

HIGH CHOLESTEROL

When there is too much cholesterol—a fat-like substance—in your blood, it builds up in the walls of your arteries and increases your risk of developing heart disease. Know your total cholesterol, your LDL (bad) cholesterol, and your HDL (good) cholesterol, and triglycerides. Make an appointment to get tested.



HIGH CHOLESTEROL BY AGE (GREATER THAN OR EQUAL TO 200 MG/DL)

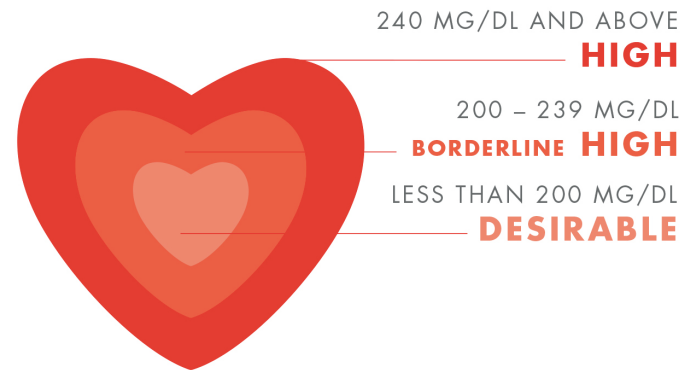


High Cholesterol

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- National Heart, Lung, and Blood Institute, National Cholesterol Education Program (2002). *Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) final report*.

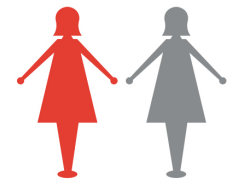
TOTAL CHOLESTEROL NUMBERS

NOTE: CHOLESTEROL IS MEASURED IN MILIGRAMS PER DECILITER (MG/DL).



NEARLY 1 IN EVERY 2

AMERICAN WOMEN HAS HIGH OR BORDERLINE HIGH CHOLESTEROL.



HeartTruth.gov



RARE DISEASES: MORE COMMON THAN YOU THINK?

Rare diseases are defined as those affecting a small percentage of a population – fewer than **200,000** in the U.S. and fewer than **1 in 2,000** in Europe

≈ **7,000**
DISEASES ARE
CLASSIFIED
AS RARE¹

CHILDREN
ACCOUNT FOR

50%
OF RARE DISEASE PATIENTS¹



95% OF RARE DISEASES HAVE
NO FDA-APPROVED
DRUG TREATMENT²

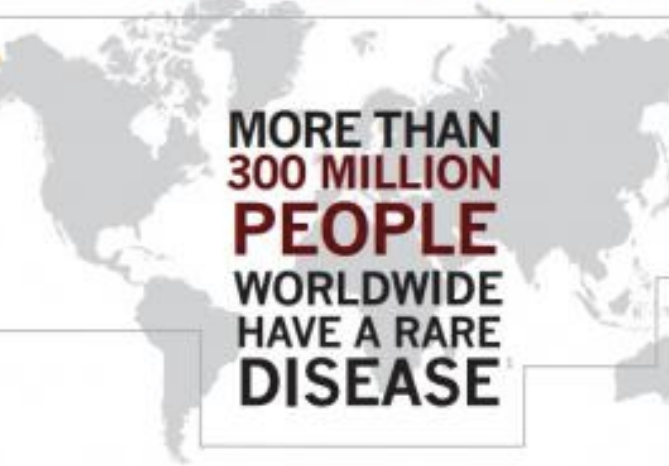


MORE THAN
80%

OF RARE DISEASES
ARE CAUSED BY
FAULTY GENES¹



MORE THAN
300 MILLION
PEOPLE
WORLDWIDE
HAVE A RARE
DISEASE¹



12 NOVARTIS-CREATED
TREATMENTS FOR
RARE DISEASES
ARE ON THE MARKET²

SCIENTISTS AT THE NOVARTIS INSTITUTES FOR
BIOMEDICAL RESEARCH ARE WORKING ON
TREATMENTS FOR MORE THAN
40 RARE DISEASES



 **NOVARTIS**

February 28 is World Rare Disease Day

Sources: 1. GlobalGenes.org 2. 1000R

HEART MONTH

- February -

February is American Heart Month, a good time to think about the facts about heart disease.

