

# COMPASS

## Ounce of Prevention Pounds of Cure

### No-Cost-Sharing Preventive Services Lead to Early Treatment, Peace of Mind

by kathy hayes

*It's the start of a fresh new year*

– and a perfect time to chart a course for taking better care of yourself. Resolve now to prevent health problems from occurring and to diagnose and manage health issues before they escalate.

As a result of the Affordable Care Act, many preventive services, including certain screenings, prevention and disease-management counseling, vaccines and preventive medicines, are now provided at no out-of-pocket cost to patients covered by most private insurance plans. This means you do not have to satisfy your deductible first, and you aren't subject to a co-payment for that service if you are covered by a qualifying plan.

The U.S. Preventive Services Task Force, an independent panel of experts in prevention and evidence-based medicine, recommended the preventive services. Covered services – those that appear on the task force's "A" and "B"

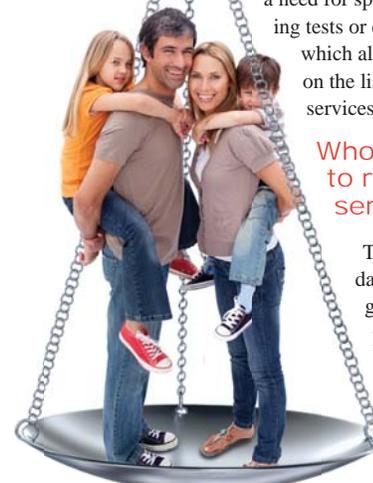


lists – have been proven to help people stay healthy and avoid or delay the onset of disease.

Contraception methods and counseling from a qualified health-care provider for healthy eating, drug-, alcohol- and tobacco use, and domestic and interpersonal violence are among the

prevention-related health services that may be available at no extra cost to insured individuals.

The list of no-cost-sharing preventive services also includes more than two dozen screenings that help identify unrecognized diseases before people develop signs and symptoms. "The goal of screening is to check for diseases earlier when they may be easier to treat," says Dr. Bruce Cooper, medical director at the Health District. Among the covered services are screenings (for people of certain ages) for high blood pressure, cholesterol, diabetes, depression, osteoporosis and many cancer screenings, including mammograms and colonoscopies, as well as tests for newborns, children and pregnant women.



"Other screenings apply only if you are in a higher risk group," Dr. Cooper adds. "Depending on, say, your smoking history, sexual practices or family history, you may have a need for special screening tests or counseling, which also are included on the lists of covered services."

### Who's eligible to receive services?

The ACA mandates that non-grandfathered private health plans provide a range of preventive services at no extra cost to patients.

Many of these same services are also provided at no cost for Medicare patients.

Grandfathered plans – those that were in place prior to March 23, 2010 – are not required to comply with ACA mandates until they increase patient cost-sharing, cut benefits or make other significant changes. Plans that lose

▶ continued on page 4

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|--|--|--|--|---|---|
| <p><b>I</b><br/><b>N</b><br/><b>S</b><br/><b>I</b><br/><b>D</b><br/><b>E</b></p> | <p>Your refrigerator<br/>Keep your cold food safe.</p> <p><b>2</b></p> |  <p>Stay tobacco-free<br/>How to stay quit once you quit.</p> <p><b>3</b></p> | <p>3 Hopeful Hearts<br/>Offering compassion in loss.</p> <p><b>5</b></p>  | <p>Four-season fitness plan<br/>Part three features winter, motivation tips and snowshoeing.</p>  | <p><b>6</b></p> <p>Health District news<br/>Mental health, prescription assistance programs expand.</p> <p>Free cholesterol screenings in February.</p> <p><b>7</b></p> |
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**meetings** Board meetings are usually held monthly on the fourth Tuesday at 5:30 p.m. at the Health District office. The public is welcome; call 224-5209 to confirm meeting dates and times.

