

PHASE lab Video Script

Hello, I am Dr. Susan Stevens, the Chief of Endocrinology at Kaiser Permanente Napa-Solano. I want to talk to you about preventing Heart Attack & Stroke.

Heart attack and stroke kill more Americans every year than cancer and car accidents combined. You received an e-mail with this video link because our records show that you have a chronic condition. That condition puts you at higher risk for heart attacks and stroke AND you are due for lab tests. Monitoring your lab tests can help you and your doctor decide whether we need to change, increase, and even decrease your medications.

To keep track of how well we are doing with your medications and lifestyle changes, your doctor needs the results from these lab tests:

- Lipid Panel which measures several types of cholesterol and fats in your blood
- Potassium level to make sure your blood pressure meds are working properly
- Creatinine level which measures kidney function
- ALT-a liver test- to check on your liver health
- If you have Diabetes, we will also test your Hemoglobin A1C, which measure your average blood sugar.

Regular lab tests are an important part of making sure you are healthy. Other steps you can take to reduce the risk of heart attack and stroke are:

1. Take your medications exactly as prescribed by your doctor.
2. Quit smoking! It is the single most important change you can make to improve your health and feel better.
3. Be active for at least 30 to 60 minutes most days of the week. You can split that up—try 5 minutes of exercise 6 times per day.
4. If you are overweight, losing 5 to 10 percent of your body weight by eating less fat and smaller portions can help reduce your blood pressure and cholesterol, as well as improve blood sugar control.

You can drop by any Kaiser Permanente Laboratory Service Center to get your lab test done. You do not need an appointment. These are simple screenings, but there is one thing to remember, please do not eat or drink anything, except for water, 12-14 hours before taking the test.

We tend to be very good at taking care of the people we love, and we sometimes put our own health needs at the bottom of the list. As you consider your decision to come in for your lab tests, please realize how important *your* health is to the people who care about you and depend on you.

I know you have a busy schedule, but make time to reduce your risk of heart attack and stroke. It will give you peace of mind knowing that you taking important steps to stay healthy and live your life to the fullest.

Thank you for taking a moment to listen to this message. We hope to see you soon!