

FCSLA FRATERNAL OUTREACH IS ON THE MOVE IN 2010

As the FCSLA continues to grow we need to hear positive ideas and suggestions from our membership especially the younger generation. Our **VISION** and **MISSION** printed in last month's magazine should be shared with all members and prospective members. Perhaps there is a program or idea you would like us to consider implementing in the future. Email me at: sueann@fcsla.org or phone **1-800-464-4642, Ext. 1051**.

**From the desk of Deborah Brindza, M.D., National Medical Examiner and
Sue Ann M. Seich, Fraternal & Youth Director**

DO YOU KNOW YOUR NUMBER?

Is it important to know your numbers as you try to live a healthy life? It sure is. Each of us should know the numbers of her/his "lipoprotein profile". A lipoprotein profile is a test to find out your blood cholesterol numbers and is usually done after fasting overnight. The first number will be the total cholesterol. It should be less than 200 mg/dl. HDL is the "good" cholesterol that is shown to lower your risk of heart attack and stroke if high. A level of 60 mg/dl is considered very good and has a lower risk. You can raise your HDH level by not smoking, losing weight and exercise. LDL is the "bad" cholesterol. This number should be less than 100 mg/dl. The final number is the triglyceride level. Your goal is a number less than 150 mg/dl. Your doctor will look at these numbers and determine your future risk for heart attack and stroke. If your numbers are higher than normal, talk with your doctor to see what you need to do to lower your risk. The American Heart Association is a great source of facts related to heart disease. Call 1-800-AHA-USA1 (1-800-242-8721) or visit www.americanheart.org.

CHALLENGE: How many three and four letter words can you find in this phrase?

"FEBRUARY IS THE MONTH WITH HEART"

Time yourself 20 minutes, make a list, and then mail it to:

Sue Ann M. Seich, Fraternal & Youth Director

24950 Chagrin Blvd.

Beachwood, OH 44122

Prizes will be sent in mail to the top ten entries.

Deadline for submission is March 1, 2010.

