



Wheeler

Innovative Care. Positive Change.

SEPTEMBER 2019
NATIONAL CHOLESTEROL EDUCATION MONTH

Wheeler's Health Spotlight



NATIONAL CHOLESTEROL EDUCATION MONTH

Protect Your Heart and Your Health

As fall begins, many of us are shifting our focus to different aspects of life, including our health, and annual physicals for ourselves and our children. September is [National Cholesterol Education Month](#), a reminder of the importance of getting our cholesterol checked, understanding the role that family history, diet, and exercise play in our cholesterol levels, and how to reduce or change unhealthy numbers. Cholesterol is an essential oil-based substance produced by our bodies to help us digest food, produce hormones, and generate Vitamin D. It also is present in the foods we consume, including meat, cheese, baked goods, and deep-fried and processed foods.

Two kinds of cholesterol travel through our bodies: high-density lipoprotein (HDL), “good cholesterol,” which protects against heart attack and stroke, and low-density lipoprotein (LDL), unhealthy cholesterol, which increases the risk of plaque build-up on the inner walls of the arteries, leading to heart disease, diabetes, and other adverse health conditions.

According to the [Centers for Disease Control and Prevention](#), you can prevent high cholesterol by:

- Eating low-fat and high-fiber food, including more fresh fruits and vegetables, as well as whole grains.
- Exercising moderately, at least 2.5 hours per week, or vigorously, at least 1.25 hours per week. Children and youth are encouraged to exercise at least an hour or more every day.
- Maintaining a healthy weight.
- Quitting smoking.
- Limiting alcohol.
- Monitoring your numbers. The American Heart Association recommends that adults 20 or older have their cholesterol checked every four to six years.

[Wheeler’s Health & Wellness Centers](#) in Bristol, New Britain, Hartford, and Waterbury offer cholesterol screening, treatment, and related tests and support, including body mass index (BMI) screening, [nutritional counseling and education](#), weight control support and intervention, and more.

To schedule an appointment, or learn more, call Wheeler’s Navigation Center at 860.793.3500.

Sources: American Heart Association, Centers for Disease Control and Prevention, Medical News Today

Additional Resources

[American Heart Association](#)

[CDC’s Cholesterol Website](#)

[Healthline](#)

[Mayo Clinic](#)

[National Heart, Lung and Blood Institute](#)

[Wheeler’s Resource Library](#)

NEWS YOU MAY HAVE MISSED

New Community Health Center Location Opens in Waterbury



Residents of Waterbury and surrounding towns will have greater access to behavioral health, primary care, and addiction services with the opening of Wheeler’s fourth community health center at 100 Jefferson Square, Waterbury. This facility is operated in collaboration with Saint Mary’s Hospital, a Regional Health Ministry of Trinity Health of New England. As a federally qualified health center, Wheeler is part of a network of community health centers nationwide that serve the health care needs of more than 28 million Americans.

[\[Read more about services in Waterbury here\]](#)

[\[Read the Waterbury news announcement here\]](#)

OUR TEAM IN THE COMMUNITY



Support for Bristol at the Annual Mum Parade

Employees from across Wheeler and their families took part in the 58th Annual Mum Parade in downtown Bristol this past Sunday, showing support for this vibrant community. Wheeler has proudly served individuals and families in this city for more than 30 years.

[\[Learn more about our services in Bristol here\]](#)



Celebrating Recovery in Bushnell Park, Hartford

Our team celebrated recovery at the Connecticut Community for Addiction Recovery (CCAR)'s 20th Annual Recovery Walks in Bushnell Park in Hartford on September 21. Wheeler was a Gold Sponsor of this event, which was attended by nearly 1,000 people.

[\[Learn more about our addiction treatment services here\]](#)

Funding for the Wheeler Family Health & Wellness Center is provided by the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA). Improvements to the Family Health & Wellness Center are supported in part by the State of Connecticut Nonprofit Grant Program, the Connecticut Health & Educational Facilities Authority, the Maximilian E. and Marion O. Hoffman Foundation, and the Ensworth Charitable Foundation. Additional support is provided by Delta Dental of New Jersey Foundation. Wheeler is a Health Center Program grantee under 42 U.S.C. 254b and a deemed Public Health Service employee under 42 U.S.C. 233(g)-(n).

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