellitus.¹

The warning signs of a heart attack are:

- Chest discomfort
- Discomfort in other areas of the upper body (arms, back neck, jaw, or stomach)
- Shortness of breath, cold sweat, nausea, or lightheadedness²

STROKE

The American Stroke Association identifies the following risk factors that can be controlled, changed, or treated: high blood pressure, smoking, diabetes, various heart diseases, sickle cell disease, high blood cholesterol, poor diet, physical inactivity, and obesity.³

Be observant and know the warning signs of a stroke:

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause⁴

CHOLESTEROL

There are **two types** of cholesterol: “good” and “bad.” It’s important to understand the difference, and to know the levels of “good” and “bad” cholesterol in your blood. Too much of one type — or not enough of another — can put you at risk for coronary heart disease, heart attack or stroke.⁵

¹ “Risk Factors You Can Change.” Heart Disease. American Heart Association. 2010. <<http://americanheart.org/presenter.jhtml?identifier=494>> (8 Feb 2010).

² “Heart Attack Warning Signs.” Heart Disease. American Heart Association. 2010. <<http://www.americanheart.org/presenter.jhtml?identifier=3053>> (8 Feb 2010).

³ “Stroke Risk Factors.” Learn About Strokes. American Stroke Association. 2010. <<http://www.strokeassociation.org/presenter.jhtml?identifier=4716>> (8 Feb 2010).

⁴ “Know the Signs of a Stroke.” Learn to Recognize a Stroke. American Stroke Association. 2010. <<http://www.strokeassociation.org/presenter.jhtml?identifier=1020>> (8 Feb 2010)

⁵ American Heart Association, “Managing Your Cholesterol” <http://www.americanheart.org/presenter.jhtml?identifier=513>

DIABETES

Things to Know

TYPE 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life.

TYPE 2 diabetes is the most common form of diabetes. Millions of Americans have been diagnosed with Type 2 diabetes, and many more are unaware they are at high risk. Type 2 diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans, Native Hawaiians and other Pacific Islanders, as well as the aged population.

In Type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. Diabetes often goes undiagnosed because many of its symptoms seem so harmless.

Symptoms

Type 1 Diabetes

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability

Type 2 Diabetes

- Any of the type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections⁴

⁴American Diabetes Association, <<http://www.diabetes.org>>.

ARTHRITIS

Did you Know?

Arthritis is the nation's most common cause of disability.

Facts

- The word arthritis actually means joint inflammation.
- Arthritis comprises more than 100 different rheumatic diseases and conditions, the most common of which is osteoarthritis.
- Other forms of arthritis usually diagnosed include: rheumatoid arthritis, lupus, fibromyalgia, and gout.
- Common symptoms include: pain, aching, stiffness, and swelling in or around the joints.
- Some forms of arthritis, such as rheumatoid arthritis and lupus, can affect multiple organs and cause widespread symptoms.
- Although arthritis is more common among adults age 65 years or older, people of all ages (including children) can be affected.
- Arthritis is more common among women (24.4%) than men (18.1%) in every age group, and it affects members of all racial and ethnic groups.

What Can Be Done?

- **Consult a physician.** Early diagnosis and illness management are important.
- **Be physically active.** For people with arthritis, physical activities such as walking, bicycling, and swimming provides significant benefits, including: reducing pain and improving physical function, mental health, and quality of life.
- **Maintain a healthy weight and protect your joints.** Weight control and injury prevention measures can lower a person's risk of developing osteoarthritis.⁵

⁵ "Arthritis: The Nation's Most Common Cause of Disability", Centers for Disease Control and Prevention. <<http://www.cdc.gov/chronicdisease/resources/publications/AAG/arthritis.htm>>.



Dr. Richard D. Blondell

Director of Research on Addictions at Sheehan Health Network

- **Don't smoke.** Smoking is responsible for a lot of health problems.
- **Wear seat belts** because traffic accidents cause injuries and death.
- **Maintain ideal body weight** by exercising, eating, and drinking in moderation to avoid obesity.

CANCER SCREENINGS

What Is Cancer?

Cancer is a group of diseases characterized by uncontrolled growth and spread of abnormal cells. If the spread is not controlled, it can result in death. Cancer is caused by both external factors (tobacco, infectious organisms, chemicals, and radiation) and internal factors (inherited mutations, hormones, immune conditions, and mutations that occur from metabolism).

The ACS recommends the following cancer screening guidelines for people at **average risk** for cancer and without any specific symptoms.

Special tests for **certain cancers** are outlined below.

Breast Cancer

- Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.
- Clinical breast exam (CBE) should be part of a periodic health exam, about every 3 years for women in their 20s and 30s and every year for women 40 and over.
- Breast self-exam (BSE) is an option for women starting in their 20s.
- Women at high risk (greater than 20% lifetime risk) should get an MRI and a mammogram every year.

Colon and Rectal Cancer

- Beginning at age 50, both men and women at **average risk** for developing colorectal cancer should consult their doctors about various screening tests available.



Dr. Antonia J. Redhead

Medical Director - Sheehan Family Care Clinic

- **Know the names of your medication**, dosages, frequency, and allergies.
- **Know your family health history**, risk factors, and medical diagnosis.
- **Remind Specialist** to forward information to primary care physician.

Prostate Cancer

Other than skin cancer, prostate cancer is the most common cancer in American men.

- The American Cancer Society believes that health care professionals should discuss prostate cancer early detection testing with men. It should include: Information about the prostate-specific antigen (PSA) blood test and digital rectal exam (DRE) yearly, **beginning at age 50**, to men who are at average risk of prostate cancer and have at least a 10-year life expectancy.
- Consultation with the physician should start at age 45 for men at high risk of developing prostate cancer. This includes African American men and men who have a first-degree relative (father, brother, or son) diagnosed with prostate cancer at an early age (younger than age 65). Discussion should take place at age 40 for men at even higher risk (those with several first-degree relatives who had prostate cancer at an early age).⁶

For more information on other cancers please visit the American Cancer Society's website at **www.cancer.org**.

⁶American Cancer Society. Cancer Facts & Figures 2009. Atlanta, Ga: American Cancer Society; 2009. http://www.cancer.org/docroot/PED/content/PED_2_3X_ACS_Cancer_Detection_Guidelines_36.asp?sitearea=PED>.

RADIOLOGY

The expert staff in Sheehan's Radiology Department uses the latest diagnostic technology. **Sheehan offers the following services:**

- Ultrasound
- Mammography
- 16 Slice Cat Scan (CT)*
- General X – Ray
- Cardiopulmonary: EKG, Stress Testing, Holter Monitoring, Pulmonary Function Testing, Echocardiograph
- Nuclear Medicine

ALCOHOL AND CHEMICAL DEPENDENCY

Filling a Need. Providing the Support.

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C.A.R.E Clinic Center for Clinical Addiction Research and Education

Phone: (716) 848-2304

Inpatient Detoxification and Rehabilitation Program

Phone: (716) 848-2226

“Sheehan’s clinicians recognize that recovery is a lifelong process that requires expert medical care, support from loved ones, and most importantly, commitment and work by the patient.”

—Dr. Lorne Campbell, Medical Director of Alcohol and Chemical Dependency Services



Stop the Cycle of Pain

Prescription Pain Pills

Once the Solution ... Now the Problem

SHEEHAN HEALTH NETWORK

Offering specialized care and state of the art medical treatments for Alcohol and Chemical Dependency

PROGRAMS OFFERED:

Inpatient and Outpatient Treatments administered by specially trained physicians and staff providing you with individualized care and flexibility
Call (716) 848-2226 to find out how we can help.



An Accredited Facility



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