

HAPPY VALENTINE'S DAY

What's New at Guilford Medical Associates?

Newsletter

This is the second installment of our monthly newsletter intended to keep our patients informed about important medical issues, news regarding our office and policies, and upcoming events at GMA. These newsletters will be available for you in our office waiting room. In addition, you can always view the latest version and links to archive versions on our website: www.guilfordmedical.com.

Employee Recognition

Two of our clinical staff members, Stephanie "Danielle" Overman and Makenzie Beach recently became Certified Medical Assistants by passing a state-mandated exam. Congratulations!

New Laboratory Hours

Effective February 1, we extended our lab hours. Labs for annual physical exams are done from 7:45 until 9:00 AM. Walk in lab hours are 9 – 12 and 2:00 – 4:30.

CALENDAR OF EVENTS

IN OBSERVATION OF GOOD FRIDAY
GUILFORD MEDICAL ASSOCIATES WILL BE CLOSED
FRIDAY MARCH 21, 2008

**CHECK OUT OUR UPDATED WEBSITE AT
WWW.GUILFORDMEDICAL.COM**

Keeping Your Heart Healthy

American Heart Month

In honor of American Heart Month, February's newsletter will focus on Heart Disease awareness and prevention. Did you know?

- Coronary Heart Disease is the leading cause of death in the US.
- Cardiovascular diseases, including heart attack and stroke, account for 1 out of every 2.8 deaths in the US.
- Cardiovascular disease claims as many deaths each year as cancer, chronic lung diseases, diabetes, and accidents, combined.

Fortunately, risk factor modification has been proven to reduce your risk of developing heart disease. Here's what you can do:

- **Stop smoking!**
- **Lower your cholesterol.** While goals vary based on your other risk factors, some general "ideal" ranges for cholesterol are:
 - Total cholesterol below 200
 - LDL (bad cholesterol) below 100 (70 if you have diabetes or prior heart disease)
 - HDL (good cholesterol) above 40-50
 - Triglycerides below 150
- **Lower your blood pressure.** Goal less than 130/80.
- **Control or prevent Diabetes.** Diabetes increases heart disease risk 2 to 4 times. If you already have diabetes, strive for an A₁C of less than 6.5.
- **Exercise and lose weight!** Eating healthy and exercising 20-30 minutes per day can really make a difference.

Be sure to schedule your Annual Physical Exam each year so we can discuss your individual risk factors in greater detail to help you prevent heart disease.

For more information visit www.americanheart.org