

February 2019

Your Caring Connection

A newsletter for the patients of Fairfield Community Health Center!

**News for your health from,
Dr. Troy Hampton, CMO**

It's February, and most thoughts turn to Valentine's Day - flowers and hearts - but as your health care providers, we don't wait for Valentine's Day to think of your heart. We all know if our heart isn't working properly the rest of the body cannot function properly. One way to keep your heart healthy is to make sure your cholesterol level is within an acceptable range.

I'm sure you have heard that having a high level of cholesterol is not good. It can lead to a heart attack or stroke. All it takes to have your cholesterol level checked is a simple blood test.

There are two types of blood cholesterol: LDL ("bad") and HDL ("good"). When the body has too much LDL cholesterol or not enough HDL cholesterol, it can cause buildup called "plaque" on the walls of blood vessels. Several factors that are beyond your control, such as age, gender, or family history, can increase your risk for high cholesterol. The good news is that you CAN control many other risk factors through healthy lifestyle choices.

Healthy lifestyle choices can help keep your cholesterol in a healthy range. Start by exercising regularly, avoiding foods high in saturated fat, and taking medicines as directed if your provider orders it for you. If you have risk factors, have cholesterol levels monitored regularly. As always, you can talk to your doctor to find a management plan that works best for you.



Upcoming Community Events



Go Red for Woman-Monday, Feb 1st. Wear red for women's heart health awareness

Dr. Hernandez on 90.9-Wednesday, Feb 6th, Dr. Hernandez will be on air with Tina Gang to talk about Heart Health! Tune in at 8:30am or 5:30pm.

Laugh for Kids' Sake- Big Brothers Big Sisters' Annual Comedy Night will be February 9, 2019! Have laughs, drinks and a great time supporting a great cause. Tickets are \$20 and will be sold at Standing Stone Bank locations, Joni Campbell State Farm on 6th, 111 South Broad Street or from any BBBS board members.

Valentine's Day-Thursday, Feb 14th. It's also National Donor Day, have you registered to be a donor?

Your Caring Connection Newsletter is now available on our website!
www.fairfieldchc.org and visit the website for access to the Patient Portal.

"Building a healthy community, one life at a time!"

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services, under the Health Service Act, Section 33, 42 U.S.C. 254b, in the amount of \$1,392,607 with 75% financed with nongovernmental sources. The author and should not be construed as the official position or policy of, nor should any endorsements be inferred.

2019 Annual Chamber Trade Show: Come Together



FCHC Team Members, Laura and Jackie attended the 2019 Annual Trade Show & Awards Dinner on Saturday, January 19th. This year's theme was "Come Together", their take on the theme earned them 2nd place, a free trade show space and FCHC was honored with an announcement before dinner.



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February is American Heart Month

FACT SHEET



INVESTING IN HEART DISEASE AND STROKE RESEARCH

OVERVIEW

Cardiovascular disease (CVD), including heart disease and stroke, continues to place the highest burden on our nation's health and economy, and it's projected to get worse.¹ Currently, 1 in 3 American adults (more than 92 million) suffer from CVD.² CVD was the primary cause of more than 30% of all U.S. deaths in 2015.^{2,3} Nearly 2300 in the US die from CVD each day—1 death every 38 seconds. Although CVD death rates fell more than 22% from 2005 to 2015, the decline has slowed to less than 1% a year since 2012.⁴

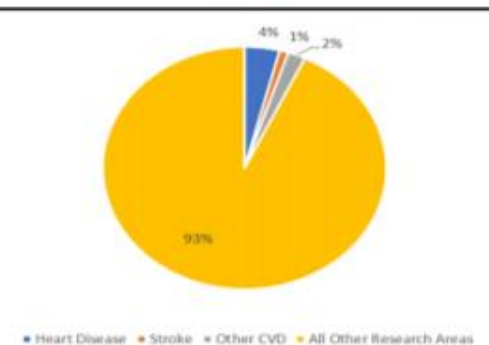
CVD BURDEN

In the U.S., heart disease and stroke are the first and fifth highest causes of death, respectively.⁵ In 2015, the direct and indirect costs for CVD were an estimated \$555 billion. Recent projections show 45% of the U.S. adult population will have some form of CVD by 2035, with total annual costs reaching more than \$1 trillion. Between 2015 and 2035, total direct stroke-related costs are expected to increase from \$66.3 billion to \$142.9 billion. Stroke prevalence is expected to increase by nearly 41%. In FY 2015, the Center for Medicare and Medicaid Services spent more per capita on stroke (more than \$32,000) and heart failure (nearly \$29,000) than any other chronic condition.⁶

NIH FUNDING VS. CVD BURDEN

Despite a significant return on investment, the National Institutes of Health (NIH) invests a highly disproportionate 4% of its budget on heart disease research, a mere 1% on stroke research, and only 1% on other CVDs (see chart). This funding level is not commensurate with scientific opportunities, the number of people afflicted with CVD, or the physical and economic burden it inflicts on our nation.

Heart Disease, Stroke, and Other CVD Research Funding as a Percent of Total NIH Funding FY 2017



NIH HEART AND STROKE RESEARCH BENEFITS THE ECONOMY

- NIH funding supported more than 400,000 jobs and nearly \$70 billion in economic activity nationwide in 2017.⁷
- For every \$1 spent on CVD research, the return on investment is \$30.⁸
- A study estimates the original National Institute of Neurological Disorders and Stroke-funded tPA trial resulted in a 10-year net benefit of \$6.47 billion.⁹
- The NIH's *Women's Health Initiative* resulted in a total economic return of \$140 for every \$1 invested in the trial and led to 76,000 fewer cases of cardiovascular disease.¹⁰

NIH HEART AND STROKE RESEARCH → BETTER PATIENT OUTCOMES

Some of the major advances in heart disease and stroke treatments include the following:

- According to the SPRINT trial, adults over age 50 have a 25% reduced risk of heart attack, heart failure, and stroke, and a 27% less likelihood of all cause death by maintaining a systolic blood pressure of less than 120 mm Hg compared to the previous standard of 140 mm Hg.¹¹

Last Updated: 3/2018

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Transforming Classrooms Into “Care” Rooms – *The South School Project*

Want to play a part in helping your health center
build a healthy community?

Go online to the FCHC web page:

www.fairfieldchc.org and donate today!



Every little bit helps!



A Note from Fairfield Community Health Center, CEO, Lisa Evangelista



I hope all of you are having a happy and healthy new year. The flu season is really nasty this year so if you haven't already received your flu shot please visit one of our locations. Remember that we continue to have walk in Wednesdays at the Hunter Trace Location from 8:00am-Noon and the Main Street location 1:00pm-5:00pm every week. We continue to plan fundraising events and meet with potential donors this year to hopefully begin our renovation of the South School by

fall of 2020. ~Lisa

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