



OUR JULY NEWSLETTER

# GOLDEN PHYSICIANS MEDICAL GROUP, INC

Summer Edition | July 2022

## Wellness Reminder

### Warning Signs of Heart disease

Cardiac or heart disease covers a broad range of conditions that can affect any area of your heart including blood vessels, heart rhythm, valves, or the muscle. Some people are born with heart defects, but many develop these conditions over time. These diseases can be prevented or treated, so it is important to know the warning signs.

There are several symptoms that may indicate heart disease:

- Chest pain, tightness, pressure, or discomfort
- Shortness of breath
- Numbness, weakness, coldness, or swelling in your extremities
- Pain in the neck, jaw, throat, upper abdomen or back
- Fluttering, racing, or slow heart rate
- Lightheaded, dizziness, or fainting

If you experience chest pain, shortness of breath, and/or fainting, seek emergency medical care or call 911. Talk to your doctor about any new or worsen symptoms. Heart disease is easier to treat when it is detected early.

## Preventive Care Reminders

What is a Diabetic Eye Exam?

For individuals who have been diagnosed with Diabetes, your eyes may be at risk. Diabetes is condition in which the body does not properly process sugar, which leaves excess amounts of sugar in the bloodstream. Large amounts of sugar in the bloodstream can cause damage to blood vessels throughout the body, even the eyes. For this reason, it is important for those with diabetes to have a diabetic eye exam annually.

Diabetic eye exams focus on the retina and the blood vessels of the eye. Those with diabetes are at risk for developing diabetic retinopathy. Damage to blood vessels in the eye can result in blood and fluid leaking into the retina causing permanent vision loss. Controlling blood sugar levels and having annual eye exams help with prevention and early detection of this complication. Early detection allows for the best treatment and results.

Contact your doctor for more information on scheduling a diabetic exam.

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# Heart Health Activities

## 4 HEART HEALTHY EXERCISES



### Walking

Walking regularly can lower blood pressure, help improve your mood, and reduce risk of a heart attack.



### Yoga

Yoga can help lower your heart rate, blood pressure and blood cholesterol.



### Cycling

Cycling can help reduce risk of cardiovascular diseases and can help improve heart strength.



### Strength Training

Strength training can help reduce the chances of heart problems and help increase lean muscle mass.

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