

Montana Health Care Programs MESSENGER

February is HEART Month

There's no sugar-coating it (even around Valentine's Day).

Heart disease is the number one cause of death in the world, and the leading cause of death in the U.S., killing over 370,000 Americans a year (about one every 43 seconds). It's the *number one killer of women* in the U.S., taking more lives than all forms of cancer combined. Heart issues in women can be unclear. That's dangerous, because women often misread the trouble signs while having an actual heart attack for things like acid reflux or flu. In fact, 64 percent of women who die from *coronary heart disease* (a narrowing of the arteries or blood vessels that supply oxygen-rich blood to the heart) had no previous symptoms. *And* heart disease is also the *number one killer of men*. (It doesn't discriminate.)

The Montana Department of Health and Human Services predicts 304,870 heart disease cases statewide by the year 2030. Heart disease is currently the number two killer in Montana, second only to cancer, according to the American Heart Association; and more than 25 percent of adults here are obese, according to stateofobesity.org data for 2017.

Talk to your doctor about your own risk factors and family history. Follow these tips for a healthy ticker:

- **Got a family history of heart disease? Start cholesterol screenings at age 20 or sooner.** Ask your doctor about *your* risk factors before giving you a personal goal number. If you've got high cholesterol, learn how to make changes through diet and exercise first. Explore different treatments, too. (You may be able to prevent the need for prescription medication.)
- **Exercise, eat healthy, and don't smoke.** You can reduce your risk for heart disease *up to 80 percent* with healthy diet changes, portion control, cardio workouts, and not smoking. Choose chicken and fish. Go for low-fat dairy or fortified soy, fresh veggies, and whole grains. Reduce salt and sugar. Exercise five times per week for 30 minutes. You'll get the best benefits when it comes to blood pressure, cholesterol, energy, and weight.
- **Just chill.** Avoid or deal with daily stress better through exercise, deep breathing, meditation, gentle stretching, yoga, or talking to a friend. Pets are also very calming. Lose "crutch" behaviors like drinking to excess, smoking, or overeating — and replace them with healthier choices!



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Alzheimer's Disease

- Approximately 20,000 Montana's are living with [Alzheimer's disease](#) and the number is projected to increase 35% by 2025.
- [Care and support resources](#) are available for those affected and the 49,000 individuals providing care.
- Early detection and diagnosis of Alzheimer's can save money, provides medical benefits and allows for more time to plan for the future. Talk to your doctor about [warning signs, memory loss](#) and [healthy lifestyle habits](#).

- **Sleep six to eight hours per night.** Getting too little or too much sleep has been linked to slowing down metabolism (impacting the body's ability to get rid of fat), and high blood pressure. Snooze to lose!
- **Say 'hi' to your BMI (Body Mass Index).** Your waist size helps to predict a number of health issues, from breathing problems, certain cancers, and type 2 diabetes, to heart disease and high blood pressure. The risk rises for women with a waist size over 35 inches; for men, the danger zone is more than 40 inches. Bring that belt size down a few notches with 150 minutes of regular exercise weekly and eating right!

Love your heart, and it'll love you back!

Sources include: www.cdc.gov, www.dphhs.mt.gov, www.heart.org, www.niddk.nih.gov

For more information and to calculate your BMI, visit:

https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm.

Cardiac Ready Community

Did You Know?

- Survival of people suffering from a cardiac arrest who do not receive immediate CPR is less than 5%. Survival of people who receive immediate CPR followed by a shock from an AED (defibrillator) within 6 minutes and who are then transported to a highly trained hospital by highly trained staff can be increased to 35-50%.
- Cardiac arrest is usually due to a defect or damage of the electrical system of the heart and can happen at any age – even in childhood. One-third of all heart attacks become an arrest within an hour of onset.
- You could save the life of a family member or friend by learning a few simple skills. Communities can save lives of their residents by coming together to form a Cardiac Ready Community

For more information, contact Janet Trethewey, Project Manager, 406/444-0442, Jtrethewey@mt.gov or log on to MontanaEMS.mt.gov

What is Palliative Care?

Palliative Care improves the quality of life of patients and their families facing life-threatening illness. Palliative Care's aim is to prevent and relieve suffering by treating pain and other problems; physical, psychosocial and spiritual.