**programs and services** CHP+/Medicaid Outreach Project  
Community Impact Team  
Dental Connections  
Family Dental Clinic  
Health Care Matters  
HealthInfoSource.com *A partnership with Larimer County Department of Health & Environment*  
Heart Health  
Integrated Primary Care/ Mental Health Program  
Mental Health Connections *A partnership with Touchstone Health Partners*  
Prescription Assistance  
Quit Tobacco

# Avoid the Monster Lurking in the Chill

## Keep your refrigerated foods BACTERIA-FREE

by kathy hayes

Cold and flu viruses are not the only health hazards to avoid this winter. Improperly stored foods in your refrigerator could also put you at risk. “Both short- and long-term health problems can result from unsafely storing food,” says Bobbie Puckett, R.D. To prevent harmful bacteria from growing on perishable foods, Puckett recommends following these food safety guidelines:



### Do:

- ▶ Refrigerate perishables within two hours.
- ▶ Freeze leftovers that you will not be eating within a few days.
- ▶ Thaw or marinate foods in the refrigerator – always! Harmful bacteria can quickly multiply at room temperature.
- ▶ Keep leftovers in clear, labeled containers and in plain view in your refrigerator. Reinvent leftovers as soups, stews, salads, casseroles, pizza or quesadillas.
- ▶ Know when to throw food out. You can't always see or smell harmful bacteria on food. Rules of thumb for how long food can keep:
  - Salads containing egg, chicken, ham, tuna or macaroni: 3-5 days.
  - Leftovers such as cooked meats, pizza, soups and stews containing vegetables or meats: 4 days.
  - Perishable foods that have been above 40 °F for more than two hours: discard immediately.

### Don't:

- ▶ Store raw meats above other foods. Be sure to throw out any foods that come in contact with raw meat juices.
- ▶ Jam-pack your fridge. Leave room for cold air to circulate, so foods will remain properly chilled.

### Shopping Smarts:

- ▶ During sales, stock up on staples that freeze well such as meats, breads, and certain fruits or vegetables. Freeze them in small portions and thaw only a little at a time for use in quick midweek meals.
- ▶ When buying fresh produce, choose some pieces that are ripe along with a few less-ripe items to be used later in the week. Avoid buying perishable food in bulk, such as huge blocks of cheese, unless it will be used before going bad.

Keep these tips in mind to prevent food waste and excessive trips to the store – and to ensure that the foods in your refrigerator won't cause you harm. ✨

### To learn more:

- ✓ [www.FoodSafety.gov](http://www.FoodSafety.gov)
- ✓ Safe Food Handling Fact Sheets at [www.USDA.gov](http://www.USDA.gov)
- ✓ USDA Meat and Poultry Hotline, 1-888-674-6854

# Staying Smoke-Free *after* you quit

by kim lipker

It's easy to relapse, but it *is* possible to get *tobacco gone for good*

**Q**uitting a habit takes practice, and smoking is no exception. Because most people who quit tobacco will find themselves smoking again at some time, the Step Free program at the Health District is designed to help people succeed no matter how many times they have attempted to quit. Quitting with the right support is important, and the Health District provides free resources such as nicotine patches, gum or lozenges, along with helping clients develop a tobacco-cessation plan.

Tobacco treatment specialists with the Health District's Step Free program, Rosi Davidson and Norma Pomerleau, work every day with people who are trying to quit. "For some it may take seven to eight times before they quit," says Davidson. And Pomerleau adds, "The only way to fail is to quit trying."

For many smokers who quit, reaching for tobacco again will happen when they go through their first stressful event post-cigarette. Davidson says that you have to ask yourself what else you can do besides smoke when you are bored, lonely, stressed or angry. She says it is also important to remember that you will still have the stress – whether you smoke or not.

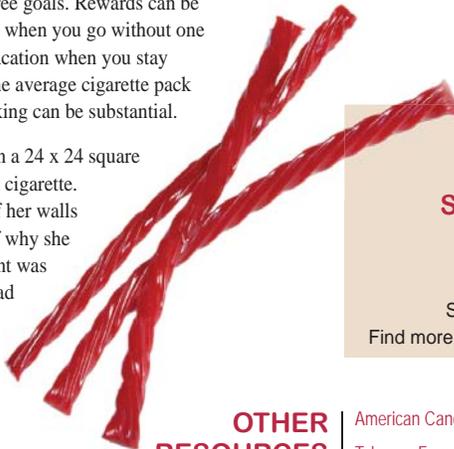
"When I talk to people who quit, I try to help them focus on how to plan to not have a cigarette when they are stressed," says Pomerleau. "I walk people through pre-relapse situations so they are prepared for anything. It can be having a friend ask you to join them for a cigarette outside, or knowing you will want a cigarette to calm down before a family event. If you visualize not having a cigarette before these events happen, it can really help."

