

**Let UCT PRIME
Help You****Manage Your Cholesterol**

UCT Providers can work with you to help you manage your cholesterol.

Lifestyle change: Your diet, weight, physical activity and exposure to tobacco smoke all affect your cholesterol level. Being overweight tends to increase bad and total cholesterol and lower good cholesterol. However, a person with any body type can have high cholesterol. Therefore, it is important to have your cholesterol checked regularly regardless of your weight, physical activity, and diet.

Know your fats: Knowing which fats raise LDL cholesterol and which ones do not is important in lowering your risk for heart disease.

Healthy eating habits: A heart healthy diet can help manage your cholesterol level. Eat a diet that emphasizes fruits, vegetables, whole grains, low-fat dairy, poultry, fish and nuts. Limit red meat, sugary foods and beverages. Use unhydrogenated vegetable oils such as canola, safflower, sunflower, or olive oil. Use soft margarine rather than harder stick form (0 trans-fat). Limit intake of foods high in trans fats such as fried foods, doughnuts, cookies, crackers, muffins, pies and cakes.

Drug therapy: For some people, making diet and lifestyle changes as well as taking the medication prescribed is the best way to prevent and maintain cardiovascular health.

Cholesterol and Why It Matters

By Charlotte Lindsey, FNP – Cartersville, GA

Cholesterol is a waxy substance that comes from your body and your food. Your body makes all the cholesterol you need and circulates it through the blood. We also find cholesterol in foods from animal sources, such as meat, poultry and full fat dairy products. Your liver produces more cholesterol when you eat a diet high in saturated and trans fats.

Excess cholesterol slowly builds up in the inner walls of your arteries causing a thick hard deposit called plaque. Plaque causes the arteries to become narrow and less flexible, making it harder for your heart to circulate blood. In addition, plaque can break open and cause blood clots. If a clot blocks an artery to your brain it can cause a stroke. If it blocks an artery to your heart it can cause a heart attack.

There are two types of cholesterol: “good” and “bad.” Too much of one type or not enough of another can put you at risk for coronary heart disease, heart attack or stroke. Therefore, it is important to know the levels of cholesterol so that you can determine the best approach to lower your risk.

Good vs Bad Cholesterol: Cholesterol cannot dissolve in the blood. It must be transported through your bloodstream by carriers called lipoproteins. The two types of lipoproteins that carry cholesterol to and from the cells are low-density protein, or LDL and high-density protein, or HDL.

LDL (Bad) Cholesterol: LDL is considered the “bad” cholesterol because it contributes to plaque, a thick, hard deposit that can clog arteries and makes them less flexible. This is called atherosclerosis. Another condition called peripheral artery disease can develop when plaque buildup narrows an artery supplying blood to the legs.

HDL (Good) Cholesterol: HDL cholesterol is considered the “good” cholesterol because it helps remove the LDL cholesterol from the arteries. Experts believe HDL acts as a scavenger, carrying LDL away from the arteries and back to the liver, where it is broken down and passed from the body. One-fourth to one-third of cholesterol is carried by HDL. A high level of HDL may also protect against heart attack and stroke, while low levels of HDL have been shown to increase the risk of heart disease. Genetic factors such as type 2 diabetes, smoking, obesity, and a sedentary lifestyle can all result in a lower HDL level.

UCT PRIME: **Member Benefits**

UCT PRIME provides drivers with big saving on 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
- Big saving for next 12 months:
 - \$75 DOT Physical
 - \$90 Medical Visit
- \$25 MedCheck (\$50 Savings)
 - Includes BMI, cholesterol, glucose, blood pressure and body measures.

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.

Triglycerides: Triglycerides are another type of fat, and they are used to store excess energy from your diet. High levels of triglycerides in the blood are associated with atherosclerosis. Elevated triglycerides can be caused by obesity, physical inactivity, cigarette smoking, excess alcohol consumption and a diet high in carbohydrates. Genetics and underlying diseases can sometimes be the cause of high triglycerides. People with high triglycerides often have high cholesterol. People with heart disease or diabetes often have high triglyceride levels as well.

Know Your Fats: LDL cholesterol is affected by diet. Knowing which fats raise LDL and which ones do not is the first step to lower your risk for heart disease and stroke. Eating saturated fat and trans fat raises your blood cholesterol levels. The American Heart Association recommends reducing saturated fat to no more than 5-6% of total daily calories and reducing the percent of calories from trans-fat to less than 1% of total daily calories. For good health, most of your fat should be monounsaturated or polyunsaturated.

Saturated Fat: The majority of saturated fat comes from animal products such as beef, lamb, pork, butter, cream, cheese and other dairy products made with whole or 2% milk. Foods from plants that contain saturated fat include coconut, coconut oil, palm oil and cocoa butter.

Unsaturated Fat: Polyunsaturated and monounsaturated fats are the two unsaturated fats. They are mainly found in fish such as salmon, trout, herring, avocados, olives, walnuts and liquid vegetable oils such as soybean, safflower, canola, olive and sunflower. Both polyunsaturated and monounsaturated fats may help improve your cholesterol when you use them in place of saturated and trans fats.

Trans Fat: Trans fats are created in the industrial process that adds hydrogen to liquid vegetable oils to make them more solid. Trans fats raise your "bad" cholesterol and lower your "good" cholesterol causing an increased risk for heart disease and stroke. Trans fats are found in many fried foods and baked goods such as pastries, pizza dough, pie crust, cookies, and crackers.

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

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