Understanding Palliative Care in Treatment of Cancer and Other Serious Illnesses can be confusing, but here's a helpful way to think about it: Imagine your body is like a bridge. When the bridge is sound, you can handle anything. But when serious illness strikes, it can weaken the



Heart Healthy Recipe from the American Heart Association

Slow Cooker Mexican Chicken Soup (6 servings)

Ingredients:

- ✓ 1 ½ lbs boneless, skinless chicken breast (fat trimmed off)
- ✓ 1 lb baby carrots
- ✓ 1 medium onion (chopped)
- ✓ 1 medium bell pepper (chopped)
- ✓ 1 can no salt added tomato sauce
- ✓ Juice from 1 medium lime
- ✓ 1 Tbsp chopped, fresh cilantro
- ✓ 2 tsp cumin
- ✓ 2 tsp chili powder
- ✓ 4 medium garlic cloves (minced)
- ✓ 1 tsp salt
- ✓ 1 tsp pepper
- ✓ 4 cups fat-free, low-sodium chicken broth

TO STORE: stir together in large bowl all ingredients except the broth. Transfer the mixture to a 1-gallon resealable plastic freezer bag. Place the bag flat in the freezer and freeze.

TO COOK: thaw the bag overnight in the refrigerator. Pour the contents of the bag into a slow cooker. Pour in the broth, stirring to combine. Cook, covered, on low for 6 to 8 hours, or until the vegetables are tender and the chicken is no longer pink in the center. Just before service, transfer the chicken to a cutting board. Using a fork, shred the chicken. Stir the shredded chicken back into the soup and serve.

foundation. When this happens, palliative care can reinforce the bridge and provide support. Watch this video to learn more: <http://bit.ly/2Dyhr3>.

Palliative care is an often-misunderstood specialty. In this episode of Cancer Mythbusters, James Tulsy, MD, chair of Psychosocial Oncology and Palliative Care at Dana-Farber discusses common misconceptions about palliative care: <http://bit.ly/2IBJhyl>

Children's Mental Health Bureau's Youth Crisis Diversion Project

“Youth Crisis Diversion Project” is a community effort to provide two important services:

- 1) quick response to youth who are having a mental health crisis; and
- 2) support to the families of these youth.

The goal of the project is to help these youths stay in their homes by responding quickly and helping families understand the system. This leads to more informed choices about services and supports that best fit the needs.

What is a crisis? A crisis is a situation and/or behavior in which there is a high level of stress for the youth and/or persons caring for the youth. When the situation cannot be resolved by the available coping methods & resources of the youth or caregiver, it's considered a crisis.

A crisis looks different for everyone. A crisis for a youth is commonly a crisis for the family. For that reason, the services the Crisis Diversion Project provides are designed to work with the whole family to make an effective plan.

The Youth Crisis Diversion Project is active in 3 towns in Montana; Helena, Hamilton and Missoula.

In Missoula, please contact: <http://www.missoulayouthcrisis.org/>

In Hamilton, please contact: <http://www.bitterrootyouthcrisis.org/>

In Helena, please contact: <http://www.helenayouthcrisis.org/>

ANNOUNCEMENTS

- Big Sky Pulmonary Conference to be held **February 7-9, 2019** at Fairmont Hot Springs. Please visit www.umt.edu/sell/cps/bigskypulmonary for more information.
- Rocky Mountain Stroke Conference to be held **May 3rd, 2019** at The Lodge at Whitefish Lake. Please visit www.montanastroke.org for more information.
- The Senior Farmers Market Nutrition Program (SFMNP) will run again **this summer**. Watch the below website for eligibility information and announcements about coupon distribution sites in your area: <https://dphhs.mt.gov/SLTC/aging/nutritionservices>.



Key Contacts

Medicaid/HMK Plus Member Help Line

For questions regarding benefits copayments, or Passport to Health: **1-800-362-8312**

[MT Healthcare Programs](#)

Nurse First Advice Line

For questions when you are sick, hurt, or have health questions.

1-800-330-7847

[MT NurseFirst](#)

Montana Relay Service

For the deaf or hard of hearing.

1-800-253-4091 or 711

Montana Public Assistance Help Line

For eligibility questions.

1-888-706-1535

[MT Public Assistance](#)

Transportation Center

For questions regarding travel or approval. **Call before you travel, or you may not be reimbursed.**

1-800-292-7114