

# health awareness



CTSI

A COUNTY HEALTH POOL PUBLICATION

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## HEART DISEASE AWARENESS MONTH

One out of every four deaths in America is from heart disease. On average someone dies from cardiovascular disease every 37 seconds, which is why the month of February is devoted to heart disease awareness and prevention.

Generally thought of as a disease that affects older Americans, heart disease can occur at any age, especially as the factors (e.g., high blood pressure, obesity, etc.) are impacting more people at younger ages.

### What is Heart Disease?

The term heart disease covers a range of problems that impact the heart and blood vessels. The

heart pumps oxygen-rich blood throughout the body; however, plaque, a substance composed of fat, cholesterol, calcium, and other substances found in blood, can build up in the arteries of the heart slowing or even blocking the flow of blood in a process called atherosclerosis.

Heart attacks, strokes, and heart failure are conditions caused by heart disease. Heart attacks are caused when blood flow to the heart is blocked by a blood clot. If the clot completely blocks blood flow, the heart muscle can be permanently damaged.

Most people survive their first heart attacks and with medica-

tions and lifestyle changes can often return to their normal lives depending on the degree of damage to their heart.

The most common type of stroke, an ischemic stroke, is caused when one of the blood vessels that supply the brain with oxygen is blocked, usually by a blood clot. A hemorrhagic stroke, when a blood vessel in the brain bursts, is generally caused by high blood pressure.

### Risk Factors

Some of the risk factors for heart diseases like poor diet and lack of exercise are preventable. Others such as age and genetics are not. Maintaining a healthy

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lifestyle is the best defense against most types of heart disease.

Physicians recommend taking the following steps:

- Don't smoke or use tobacco
- Exercise for 30 minutes most days of the week
- Eat a healthy diet
- Maintain a healthy weight
- Get plenty of quality sleep
- Manage stress levels

- Get regular health screenings

### Treatment and Care

There are more treatment options available for heart disease than ever before. Tight control over medications and lifestyle, coupled with careful monitoring, are the first steps. As the condition progresses, doctors specializing in the treatment of heart disease can offer more advanced treatment

options such as medication or surgical options.

The goals of treating heart disease are primarily to decrease the likelihood of disease progression (thereby decreasing the risk of death and the need for hospitalization), to lessen symptoms, and to improve quality of life. [CTSI](#)

Source: <https://www.webmd.com/ato-z-guides/prevention-15/heart-healthy/12-tips-for-better-heart-health>

## Benefits Corner

### Preventive Screenings & Care

Screenings and other services are considered and covered as preventive care for adults and children, even if the patient has no current symptoms or prior history of a medical condition associated with that screening or service. Preventative services must be coded as preventive by your provider in order to be covered. Treatment for a condition with current symptoms or for a previously diagnosed medical condition are not considered preventive care, instead they are covered under physician office services or diagnostic services benefits.

Many preventive care services when provided by participating providers are covered by this plan document with no deductible, copayment, or coinsurance. That means that we pay participating providers 100% of the maximum allowed amount. To determine which preventive services are covered, the U.S. Preventive Service Task Force (USPSTF) has developed recommendations based on scientific data. The USPSTF gives services it recommends as highly beneficial or highly-to-moderately beneficial an A or B grade. Examples of these services include:

- Breast cancer screenings
- Cervical cancer screenings
- Colorectal cancer screenings
- High Blood Pressure tests
- Type 2 Diabetes Mellitus tests
- Cholesterol tests
- Child and Adult Obesity screenings



Please note, that your deductibles and out-of-pocket maximums started over as of January 1, 2020. This includes your prescription annual deductible if you are enrolled in one of CHP's PPO plans, so you may see a slight increase in the cost of your medications. As always CTSI staff is here to assist you with your health, dental, vision, or life insurance coverage. You can reach us at 303 861 0507.