Another way smokers start smoking again is that they don't know what else to do to take a break. Davidson says that smokers have the right idea when they are taking a "smoking break." It is a good habit to get into – just not with the nicotine. She advises her clients to take "fresh air breaks," complete with deep, cleansing breaths. If they need something in their hands, she has them take a straw on their break. This way they are satisfying their hand-to-mouth action and eliminating the intake of toxic chemicals.

"I talk to many people about using affirmations and visualization to stay smoke-free," says Pomerleau. "I ask them to visit their default future. What does their life look like in five years? How does smoking fit into this life? What about not smoking? What are their life goals and how does smoking fit in there? What about not smoking?"

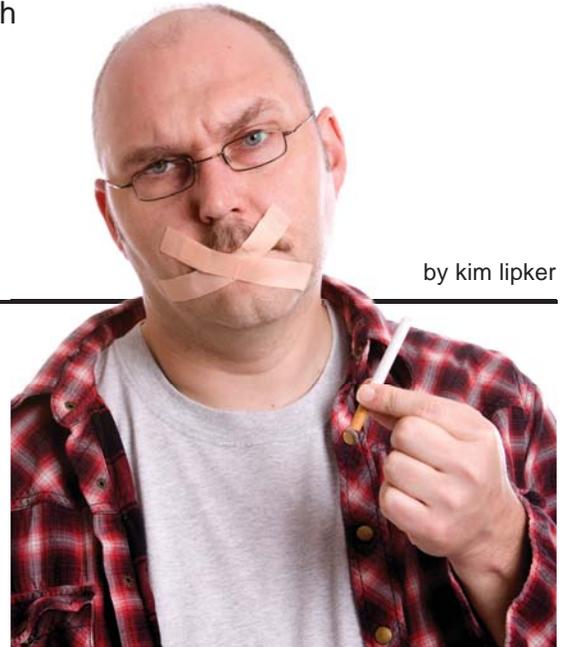
Using these exercises works for many who stay smoke-free. For some, a reward system works well with achieving smoke-free goals. Rewards can be something as small as a bubble bath when you go without one cigarette to something as big as a vacation when you stay tobacco-free for six months. With the average cigarette pack price at \$5, the savings for not smoking can be substantial.

"I had one client who would clean a 24 x 24 square on her wall every time she wanted a cigarette. She was literally cleaning the tar off her walls and she did this to remind herself of why she quit," says Davidson. "Another client was so ingrained in her habits that she had trouble eliminating her 'car cigarette.' All of her other cigarette habits were gone, but she'd get in the car and need to smoke. She detailed her car, put licorice in her ashtray and that did the trick." 



## OTHER RESOURCES

American Cancer Society - [www.cancer.org](http://www.cancer.org) 1-800-Quit-Now - [www.smokingstopshere.com](http://www.smokingstopshere.com)  
Tobacco-Free Kids - [www.tobaccofreekids.org](http://www.tobaccofreekids.org) American Lung Association - [www.lungusa.org](http://www.lungusa.org)



## Benefits of Quitting

### 20 minutes after quitting:

Your heart rate and blood pressure drop.

### 12 hours after quitting:

The carbon monoxide level in your blood drops to normal.

### 2 weeks to 3 months after quitting:

Your circulation improves and your lung function increases.

### 1 to 9 months after quitting:

Coughing and shortness of breath decrease; cilia regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

### 1 year after quitting:

The excess risk of heart disease is half that of a smoker.

### 5 years after quitting:

Your stroke risk is reduced to that of a nonsmoker.

### 10 years after quitting:

The lung cancer death rate is about half that of a smoker. The risk of cancer of the larynx and pancreas decreases.

### 15 years after quitting:

The risk of coronary heart disease is that of a nonsmoker.

Source: American Cancer Society, [www.cancer.org](http://www.cancer.org)

## Take the next step...

Join the Health District's

**Step Free Program for Quitting Tobacco**  
**Wednesday evenings, 6 - 7:30 p.m.**  
**February 6 - March 13**

Spaces fill up quickly! Call (970) 224-5209 today to register.

Find more information on page 8 or at [www.healthdistrict.org/stopsmoking](http://www.healthdistrict.org/stopsmoking).

their grandfathered status must then adhere to the ACA's preventive service requirements. This year, it's expected that the majority of employer plans will no longer have grandfathered status.

