

QUOTE OF THE MONTH

"And all at once, summer collapsed into fall." -Oscar Wilde

HEALTH HUMOR

' I use a leaf blower
on my lawn.
It's called "the wind."



by: Maria Mendoza

September is Cholesterol Education Month

More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.

What is cholesterol?

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

How do you know if your cholesterol is high?

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications.

How often should you have your cholesterol checked?

The National Cholesterol Education Program (NCEP) External recommends that adults aged 20 years or older have their cholesterol checked every 5 years.

A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides.

If you have high cholesterol, what can you do to lower it?

Your doctor may prescribe medications to treat your high cholesterol. In addition, you can lower your cholesterol levels through lifestyle changes:

- Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
- For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week.
- Maintain a healthy weight.
- Don't smoke or quit if you smoke.

Source: [cdc.gov/cholesterol/cholesterol_education_month](https://www.cdc.gov/cholesterol/cholesterol_education_month)



Freedom Home Health Care

Newsletter

September 2019

ON THIS DAY IN HISTORY

Sept.
2

1789, the third presidential cabinet department, the U.S. Treasury, was established by Congress

Sept.
16

1908, General Motors was founded by entrepreneur William Crapo "Billy" Durant in Flint, Michigan.

Sept.
25

1690, the first American newspaper was published. A single edition of Publick Occurrences Both Foreign and Domestick appeared in Boston, Massachusetts

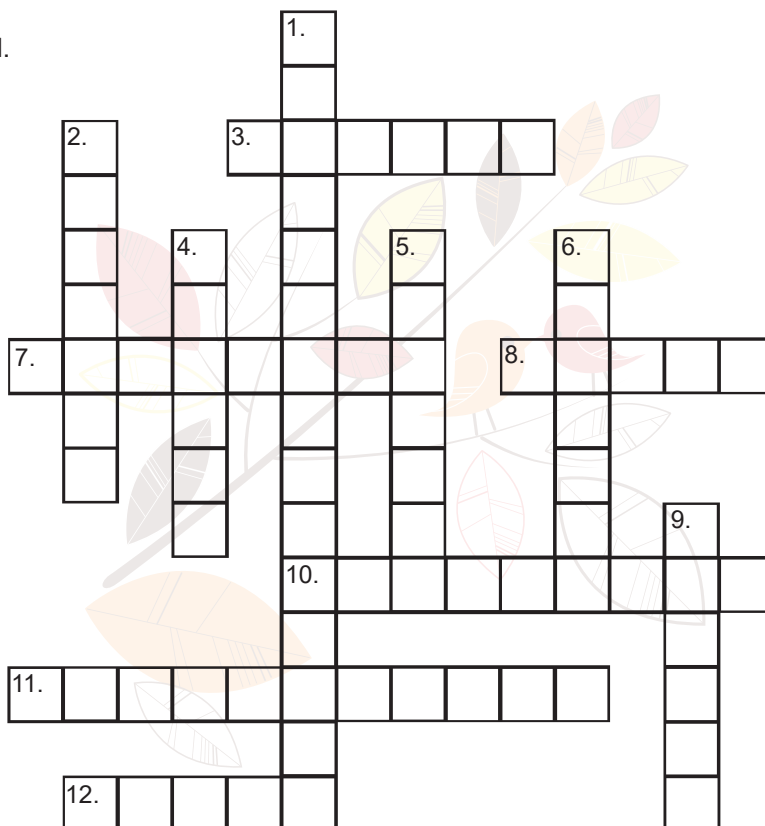
CROSSWORD

ACROSS

3. To transform or convert
7. Kicks off in the fall
8. Fly south for the winter
10. Trees that don't change color or lose leaves
11. Fall tourism in New England and the Midwest
12. Very vivid in color

DOWN

1. Nurseryman who introduced apple trees to northern America
2. Fall is one of four
4. Another name for fall
5. Trees, grass, and other plants
6. "_____ weather".
9. To come to pass; to happen



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AUGUST CROSSWORD ANSWERS:

Across: 4. Sass 7. Inept 9. CST 10. Eye 11. Laborers 14. Passport **Down:** 1. Labor Day
2. Industry 3. Lastly 5. Chips 6. PTA 8. Nap 12. Bus 13. Ozone

Stuck?
Check next month's issue
for the answers!