

# Outreach



## Control Your Cholesterol

Protect Yourself from Heart Attack and Stroke

*(NIH News In Health) - Have you had your cholesterol checked? Most adults should have a cholesterol test every 4 to 6 years. That's because nearly 78 million American adults have high levels of the type of cholesterol that's linked to heart disease and stroke.*

Cholesterol is a waxy, fat-like substance that your body needs to function properly. It travels through your bloodstream to reach the cells that need it. Your cells use cholesterol for many important functions, like making hormones and digesting fatty foods.

But too much cholesterol in your blood can cause waxy buildup called plaques in blood vessels. "These plaques can eventually become inflamed and rupture, leading to a clot," explains cholesterol expert Dr. Ronald Krauss at UCSF Benioff Children's Hospital Oakland.

If a clot blocks blood flow through an artery in the heart, it can cause a heart attack. "Or, if this happens in the artery of the brain, it can cause a stroke," he says.

Cholesterol travels through the bloodstream in particles called lipoproteins. There are different types of lipoproteins that have different effects.

Low-density lipoproteins, or LDLs, contribute to plaques. LDL cholesterol is sometimes called "bad" cholesterol.

### Keep Cholesterol in Check

- Maintain a healthy weight.
- Choose a nutritious diet. Limit red meat and get plenty of fish, nuts, whole grains, beans, fruits, and vegetables.
- Get enough physical activity. Before starting, ask your doctor what level is right for you.
- Talk with your doctor to see if medication is right for you.





“Many people in this country have too many of these LDL particles in the blood,” Krauss says. Studies have found that lowering LDL cholesterol levels reduces heart disease and stroke.

The most common cause of high LDL cholesterol is an unhealthy lifestyle. Excess body weight and eating a lot of animal fats are linked to high levels of LDL cholesterol. The genes that you inherit from your parents, other medical conditions, and certain medicines can also cause high cholesterol.

You may also have heard about “good” cholesterol: high-density lipoproteins, or HDL. HDL particles absorb cholesterol and carry it to the liver. The liver then flushes it from the body. That’s why scientists previously thought that raising levels of HDL cholesterol might lower your risk for heart disease and stroke.

But recent research suggests that HDL cholesterol works better in some people than others. And clinical trials haven’t found that medicines aimed

at raising HDL cholesterol reduce the risk of heart attack. There’s still a lot to learn about HDL.

Lab tests can measure the different types of cholesterol in your blood. How often you should get tested depends on your age and other risk factors, including a family history of high cholesterol or heart disease.

If tests show that you have a high level of LDL cholesterol, your doctor may order additional tests. You can try to lower it by eating a heart-healthy diet, being physically active, and losing excess weight.

For some people, lifestyle changes aren’t enough to lower LDL cholesterol. Your biological makeup can be a strong influence on cholesterol buildup, too. In these cases, a type of drug known as a statin is the usual treatment. Doctors may combine statins with other drugs.

If your LDL cholesterol is very high, Krauss says it’s important that your family members get tested, too. If your genes put you at risk for high cholesterol, your close relatives might have a similar risk.

Talk to your doctor about getting tested. And remember that heart-healthy lifestyle changes can not only lower cholesterol levels but also bring many long-term health benefits.



## Shake it Off Boosting Your Mood

(NIH - News In Health) - Have you ever had a bad mood you just couldn't shake? Everyone feels grouchy or irritable some days. But a bad mood or major mood swings that go on too long may signal a bigger problem. The good news is that certain healthy habits can help you boost your mood.

"Some people are more moody than other people. Normal mood actually varies from person to person," explains Dr. Carlos Zarate, chief of NIH's mood disorders group.

That's because we all have different "temperaments," or combinations of personality traits that are biologically based. These are fairly stable over time.

"Considerable research shows that people really differ in their basic temperament," says Dr. Maria Kovacs, an NIH-funded psychologist at the University of Pittsburgh. "There are some people who temperamentally are always in a 'good' mood. And there are people who are temperamentally always in a 'bad' mood."

For example, Zarate says, some people don't seem to be fazed no matter what happens. Others worry about minor things and tend to overblow them.

People who have a more negative temperament tend to have a higher risk for mood and anxiety disorders.

### Changing Moods

It's not only temperament that affects how you feel each day. Daily habits that affect your ability to manage stress—like diet, exercise, sleep, or how much alcohol you drink—play an important role, too.

"If you address those factors—have good diet, good exercise, good sleep-wake habits, regular activities, routines, and try to disconnect from work and other stressors—those do have beneficial effects on mood and keeping you healthy," Zarate says.

Other biological factors can affect your mood too, like hormones. Women may experience shifts in hormones during their menstrual cycles, pregnancy, and menopause that cause mood changes. Men can have decreases in testosterone as they age, which has been linked to depression.