Even if you're covered by a non-grandfathered plan, be sure to check with your insurance provider about which services you're eligible to receive at no extra cost. "Insurance plans are supposed to cover these mandated preventive services, but the details about what exactly is covered and who pays for it aren't necessarily consistent between plans," notes Dr. Cooper.



## Preventive services for target populations

Some preventive services, such as blood pressure checks, obesity screening and counseling and certain immunizations, are recommended as beneficial for everyone, while others are recommended specifically for men, women or children having certain risk factors.

No-cost-sharing screening for colorectal cancer, for example, applies to adults over 50, and screening for type 2 diabetes is available

for adults with high blood pressure. Breast cancer mammography screenings are recommended every 1-2 years for women over 40 and osteoporosis screening for women 60 and older, depending on risk factors. Newborns are eligible for hearing screenings, children of all ages may receive behavioral assessments during different developmental stages, and both teens and adults may be screened for depression.

## Recommended services for adults

Dr. Cooper recommends keeping your vaccinations up to date, getting your blood pressure and cholesterol checked and discussing your Body Mass Index, or BMI, with your health-care provider. "Colorectal cancer screening is important beginning at age 50 and sooner if it runs in your family." He encourages both men and women to talk to their doctor about which preventive services are important for them. Parents should have the same discussion with their child's health-care provider. A good Internet site where you can look up recommended prevention services is <http://healthfinder.gov>.

Quitting tobacco use is one of the single most powerful prevention steps a person can take, Dr. Cooper notes. "For every day you continue to smoke you take up to 5 hours off your life," he says. Although tobacco use screening for all adults and cessation interventions for tobacco users is covered by the new law, there is wide variation on how this is being implemented by different health plans. Each insurance plan has specific guidelines on who provides these services, and where, sometimes leading to confusion about what exactly is covered. Before scheduling a screening or counseling to help you stop smoking, call your insurance provider for details about if and how you can receive these services at no additional cost.

Preventive services can, in many cases, save lives, and making these services available at no extra cost to individuals will likely lead to healthier lifestyles and healthier outcomes. "It's really basic economics," says Dr. Cooper. "If the out-of-pocket costs are reduced, more people will take advantage of these lifesaving services." ✨

This list includes many of the preventive services that are covered for adults under the Affordable Care Act. Different insurance plans may have specific guidelines about how, where and by whom certain services can be provided. Check with your plan to verify coverage before scheduling any service.

- ❑ **Abdominal Aortic Aneurysm** – one-time screening for men of specified ages who have ever smoked
- ❑ **Alcohol Misuse** – screening and counseling
- ❑ **Blood Pressure** – screening for all adults
- ❑ **Cholesterol** – screening for adults of certain ages or at higher risk
- ❑ **Colorectal Cancer** – screening for adults over 50
- ❑ **Depression** – screening for adults
- ❑ **Type 2 Diabetes** - screening for adults with high blood pressure
- ❑ **Diet** – counseling for adults at higher risk for chronic disease
- ❑ **HIV** – screening for all adults at higher risk
- ❑ **Immunization** – vaccines for adults (doses, recommended ages, and recommendation populations vary):
  - Hepatitis A
  - Hepatitis B
  - Herpes Zoster (shingles)
  - Human Papillomavirus (HPV)
  - Influenza (flu)
  - Measles, Mumps, Rubella (MMR)
  - Meningococcal
  - Pneumococcal
  - Tetanus, Diphtheria, Pertussis
  - Varicella (chickenpox)
- ❑ **Obesity** – screening and counseling for all adults
- ❑ **Sexually Transmitted Infections (STI)** – prevention counseling for adults at higher risk
- ❑ **Syphilis** – screening for all adults at higher risk
- ❑ **Tobacco Use** – screening for all adults and help quitting (cessation interventions) for tobacco users

## Know which services are covered

For a complete list of preventive services covered by private insurance plans under the Affordable Care Act, go to [www.healthcare.gov](http://www.healthcare.gov) and click on the "Prevention, Wellness & Comparing Providers" tab. The website also contains a link to information about vaccinations.

Preventive and screening services for Medicare patients:  
[www.medicare.gov/coverage/preventive-and-screening-services.html](http://www.medicare.gov/coverage/preventive-and-screening-services.html)



# 3Hopeful Hearts

*Helping Parents Who Have Lost a Child to Find Hope Again*

by kathy hayes

**F**or Kristin Glenn and Bonnie Cochran, the question, “How many children do you have?” gives pause for thought. Both women have lost a child, yet those children are – and always will be – very much a part of their families.