BE IN THE KNOW



1 IN 3
U.S. adults is currently living with a type of heart disease.



HEART DISEASE
is the leading cause of death in the United States and a major cause of disability.



DENTAL HYGIENE
Taking care of your teeth can impact heart health by reducing your chances of having a heart attack or a stroke by 50%.



MORNING IS PEAK TIME FOR HEART ATTACKS
The majority of heart attacks happen during the hours of 8 and 9 in the morning.

STATISTICALLY MOST HEART ATTACKS OCCUR ON MONDAYS

\$444 BILLION DOLLARS

In 2010, heart disease cost the United States \$444 billion. This total includes the cost of health care services, medications, and lost productivity.



START MOVING
The risk of heart disease doubles in inactive people versus people who get regular exercise. Aerobic activity, like running, swimming, jump roping and biking, are good choices for reducing the risk of heart disease.

The American Heart Association recommends following "Life's Simple 7" for good heart health.

INCREASE HEART HEALTH



GET ACTIVE



CONTROL YOUR CHOLESTEROL



EAT BETTER



MANAGE YOUR BLOOD PRESSURE



LOSE WEIGHT



REDUCE YOUR BLOOD SUGAR



STOP SMOKING

TO LEARN ABOUT ADDITIONAL WAYS TO BE HEART HEALTHY, VISIT

WWW.HEALTH.NIH.GOV | WWW.HEART.ORG

LEARN THE FACTS

About

DIABETIC RETINOPATHY



Diabetic retinopathy occurs when diabetes damages the tiny blood vessels inside the retina, the light-sensitive tissue at the back of the eye.

Source: National Eye Institute, 2014



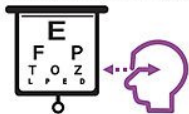
A GROWING ISSUE

Diabetic retinopathy is the leading cause of blindness in working-age adults ages 20-74.



NO EARLY SYMPTOMS

However, over time, diabetic retinopathy can get worse and cause vision loss or blindness.



WHO IS AT RISK?



All people with diabetes—both type 1 and type 2—are at risk.



95%

REDUCED RISK OF VISION LOSS

Early detection, timely treatment, and appropriate follow-up care can reduce the risk of severe vision loss by 95 percent.



YOU CAN PROTECT YOUR VISION.

Get a comprehensive dilated eye exam at least once a year if you have diabetes.

Don't forget to—

- T** Take your medications.
- R** Reach and maintain a healthy weight.
- A** Add physical activity to your daily routine.
- C** Control your blood sugar, blood pressure, and cholesterol.
- K** Kick the smoking habit.

LEARN MORE AT:
www.nei.nih.gov/diabetes



National Eye Institute
A program of the National Institutes of Health

Fibromyalgia

- the -

"Invisible Disease"

Over 12 M people

suffer from fibromyalgia

The National Fibromyalgia & Chronic Pain Association designates
May 12 as National Fibromyalgia Awareness Day



Fibromyalgia

Fibromyalgia patients spend

\$1,000

or more on treatment each month

Women **10x** more likely to develop than men

C.A.R.E.

to help others learn more about fibromyalgia

Treatments:

- Trigger point injections
- Peripheral nerve stimulation
- Non opioid medication therapy
- Physical therapy
- Massage therapy
- Exercise therapy
- Aquatic therapy
- Acupuncture
- Meditation
- Meditation and prayer
- Yoga

Symptoms:

- Anxiety
- Chronic body pain
- Weight gain
- Cold symptoms
- Nausea
- Joint stiffness
- Myofascial pain
- Vision problems
- Depression
- Memory loss
- Sleep disorders

C.A.R.E. Make Fibromyalgia Visible

o d e d
n v e d
t o e a
r i a r t e
b t c h
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Connect with us:

