



Communications Workers of America — Local 9509, AFL-CIO

Dear CWA Retiree,

November 9, 2018

The November meeting will be held on the third Wednesday of the month at the CWA Local 9509 Union Hall, 7548 Trade Street San Diego, on November 21st. The meeting will be at 10am with lunch to follow.

This month is our annual Thanksgiving luncheon. The club will provide the Turkey. Please bring your favorite side dish or dessert. Fun and food for all. Lunch is \$4.00 if you aren't able to bring a dish.

We are almost to the end of open enrollment. I hope it went well for everyone.

Can't believe we are almost at the end of the year. December will be our Xmas lunch/party. Information will be in next month's newsletter.

If you need to contact the RMC, please call into the Local number at 858-695-1509. Someone will get back to you.

Foxyne Hinton
President RMC

Anthony Catanese
Vice President RMC

Lyle Wright
Treasurer RMC Secretary RMC





Communications Workers of America — Local 9509, AFL-CIO

If you are a retiree who has a service to offer others, please let us know and we will list it in our newsletter. Please support our retirees. (see attached)

I hope you find all the attachments helpful.

If we have missed listing your birthday, please call the Local and leave a message when it is and I will make sure it gets in the newsletter.

We would really like to grow the club. We invite you to attend the meetings and bring a friend. If you would like to mention anyone in the newsletter, please leave a message at the Local. We also welcome any articles or information you think would be of interest to our retirees.

Happy Birthday to the following retirees: Jim Kaiser 12/2; Lina Kisielius 12/8 and Naomi Mount 12/9.

Sincerely,

Foxyne Hinton
President RMC

Anthony Catanese
Vice President RMC

Lyle Wright
Treasurer RMC Secretary RMC





Services offered by our Local Retirees

Bird Rock Travel

Penni Kai Worldwide Vacation Specialist

11128 Avenida Del Gato

San Diego, Ca 92126

858-566-7778

travelnbug@sbcglobal.net

Bon Bon the Clown

Bonita Love

619-282-9668

bonbonsandiego@yahoo.com

InteleTravel.com

Algredia Roberson (Rita) Independent Travel Agent P127319

P.O. Box741711

San Diego, Ca 92174

619-431-3151

travelaway@gmail.com

Foxyne Hinton
President RMC

Anthony Catanese
Vice President RMC

Lyle Wright
Treasurer RMC Secretary RMC





Communications Workers of America — Local 9509, AFL-CIO

Carole's Handmade Scarves

619-583-6844

Foxyne Hinton
President RMC

Anthony Catanese
Vice President RMC

Lyle Wright
Treasurer RMC Secretary RMC

7548 Trade Street • San Diego, CA 92121 • 858-695-1509 • FAX 858-695-2074

www.local9509.org



How Often Should I Have My Cholesterol Checked?

By Korin Miller | October 30, 2018

The answer depends on your health history. Here's what you need to know.



Cholesterol gets a bad rap, but it's essential to your health. Your body needs cholesterol to perform important functions like building new cells. It also insulates nerve cells and helps your body produce vitamin D.

But as with many things in life, you can have too much of a good thing. And because high cholesterol can harm your heart and entire circulatory system, it's vital to stay at healthy levels.

What Exactly Is Cholesterol?

Cholesterol is a waxy, fatty substance that's carried through the bloodstream by two types of particles: low-density lipoproteins (LDL) and high-density lipoproteins (HDL).

LDL is often called “bad” cholesterol. Its job is to take cholesterol to work—to the cells in your body's tissues—but it's so light that it can get stuck in the arteries along the way, which narrows them and raises your risk of heart attack (<https://www.silversneakers.com/blog/7-subtle-signs-youre-having-a-heart-attack/>) and stroke (<https://www.silversneakers.com/blog/stroke-facts/>).

HDL, which is heavier than LDL, is considered “good.” Its job is sanitation: It captures excess cholesterol from your arteries and carries it to the liver, where it can be broken down.