“Even though it’s been 18 years since my son died, I will never put closure to that,” says Glenn.

Their common loss brought Cochran and Glenn together – along with Betsy Strafach, a professional photographer who provides remembrance photos for families who have experienced perinatal or infancy loss – to realize Glenn’s dream of creating an annual candlelight tribute for bereaved families. Since the inaugural Candlelight Tribute in 2008, the event has grown each year, drawing families from throughout Colorado and Wyoming.

Wanting to provide more events and greater support for families grieving the loss of a child led the three women to form 3Hopeful Hearts, a nonprofit organization that provides bereaved parents and families opportunities to honor, find hope and seek healing through events, support, education and remembrance.

“When you’re grieving, it feels impossible to take that first step,” says Glenn. She hopes that 3Hopeful Hearts will help families connect with the comfort and support. The organization reaches out through 3Hopeful Hearts’ Candlelight Tribute, Walk to Remember and other special events. There are also support groups, a resource library, and individualized services that include helping to plan a memorial for the deceased child. Lists provided by 3Hopeful Hearts offer ways that friends, co-workers and health-care providers can help bereaved families.

A big step to moving forward after losing a child is realizing that you’re not alone. “Being aware of others who have also lost a child doesn’t take away the pain, but it helps you realize that others have survived,” says Glenn. “You see how some people have found healing and hope and ways to integrate the loss into their lives rather than bringing closure to it.”

The three founders of 3Hopeful Hearts have extensive training and bring their own unique gifts to the organization and the different support groups they lead. Support groups are focused on different loss experiences – the loss of a child, perinatal loss and infertility. There’s also a support group for grandparents to address the double grief they experience: watching their child grieve while also grieving the loss of their grandchild.

“When you lose a child, you’re looking for a community that truly understands what it’s like to lose a child,” says Cochran.

Says one bereaved parent who attended the child loss support group, “The group wasn’t ‘magic.’ There were no words uttered that could take my pain and grief away. But there was a sense of validation, a sense of shared empathy, as I realized that others had journeyed through grief and found ways to find hope again.” ✨

## 2013 Events

- April 20:** The Birdhouse Project, Club Tico at City Park, [www.thebirdhouseproject.com](http://www.thebirdhouseproject.com)
- Sept. 8:** 3Hopeful Hearts’ Walk to Remember and dove release, City Park Lake
- Dec. 1:** 3Hopeful Hearts’ Candlelight Tribute, Fort Collins Senior Center



“The goal of 3Hopeful Hearts is to be available for all families who want support and to be familiar with all the resources our community has for bereaved families. We don’t compete; instead, we complement one another.”

~ Betsy Strafach  
co-founder, 3Hopeful Hearts

## Get in Touch

Supported entirely by volunteers, donations and grants, 3Hopeful Hearts’ events and services are available to bereaved families and friends grieving the loss of a child of any age, including adult children.

*To learn more:*

[www.3hopefulhearts.com](http://www.3hopefulhearts.com)

Kristin Glenn, (970) 227-1229  
Bonnie Cochran, (970) 222-1517  
Betsy Strafach, (970) 222-6720

# Four-Season Fitness Plan

by kim lipker



## Seasonal Fitness

### Nancy's Fit Focus for Winter:

#### Snowshoeing

*Snowshoeing is great exercise, but don't be fooled! It looks easy, but it will tire you out if you are not prepared. You don't want to find yourself far from home without the energy for the trip back.*

*There are many different types of snowshoes: recreational, aerobic and backpacking. Snowshoe size is related to your weight – the heavier you are, the larger snowshoe you need to distribute the weight. Poles are great for keeping your balance. Renting snowshoe equipment is a great option for beginners.*

*Dress in layers as you are likely to sweat and don't want your clothes getting iced when you stop. Make sure your shoes are waterproof—leather hiking boots work great.*

#### Warm up

1. Walk slowly for 5-10 minutes to allow the body core to warm up.
2. Actively stretch your calves by pressing one heel back at a time. Hold 3-5 seconds and repeat 3-5 times. Stretch your back and hamstrings by gently touching your toes. Hold 3-5 seconds and repeat 3-5 times. Stretch your thighs by stepping one foot back,

bending both knees and slightly leaning back until you feel a stretch in the hip flexors and the thigh. Hold 3-5 seconds and repeat 3-5 times.

