

Achieve

A Newsletter
for AvMed
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▶ YOUR HEALTHIEST LIFE WITH CORONARY ARTERY DISEASE

What people with heart disease need to know about macular degeneration

Get the facts on the connection between heart disease and this chronic vision condition.

Age-related macular degeneration (AMD) is the leading cause of vision loss among adults 65 and over. It affects the macula, the central part of the retina that allows you to see fine details. Over time, AMD can make it difficult to read, drive, or recognize faces.

Research suggests that people with cardiovascular disease may be more likely to develop AMD. Both conditions involve damage to blood vessels, and many of the same risk factors

— such as high blood pressure, smoking, and high cholesterol — play a role in each.

The good news? Those similarities also mean that many of the same strategies can help prevent complications.

Following your treatment plan, eating a heart-healthy diet, and staying physically active benefit your eyes as much as your heart.

The other key step: Stay on top of your annual eye exams — even if you don't wear glasses.

An eye doctor can detect early signs of macular degeneration before you even notice vision changes. They may use special imaging tests to look at the retina and track changes over time. If AMD is found, treatments like supplements, injections, or laser therapy may help slow its progress.





Understanding your cholesterol panel: What each number means

Think of your cholesterol numbers as a snapshot of your health. This guide breaks down all those numbers and reveals what ideal levels look like when managing CAD.

LDL cholesterol

Low-density lipoprotein (LDL) is often called “bad” cholesterol. When levels are high, LDL can build up in the arteries. This reduces blood flow and raises the

risk of heart attack and stroke. For most adults with CAD, an **LDL of 70 mg/dL or lower** is considered ideal, though your doctor may set a stricter target.

HDL cholesterol

High-density lipoprotein (HDL) is the “good” cholesterol. It helps remove excess LDL from the blood, carrying it back to the liver, where it can be broken down. Higher HDL levels are linked to

lower heart risk. People age 20 and over should aim for at least **60 mg/dL**.

Triglycerides

Triglycerides are another type of fat in the blood. When combined with low HDL or high LDL, elevated triglycerides further increase CAD risk. A healthy level is **less than 150 mg/dL**.

Total cholesterol

This number combines LDL, HDL, and a percentage of your triglycerides. While it’s useful for a quick overview, doctors usually focus more on the individual values. A desirable total cholesterol level is **less than 200 mg/dL**.

Your cholesterol levels help your care team assess your heart health and guide treatment. If your results are outside the healthy ranges, your doctor may recommend changes to your medication, lifestyle habits, or both.



To reach a Case Manager

Simply call 1-833-609-0735, email DM@AvMed.org or scan the QR code provided.



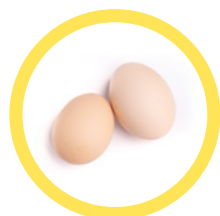
Healthy Eating Made Simple

How to get enough protein without overdoing red meat

Red meat is a rich source of protein, but too much can be hard on your heart. Learn how to balance your meals with other protein sources.

What 10 grams of protein looks like

Nutrition labels are your friend. A quick glance will tell you how many grams of protein per serving. Here are some examples to get you started:



2 small eggs



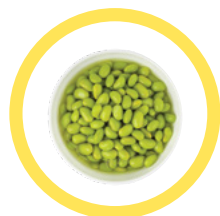
**2 ½ tablespoons
peanut butter**



**1 cup cooked
quinoa**



**½ cup cooked
lentils**



**½ cup
edamame**



**½ cup plain
nonfat Greek
yogurt**



**1 ½ ounces
canned tuna**



3 ½ ounces tofu

Why you need it

Protein helps you feel fuller longer, build strong bones, increase muscle mass, boost metabolism, support immunity, and repair tissue.

Calculating your needs

The National Resource Center for Aging and Nutrition recommends adults get 1 to 1.2 grams of protein per kilogram of body weight to shore up muscle mass and overall wellness. That translates to 68 to 82 grams of protein each day for a 150-pound person. Rather than get stuck on the math, dietitians encourage people to simply aim to consume 25 to 30 grams of protein at every meal.

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Recipe



Easy Lentil Stew

Serves 2 | Prep time: 5 min
Cook time: 20 min

Ingredients

½ cup red lentils
1 cup canned pumpkin
purée

3 cups sodium-free
vegetable stock
¼ tsp salt
½ tsp ground ginger
¼ tsp ground cumin
Optional: ¼ cup fresh
cilantro or parsley,
chopped

Directions

1. Combine all the ingredients, except the optional parsley or cilantro, together in a medium saucepan. Bring to a

boil, then reduce to a low simmer. Cover the pot and cook for 15 minutes.

2. Remove the lid and stir. The texture will be very thick and stew-like, and the lentils will be mushy.

3. Transfer the soup to a blender and purée for 30 seconds, until creamy. Return to the pot and heat over low to reheat, if necessary. Ladle into bowls, and top with the fresh parsley or cilantro, if using. Enjoy warm.

Nutrition facts | Calories 208 | Fat 0 g | Saturated fat 0 g | Cholesterol 0 g
Sodium 205.1 mg | Carbs 37.6 g | Fiber 11 g | Protein 15 g | Sugar 6 g
Calcium 71 mg | Potassium 671 mg