

## Let UCT PRIME Help You



### Begin a Weight Reduction Program

Before beginning a weight reduction program, check with your healthcare provider to ensure the recommended food/exercise are appropriate for you. There are four basic components of a weight reduction program:

- Set a realistic goal.
- Manage portion sizes.
- Balance diet with physical activity.
- Substitutions for sugar and sodium.

The Mediterranean Diet is a program recommended by the American Heart Association. It includes:

- Evaluation of your daily food choices
- Learning which foods to avoid (trans-fats, high cholesterol)
- Choosing snacks; nuts, fresh fruit
- Avoiding processed foods and artificially hydrogenated products
- Understanding which foods are nutrient dense

At UCT, the nurse practitioners will determine whether you are able to eat food items on the Mediterranean diet. While most people can, we would obtain a thorough personal medical history as well as a family medical history. We will discuss any limitations to your diet and exercise choices, and assure that you are able to perform a basic exercise program. We will perform a thorough head to toe examination. With UCT PRIME, we will work with you to attain your maximum health potential.

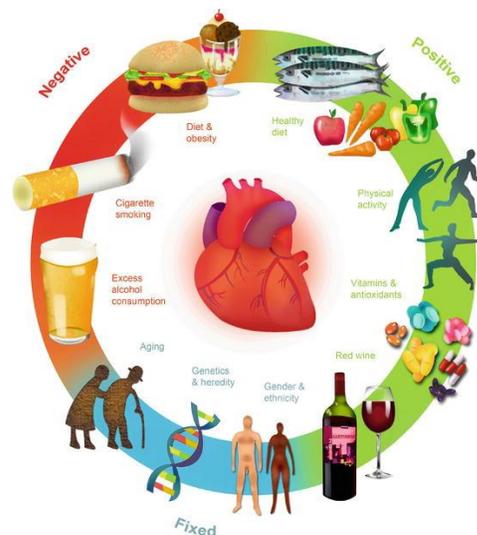
## Modifiable Risk Factors in Cardiovascular Disease

By Patricia Smith, FNP – Knoxville, TN

Cardiovascular disease (CVD) is a class of diseases that involve the heart or blood vessels. Cardiovascular disease includes coronary artery diseases (CAD) such as angina and myocardial infarction (commonly known as a heart attack). Other CVDs are stroke, hypertensive heart disease, rheumatic heart disease, cardiomyopathy (an enlarged heart), heart arrhythmia (an irregular rhythm), congenital heart disease, endocarditis (infection in the heart), aortic aneurysms, peripheral artery disease and venous thrombosis (blood clots). There are two classes of risk factors for CVD; non-modifiable and modifiable. The non-modifiable factors include family history, ethnicity and age. Modifiable risk factors include high blood pressure, high cholesterol, obesity, physical inactivity, sleep apnea, diabetes, tobacco use, unhealthy diets, and the harmful use of alcohol. Approximately 90% of CVD risk factors are modifiable.

In a large randomized study in 2010 (543 participants), individuals were placed in groups to determine whether self-management or peer intervention led to better outcomes in smoking cessation, diet, exercise, weight and blood pressure control over a 12 month period. (Journal of the American College of Cardiology, 2016). The scores were higher with peer group, suggesting that peer intervention contributed to reducing modifiable risk factors in CVD. Some of the peer groups that an individual diagnosed with CVD can join include:

- Local hospital cardiovascular rehabilitation
- Gym membership and/or exercise partner
- Smoking cessation group



## UCT PRIME: Member Benefits

**UCT PRIME** provides drivers with discounted DOT Physicals and Medical Visits, and companies with a no-cost benefits program to help improve driver retention.

**UCT PRIME Corporate rates/programs are available.** Below are the program details for walk-in patients.

**UCT PRIME** costs \$50/year and provides the following benefits to members:

- FIRST DOT Physical is only \$40 or FIRST Medical Visit is only \$75
- Up to 30% discount (off UCT Clinic prices) on future Medical Visits and DOT Physicals.
- Family Plans also available

With health insurance plans costing more, providing less medical coverage and requiring higher deductible payments, **UCT PRIME** addresses the need for affordable medical services. To enroll or request additional information about UCT PRIME, please contact an UrgentCareTravel clinic or send an e-mail to [services@urgentcaretravel.com](mailto:services@urgentcaretravel.com).

CVD remains the number 1 cause of mortality and morbidity in the United States; 1 in every 4 deaths. The following list indicates signs of a heart attack. Keep in mind that there may be atypical signs, such as females may experience jaw pain, and anyone may feel like “an elephant is on my chest” (relating to pain and pressure).



- **Chest pain or discomfort.** Most heart attacks involve discomfort in the center or left side of the chest. The discomfort usually lasts for more than a few minutes or goes away and comes back. It can feel like pressure, squeezing, fullness, or pain. It also can feel like heartburn or indigestion. The feeling can be mild or severe.
- **Upper body discomfort.** You may feel pain or discomfort in one or both arms, the back, shoulders, neck, jaw, or upper part of the stomach (above the belly button).
- **Shortness of breath.** This may be your only symptom, or it may occur before or along with chest pain or discomfort. It can occur when you are resting or doing a little bit of physical activity.

Do not ignore any of these symptoms; any chest pain or shortness of breath should be evaluated by medical personnel.

## About UrgentCareTravel

UrgentCareTravel, a network of medical clinics for truckers, is an organization dedicated to improving the health and quality of life of truck drivers and families. In partnership with Pilot Flying J, UrgentCareTravel addresses one of the trucking industry’s biggest challenges of offering easily accessible and affordable healthcare services for truck drivers. Located at Pilot Flying J Travel Centers, UrgentCareTravel clinics offer occupational medical services (DOT/non-DOT physicals, workers comp, sleep apnea testing, urine/hair drug screens, etc.) and primary care services (chronic disease screening and management (e.g. diabetes, cholesterol, hypertension), blood pressure checks, Men’s & Women’s wellness exams, wound care, cold/cough/flu, upper respiratory infections, sinus infections, ear infections, muscle pain/strain, etc.).

## UrgentCareTravel Locations

### **Knoxville, TN**

7200 Strawberry Plains Pike  
Knoxville, TN 37914  
(865) 329-9492

### **Oklahoma City, OK**

406 South Morgan Road  
Oklahoma City, OK 73128  
(405) 789-0212

### **Atlanta, GA Metro Area**

970 Cassville-White Road NE  
Cartersville, GA 30120  
(770) 386-0707

### **Dallas, TX**

7383 Bonnie View Road  
Dallas, TX 75241  
(214) 238-0797