3. Stretch the upper body by interlacing your fingers and reaching your arms overhead, then slightly lean from side to side. Interlace fingers behind your back to stretch the chest and front shoulders. Finally, stand with legs apart, arms supported on your hips, and turn your torso to one side, then the other. Repeat the upper body sequence 3-5 times.

Stretch these muscles and avoid any sprains, strains, pulled muscles or spasms.

#### Cool down

First off, slow down your pace and make sure you zip up. It's amazing how quickly you cool down. Cooling down slowly keeps muscles from tightening up. After cooling down, stretch. You can do the same stretches you started with but hold them 20-30 seconds, repeating each once or twice.

Winter and workouts are usually not synonymous. Winter is typically about cold weather, staying snuggled up in your warm bed and the all-time winter cliché of hibernation. Dressing in layers to go for a walk or even the short, dark days can discourage you from heading to your gym class.

“Make this winter the one where you resolve to start the new year as the healthiest yet—with more energy and vitality,” says Nancy Stilson-Herzog, local health and wellness coach, certified fitness trainer, and founder of Fitter Fort Collins Health & Wellness. “By implementing a few simple steps like eating healthy and staying active, you can come through the colder season looking and feeling your best.”

Stilson-Herzog recommends turning winter activities into complete workouts. For example, schedule a snowshoe excursion once a week. Make it a group or family effort and you will find a new reason to get out and about during the weekend. The remaining two days of recommended activity can be a typical workout routine, a new fitness class or a walk.

“Winter is my favorite time of year to promote creative outdoor exercise. This can be everything from snowshoeing to walks in the snow after a fresh snowfall,” says Stilson-Herzog. “What is most important about exercise in winter is to schedule your workouts just as you would any appointment. It's okay if you don't make it to class, just make sure you get some activity at least three days a week.”

If you do not have access to snowshoes, remember that the best part of winter play is that you can still get your heart rate up and have a cardio session: make snow angels, have a snowball throwing contest, build a snowman, go sledding. Snow not up to par? Try ice skating – it can burn more than 450 calories per hour and ice skating indoors is always in season.

“The key with any workout is to hydrate, hydrate, hydrate. Winter is always so dry, and being outside in the cold lends itself to less water intake,” says Stilson-Herzog. “Keep water with you throughout the day and don't forget to bring it with you on your winter workouts.”

Stilson-Herzog says to focus on what you appreciate about the winter season and how it can aid in your overall fitness goals. Remember that those hibernation rewards are that much sweeter after a good workout. There is nothing like sitting by the fireplace with a big mug of a favorite, healthy, hot beverage and watching it snow.

## Financial eligibility expanded for prescription assistance, mental health programs

For some, getting the medications they need can be life-changing. For others, it's access to a mental health counselor. Now the Health District is able to provide prescription assistance and reduced-cost mental health counseling to more people with low incomes and no health insurance.

Local residents with household incomes up to 250 percent of Federal Poverty Guidelines (\$57,625 for a family of four) now will be eligible for the Health District's Prescription Assistance program. They also will be eligible for low-cost counseling provided by local therapists and coordinated by the Mental Health Connections program. Eligibility for both services previously was limited to individuals earning 200 percent or less of the Federal Poverty Guidelines.

The Prescription Assistance program provides vouchers that residents can redeem at certain local pharmacies along with a small co-pay. Program staff also help people apply for patient assistance programs through which many drug manufacturers supply certain medications for free or at low cost to qualifying individuals. The Health District program is open to residents of northern Larimer County, as well as out-of-district residents who are served by Poudre Valley Hospital or who have an in-district physician with University of Colorado Health.

In 2011, the program provided more than 18,000 one-month prescriptions to almost 1,500 people.

In the Health District's 2010 Community Health Survey, 13 percent of Larimer County adults reported being unable to fill a prescription within the previous two years. Among those with low incomes, the figure was 22 percent.

Low-cost counseling is one of several services provided by Mental Health Connections, a partnership between the Health District and Touchstone Health Partners (formerly Larimer Center for Mental Health) that provides mental health and substance abuse assistance and referrals. The counseling service matches qualifying district residents with participating therapists in the community. Clients pay a co-pay based on a sliding scale.

Nearly a quarter of the Larimer County adults who responded to the 2010 Community Health Survey said they had delayed seeing a mental health provider during the previous two years because of cost. With the change in eligibility, more people may be able to get mental health care.

