

decide what your LDL goal should be. These factors will affect how your cholesterol will be managed and if medicines are right for you.

Learn more about heart disease risk factors from the American Heart Association at heart.org/cholesterol.

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Care ConnectionsSM

Sharing the
knowledge for
better health

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Are you prepared for a disaster?

Disasters can take many forms and happen at any time. Natural disasters like hurricanes, floods, and wildfires may cause you to leave your home. If disaster strikes, do you have a plan? For people with chronic illness, a plan is important for staying well. Let's talk about how to stay safe in emergencies by asking "who, what, and where."



WHO do I contact in case of emergency? (Put this info in your plan.)

- Include contact info for each family member, pharmacy, and your doctors.
- For disaster needs, call the FEMA Helpline at 800-621-3362. You can also visit www.disasterassistance.gov for more info.
- Try mobile apps. Use the emergency app through the **Red Cross** to get fast weather alerts and more. The **FEMA App** can help you prepare, receive weather alerts, and find shelter. These apps are free in both English and Spanish.

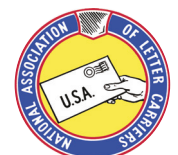
WHAT do I need to bring with me?

- An emergency kit (we will talk more about making a kit on the next page).
- Keep at least a 10-day supply of prescription medicines ready. Have an updated list of all prescriptions. Include the doses, generic names, and known allergies. If you must leave your home, take all your prescription medicines with you.

WHERE will I go?

- If you must leave your home due to a disaster, the American Red Cross can help. You can find local open shelters on the Red Cross website at www.redcross.org. Or call them at 1-800-RED CROSS (1-800-733-2767).
- You can also visit www.disasterassistance.gov for emergency shelter locations. Or, text SHELTER and your zip code to 4FEMA (43362). For Spanish, text REFUGIO and your zip code.

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How to make an emergency kit

Emergencies can happen when we least expect them. An emergency is an event that calls for urgent action. Feel more in control by getting an emergency kit ready. A well-stocked emergency kit is a great way to keep you and your family safe. It keeps all your basic supplies to survive an emergency in one place. Your kit should include enough supplies to last at least 3 days per person if you need to evacuate. You will need a 2-week supply if you are staying at home.

Make your emergency kit with the help of your doctor. Together, you and your doctor can make sure your kit meets the needs of your health condition. Include your treatment plan and a list of all your medicines. Work with your doctor and pharmacist to keep this list current. They can also help you set up an emergency supply of medicine. You may need a 10-day supply of medicine in your kit.

What to put in your emergency kit?

Here is a list of some items to include in your emergency kit. Store these items in an airtight bag or easy-to-carry container.

- Cell phone with charger and battery back-up.
- Local maps.
- Batteries.
- Flashlight.
- First Aid Kit.
- Water (at least one gallon per person per day for 3 days).
- Food (at least a 3-day supply of non-perishable food items per person).
- Masks, soap, and hand sanitizer.

Include copies of identification and insurance policies. A list of contact information for family members and emergency contacts can also be helpful. Keep these papers in a waterproof bag. Check the American Red Cross or FEMA website for a complete list of items to include in an emergency kit. Talk to your Program Nurse to learn more about how to make an emergency kit.

Know your numbers: cholesterol

What is cholesterol? And what does it do? Cholesterol is a fat-like substance in your blood. It is needed for good health. But too much of the bad kind of cholesterol can put you at higher risk for a heart attack or stroke.

Cholesterol basics

Two important types of cholesterol are low-density lipoprotein (LDL), known as the bad kind, and high-density lipoprotein (HDL), the good kind. Too much of the bad kind, or not enough of the good kind, increases the risk that cholesterol will slowly build up in your blood vessels. This can form a thick, hard substance known as plaque in the walls of arteries that feed the heart and brain. This may lead to heart disease and stroke.

Cholesterol comes from two sources. Your liver can make all the cholesterol your body needs. The rest of it in your body comes from eating animal foods like meat, poultry, and full-fat dairy products. Animal foods and some oils like palm, kernel and coconut oils are high in saturated and/or trans fats. In some people, this can cause the liver to make more cholesterol than it normally would, leading to levels that are too high.

Triglycerides are the most common type of fat in your body. A high triglyceride level can add to cholesterol build up. People with high triglycerides often have high total cholesterol.

Have your numbers checked

It's good to have your cholesterol and triglyceride levels checked regularly. A blood test measures the types of fat in your blood in milligrams per deciliter (mg/dL). How often this test should be done will depend on certain factors. Your doctor will consider your age, sex, family history, if you have diabetes, high blood pressure, if you smoke, and other things.

Managing high cholesterol

To manage cholesterol, keep healthy lifestyle habits. Eat a balanced diet, exercise, manage your weight, limit alcohol, and don't use tobacco products. Various medicines can also lower blood cholesterol. If you have high LDL cholesterol, your doctor will look at your overall risk factors to