So How Often Should You Get Checked?

The American Heart Association (AHA) recommends all adults get their cholesterol checked with a simple blood test at least every four to six years. But cholesterol levels tend to rise with age, so your doctor might want to test you annually, even if numbers were okay in the past.

“If you already have high cholesterol or if you have other cardiovascular disease risk factors like high blood pressure (<https://www.silversneakers.com/blog/qa-how-often-should-older-adults-check-blood-pressure/>), your doctor will certainly want you to get tested at least annually,” says Jennifer H. Haythe, M.D., codirector of the Women's Center for Cardiovascular Health at Columbia University Medical Center and a cardiologist at New York-Presbyterian Hospital.

What Do Your Results Mean?

Your test results should include three numbers: total cholesterol, LDL, and HDL.

You'll want to pay attention to all numbers, not just total cholesterol, and consider them in light of your other heart disease risk factors—such as family history, being overweight (<https://www.silversneakers.com/blog/qa-what-older-adults-should-know-about-body-mass-index-bmi/>), and smoking (<https://www.silversneakers.com/blog/8-smoking-myths-may-still-believe/>).

The AHA recommends talking to your doctor (<https://www.silversneakers.com/blog/doctor-visit/>) about your cholesterol numbers and how it affects your health, since he or she is likely aware of your health history.

In general, the National Heart, Lung, and Blood Institute recommends the following targets:

- Total cholesterol: 125 to 200 mg/dL
- LDL cholesterol: Less than 100 mg/dL
- HDL cholesterol: 40 mg/dL or higher for men and 50 mg/dL or higher for women

What Healthy Steps Can You Take?

If your total or LDL cholesterol is high, your doctor will likely recommend lifestyle changes, especially dietary ones. Most important is to cut back on saturated fat, which are found in butter, cheese, red meat, and other animal products. You'll also want to cut back on trans fats in packaged goods that list "hydrogenated" or "partially hydrogenated" oils among the ingredients.

"Strong evidence indicates that saturated fat in the diet is associated with increased total and LDL cholesterol, and increased risk of cardiovascular disease," says Ginger Hultin, R.D.N., a Seattle-based dietitian and spokesperson for the Academy of Nutrition and Dietetics.

Less than 10 percent of your calories each day should come from saturated fats, according to the 2015 Dietary Guidelines for Americans. To lower cholesterol, the AHA recommends limiting to 6 percent of your daily calories.

If you're overweight, "losing about 5 to 10 percent of your weight can significantly reduce blood cholesterol," says Amgad N. Makaryus, M.D., an associate professor at Hofstra Northwell School of Medicine and chairman of cardiac care at Nassau University Medical Center. For someone who is 200 pounds, 5 percent is 10 pounds.

For more lifestyle changes proven to help, check out our guide to eight things you don't know about cholesterol (<https://www.silversneakers.com/blog/8-things-dont-know-cholesterol/>).

If lifestyle changes don't turn out to be enough—some people are genetically predisposed to high cholesterol—you may need medication, such as a statin.

As always, talk to your doctor to help determine the best treatment plan for you. For tests and medications, check with your health about benefits, and learn more about Medicare coverage here (<https://www.medicare.gov/coverage>).

More Tips for Staying Informed and Healthy

- How Often Should a Healthy Older Adult See a Doctor?
(<https://www.silversneakers.com/blog/qa-often-healthy-older-adult-see-doctor-physical/>)
- 5 Hidden Dangers in Your House
(<https://www.silversneakers.com/blog/hidden-health-dangers-in-your-house/>)
- 3 Types of Exercise Older Adults Should Do Every Week
(<https://www.silversneakers.com/blog/qa-3-types-of-exercise-older-adults-should-do-every-week/>)
- 7 Subtle Signs You're Having a Heart Attack
(<https://www.silversneakers.com/blog/7-subtle-signs-youre-having-a-heart-attack/>)