For more information on the Prescription Assistance program, call (970) 416-6519 or visit [www.healthdistrict.org/rxhelp](http://www.healthdistrict.org/rxhelp).

For more information on Connections, call (970) 221-5551 or visit [www.healthdistrict.org/mentalhealth](http://www.healthdistrict.org/mentalhealth).

## GET WITH THE BEAT!

February is American Heart Month – let the Health District help you learn your numbers for FREE!

**K**eeping your cholesterol levels healthy is a great way to keep your heart healthy and lower your chances of getting heart disease. The first step is to know your cholesterol numbers by getting your cholesterol tested. Did you know that the Health District offers easy, inexpensive and accessible testing all year? Not only that, but the Health District is offering free tests to all district residents in February.

Cheri Nichols, clinical nurse manager of the Health District's cholesterol screening and counseling program tells *Compass* readers why taking care of your heart is so important. Nichols and her team of registered nurses travel throughout the district to different community locations and businesses to provide screenings and interactive consultations with patients. This includes discussion and materials on what the cholesterol and blood pressure numbers mean and how to manage your overall cardiovascular health.

### Q: At what age should I get my first heart-health screening?

**A:** Heart disease happens over time, so the earlier you know your numbers, the more you can do to keep your heart and blood vessels healthy. You need to establish a baseline, so age 20 is a good time to get your first screening.

According to the American Heart Association, the traditional risk factors for coronary artery disease are high LDL cholesterol, low HDL cholesterol, high blood pressure, family history of heart disease, diabetes, smoking, being post-menopausal for women and being older than 45 for men. Obesity may also be a risk factor.

Some risk factors are in your control and some are not. Throughout your life, healthy lifestyle practices can make a big difference in keeping your heart healthy.

### Q: How are the Health District screenings different?

**A:** The cholesterol test results are available in five minutes which gives us the opportunity to explain the test results and weave into the conversation the nutritional and lifestyle strategies you can use to improve your cholesterol numbers and avoid high blood pressure. In addition, we make it easy to get tested close to where people live and work.

Once you learn your numbers, we encourage patients to take steps to maintain healthy cholesterol and blood pressure levels.

### Q: How often should I have a heart-health screening?

**A:** Consider your risk for heart disease and your numbers. If your risk is high and/or you have problems with your cholesterol, it's a good idea to get more frequent testing, even as often as every year. If you are low risk and have good numbers, you can get tested every two to five years. Since cholesterol often increases with age, it is a good idea to increase the frequency of testing as you get older.

Health District cholesterol screenings are scheduled throughout the year (a current list of screenings is on page 8). Generally, appointments are required and a 12-hour fast is recommended: walk-ins are accepted as space allows. Call (970) 224-5209 for more information or visit [www.healthdistrict.org/heart](http://www.healthdistrict.org/heart). Businesses interested in scheduling on-site screenings for employees should call Cheri Nichols at (970) 224-5209.

- Total Cholesterol
- HDL - Good Cholesterol
- LDL - Bad Cholesterol
- Triglycerides
- Blood Pressure
- Blood Glucose
- Framingham 10-year Risk Appraisal
- American Diabetes Association Risk Appraisal Score
- Personalized Consultation



**I**n recognition of American Heart Month, the Health District will offer free cholesterol tests in February. Call (970) 224-5209 for your appointment.

# classes, screenings and services

## cholesterol screenings

Find out your total cholesterol, HDL, LDL, triglycerides and blood glucose. Health District residents who have never received our screening are eligible to receive their first screening for free. Cost for all others is \$15. Sliding fees available.

All screenings are 8:15-10:30 a.m. unless otherwise indicated. Appointments are required; call (970) 224-5209. No walk-ins are accepted for cholesterol tests. A 12-hour fast is required; water and medications are permitted.

Visit [www.healthdistrict.org/heart](http://www.healthdistrict.org/heart) for more information.

