



Fact Sheet



MY CHOLESTEROL PROFILE: KNOW WHO YOU ARE!

Gender/age			
Woman over 50	yes	no	don't track
Man over 40	yes	no	don't track
Weight	_____ lbs/kgs		
Body Mass Ratio (wt-lbs/ht-in_ x703)	_____ 18.5 -25.0 is normal		
Diet	choose one or two you most often eat		
Meat and potatoes	_____		
Chicken and salad	_____		
Fried vegetarian	_____		
Deli sandwiches	_____		
Coffee with cream and pastries	_____		
Activity level (exercise)			
No program	_____		
5 days per week for 20 minutes	_____		
5 days per week for 1 hour	_____		
Habits			
alcohol consumption	_____	glasses per day	
		(2/day men, 1/day women)	
cigarette smoking	_____	daily	
		(one per day is a daily smoker)	
Parents and relatives			
High cholesterol known	yes	no	don't know
Low cholesterol known	yes	no	don't know
Doctor's report			
My HDL	_____	don't know	
My LDL	_____	don't know	
My triglycerides	_____	don't know	
My total cholesterol	_____	don't know	
My blood pressure	_____	don't know	
Medications I take	_____	_____	
Heart condition	yes	no	don't know
Diabetes	yes	no	don't know

Answering, even thinking about these questions helps you create a personal profile for your own heart health. When it comes to good health, a little knowledge can go a very long way!



SYMPTOMS OF OSTEOARTHRITIS

Osteoarthritis is an inflammatory disease of the joints. It is more than occasional joint stiffness and swelling from “overdoing it,” and more than “morning stiffness.” Many people are concerned about developing osteoarthritis. They want to know what symptoms to expect from this disease.

People who have osteoarthritis often complain of a deep ache, centered in the joint. Typically, the pain is aggravated by using the joint and relieved by rest. However, as the disease worsens, the pain becomes more constant. When the pain is present at night, it can interfere with sleep.

Signs and symptoms of **osteoarthritis** may include the following:

- Joint pain that becomes worse with physical movement and improves with rest
- Stiffness in the morning or after being inactive for more than 15 minutes
- Joint pain and swelling after activity or in response to a change in weather
- Numbness or tingling in an arm or leg. This symptom can occur if the arthritis has caused bone changes that put pressure on a nerve.
- Joint swelling
- Joints that are warm to the touch
- Crunching or cracking noise when the joint moves
- Limited range of motion
- Muscle weakness
- Abnormal growth of bony knobs near joints

Treatment options

Pharmaceuticals: Physicians normally prescribe steroidal or non-steroidal anti-inflammatory drugs (NSAIDs), local injections with glucocorticoids, and joint replacement surgery. Most prescription drugs are known to produce side effects with long term, daily usage.

Over-the-counter medications: These include Tylenol, Advil, Motrin.

Life style change: Diet and exercise may help alleviate symptoms of osteoarthritis.

Natural dietary supplements: These health products are developed from natural animal, vegetable or mineral resources. Because they do not produce side effects with long term usage, they offer particular value to people at the beginning stages of arthritis development.