Certain medical conditions, such as a vitamin deficiency, can make you feel “down” or lack energy. Mental health conditions like depression and bipolar disorder can also cause you to feel very sad and have low energy.

Other mental health conditions can cause mood issues as well—for example, anxiety disorders, obsessive compulsive disorder, and personality disorders.

It’s okay once in a while for people not to have a good mood, Zarate explains. “Moods that fluctuate occasionally are a normal thing. It’s when it’s combined with other symptoms—like significant distress and/or impairment of function or relationships—that it becomes an issue.”

People may not know when their mood has become a problem. “Friends and family members should be open and honest with each other and let them know what they’re seeing,” he says, “because it can lead to strain on family relationships, other relationships, or work issues.”

## Bouncing Back

“Mood is a normal part of life, and having emotions is a normal part of life,” Kovacs says. “Sometimes you feel more negative than other times. That’s not necessarily bad.”

Kovacs studies the strategies people use to repair their mood when feeling down. Her team and others have shown that what you do when feeling down can boost your mood or spiral you into feeling worse.

“One of the most common strategies that both children and adults use is what I call ‘attention refocusing,’” she explains. “Meaning that they stop paying attention to whatever is making them miserable or unhappy and they start putting their attention elsewhere.”

For kids, this may mean finding a specific task to do when they’re upset, like helping a parent with chores or finding someone to play with. For adults, it may mean having a conversation with a friend or going for a walk or to see a movie.

Kovacs has found that people with depression or other mental health conditions tend to turn to coping strategies that worsen their mood rather than lift it. For example, thinking about what’s bothering them over and over again or avoiding or hiding their feelings. These strategies can make

negative feelings stronger or last longer.

Her research has shown that people often use the same strategies that their parents or older siblings use. It can be hard to change the strategies to manage emotions because people are not always aware of them. For those with mood problems, talking with a mental health professional can help to identify negative patterns and choose healthier coping skills.

“If you come from a family that has a history of depression, it’s incredibly important to try to create an environment for yourself that can maximize the likelihood that you’re not going to get into a depression,” Kovacs says. That means avoiding things that can trigger depression or anxiety, like not getting enough sleep or exercise.

## Keeping Track

Charting your moods can help you figure out what’s affecting how you feel. There are even apps that help.

Dr. David C. Mohr, who studies technology-based mental health interventions at Northwestern University, has found that people want to do more than just track their moods using apps. They want to see how their activities and moods are related, to help them take action to feel better.

“That sounds like a simple task, but it’s difficult to do in a way—and provide information back in a way—that’s understandable and reliable,” Mohr explains. “That’s one of the directions we’re working on right now.”

Mohr’s team is developing ways to teach coping skills and deliver mental health services remotely. They’ve designed a set of apps called IntelliCare (link is external) that give strategies for improving mental health. They also created a “hub” app, IntelliCare Hub, that recommends which of the apps to try based on how you’re feeling.

The team tested whether using the hub app could improve symptoms of depression and anxiety in over 90 people. The participants used the app for eight weeks and had a coach who texted them a few times a week to check in.

“What we see is that we get significant drops in depression and anxiety, similar to what you’d see in psychotherapy or medications,” Mohr says. But more studies are needed to understand the effects of mental health apps like these.

If your mood is making it hard to cope with daily life, talk with your health care provider. If you’re having suicidal thoughts, call your doctor immediately or the National Suicide Prevention Lifeline at 1-800-273-TALK.

# NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of Premier Business Association will be held at 16476 Wild Horse Creek Road, Chesterfield, MO 63017, on Friday, March 15, 2019 at 11:00 a.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

## **PROXY** **Premier Business Association** **March 15, 2019 Annual Meeting of Members** **THIS PROXY IS SOLICITED ON BEHALF OF** **PREMIER BUSINESS ASSOCIATION**

The undersigned member of Premier Business Association does hereby constitute and appoint the President of Premier Business Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of Premier Business Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [    ], or to [    ] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors:  
Jacque Bardgett, Rob Miley and Karen Boeker
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: \_\_\_\_\_, 2019

Signature \_\_\_\_\_

Name (please print) \_\_\_\_\_

Please date and sign and return promptly to 16476 Wild Horse Creek Road, Chesterfield, Missouri 63017 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

Chesterfield, Missouri  
February 13, 2019  
Date

The Outreach Newsletter is published by:  
**Premier Business Association**

For information regarding your membership  
and association services, call or write:

**Membership Services Office  
Premier Business Association  
16476 Wild Horse Creek Road  
Chesterfield, MO 63017**

**1-800-992-8044 or (636) 530-7200**

Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment.

Consult your doctor before starting any exercise program.