### January

**Thurs., Jan. 24** – Health District, 120 Bristlecone  
**Tues., Jan. 29** – Harmony Library, Shields and Harmony

### February - screenings are FREE for Health District residents!

**Tues., Feb. 5** – Senior Center, 1200 Raintree  
**Thurs., Feb. 7** – Spirit of Joy Church, 4501 S. Lemay  
**Tues., Feb. 12** – Larimer County Courthouse offices, 200 W. Oak  
**Wed., Feb. 13** – CSU – Lory Student Center, 8 a.m.-12 p.m.  
**Thurs., Feb. 14** – Fort Collins Club, 1307 E. Prospect, 8-11:30 a.m.  
**Tues., Feb. 19** – Saint Josephs Church, 300 W. Mountain  
**Wed., Feb. 20** – Timnath Presbyterian Church – 4020 Main St., Timnath  
**Thurs., Feb. 21** – Senior Center, 1200 Raintree  
**Sat., Feb. 23** – Senior Center, 1200 Raintree  
**Tues., Feb. 26** – Raintree Athletic Club, 2555 S. Shields, 8-11:30 a.m.  
**Thurs., Feb. 28** – Health District, 120 Bristlecone

### March

**Tues., March 5** – Senior Center, 1200 Raintree  
**Thurs., March 7** – Spirit of Joy Church, 4501 S. Lemay  
**Tues., March 12** – Larimer County Courthouse offices, 200 W. Oak  
**Thurs., March 21** – Senior Center, 1200 Raintree  
**Tues., March 26** – Harmony Library, Shields and Harmony  
**Wed., March 27** – Front Range Community College, 4616 S. Shields, 9 a.m.-2 p.m.  
**Thurs., March 28** – Health District, 120 Bristlecone

### April

**Tues., April 2** – Senior Center, 1200 Raintree  
**Thurs., April 4** – Spirit of Joy Church, 4501 S. Lemay  
**Tues., April 9** – Larimer County Courthouse offices, 200 W. Oak  
**Thurs., April 18** – Senior Center, 1200 Raintree  
**Thurs., April 25** – Health District, 120 Bristlecone



## blood pressure checks

### OFFERED MONTHLY!

Free 5- to 10-minute walk-in blood pressure reading and consultation with a registered nurse.

The consultation includes discussion and materials on:

- What does blood pressure mean?
- How can I keep my blood pressure where it needs to be, lowering my risk of heart attack and stroke?
- What's the right way to monitor my blood pressure?
- Follow-up suggestions.

Checks are on the third Monday of the month from 10 a.m. to noon at the Fort Collins Senior Center, 1200 Raintree. No appointment necessary.

Visit [www.healthdistrict.org/heart](http://www.healthdistrict.org/heart) for more information.



## thinking of quitting tobacco?

*Hundreds of Fort Collins residents have quit by using our program and YOU CAN, TOO!*

Call today:  
**(970) 224-5209**

INDIVIDUAL  
 COUPLES  
 GROUP SESSIONS

- Free nicotine patches / gum / lozenges
- Free first visit
- No-pressure approach
- Successful, evidence-based techniques
- Tailored to your individual needs
- Fees based upon your ability to pay



## additional services

Eligibility requirements vary for these services. For specific eligibility requirements, check the Health District website at [www.healthdistrict.org](http://www.healthdistrict.org) or call the number listed. Sliding fees are available for most services.

**Mental Health Connections** *A partnership with Touchstone Health Partners*  
 Mental health and substance abuse resources  
 525 W. Oak • (970) 221-5551

**Family Dental Clinic**  
 Affordable dental care for both children and adults  
 202 Bristlecone • (970) 416-5331

**Dental Connections**  
 Referrals to dentists and help finding affordable care  
 202 Bristlecone • (970) 493-3366

**Child Health Plan Plus (CHP+)/Medicaid Outreach Project**  
 Assistance with enrollment in public health insurance  
 120 Bristlecone • (970) 472-0444

**Prescription Assistance**  
 Help with affordable prescriptions  
 120 Bristlecone • (970) 416-6519

**Health District**  
 OF NORTHERN LARIMER COUNTY

VOICE OPINIONS

SHARE SOLUTIONS

DISCUSS ISSUES

BE HEARD

Health care in Colorado needs your voice!  
 The Health District, a grantee partner of Project Health Colorado, facilitates discussions designed to collect your thoughts on health care to share with Colorado leaders.

Discussions are

- free
- fun
- interactive
- organized by our Health Care Matters team
- and include gift cards for all attendees

Health Care  
**Matters!**  
 Too important to ignore

Contact us to schedule a meeting for your group at (970) 224-5209 or at [info@healthcarematters.net](mailto:info@healthcarematters.net)

[www.healthcarematters.net](http://www.healthcarematters.net)