

# Know Your Numbers

Managing Your Own Health

University Pharmacy

# University Pharmacy



# Services

- Prescription filling
- MTM
- Immunizations
- Smoking Cessation
- Strep throat & flu screening
- Midyear voluntary screenings

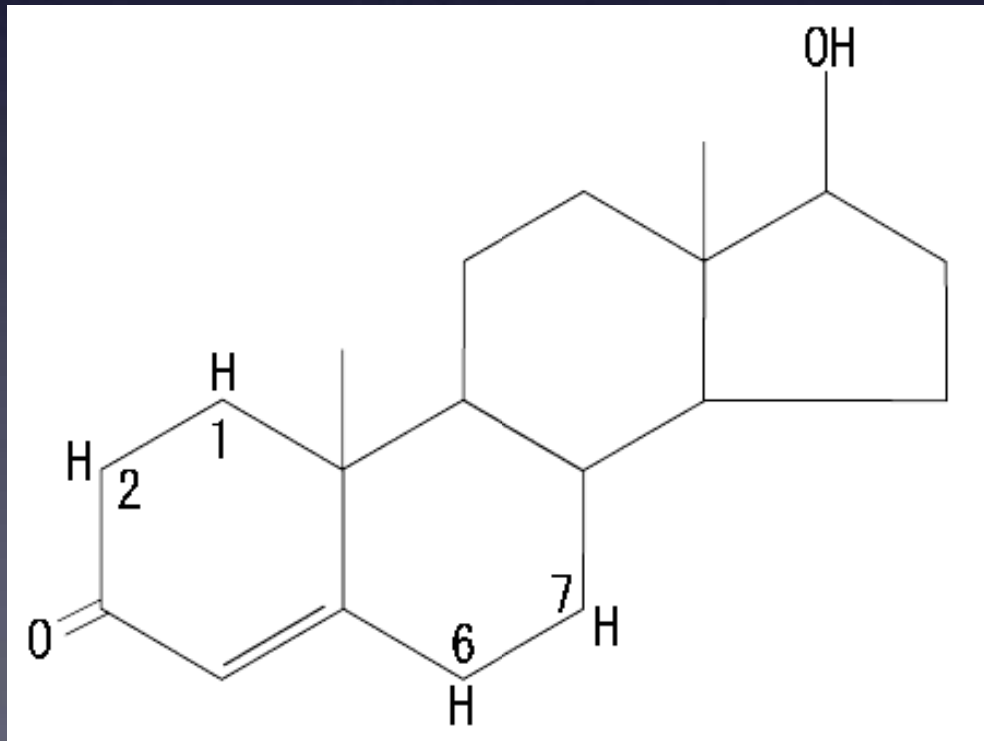
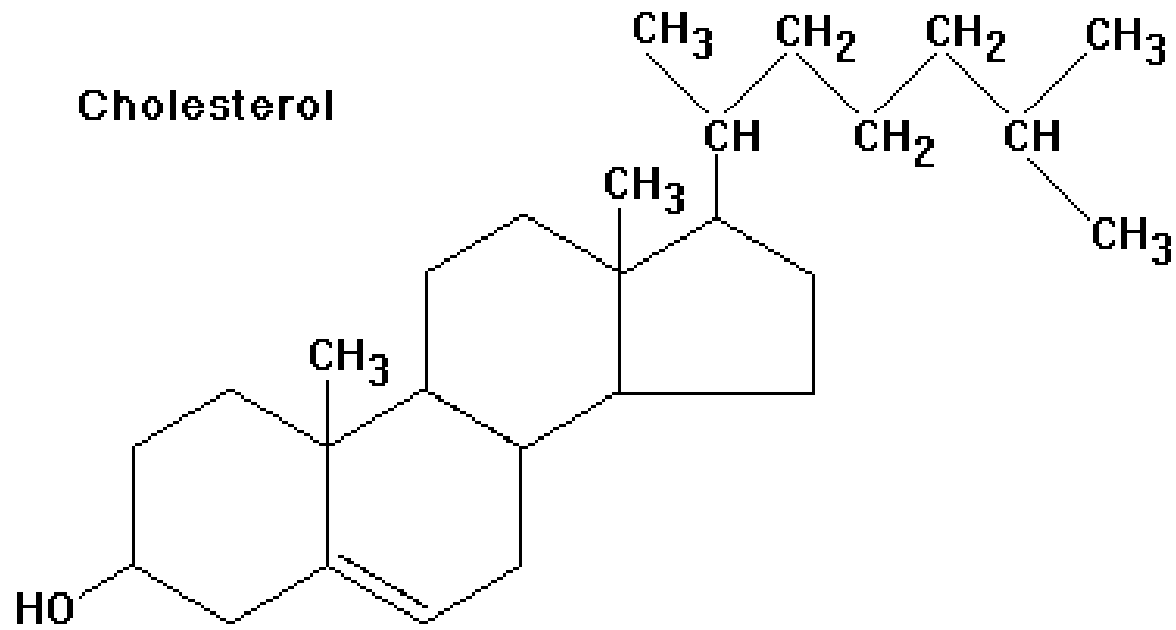
# Crash Course

- LDL/HDL
- Triglycerides
- Glucose
- Systolic/Diastolic Blood Pressure

# HDL & LDL

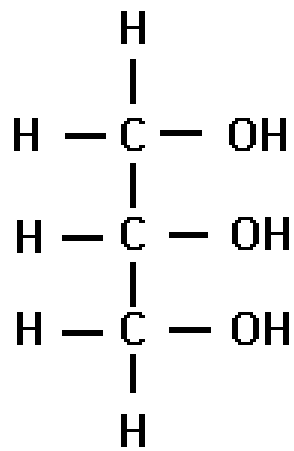
- Cholesterols
- Used for cell structure and transport
- Diet/Body makes it
- Desired Levels
  - >40 for men
  - >50 for women

Cholesterol

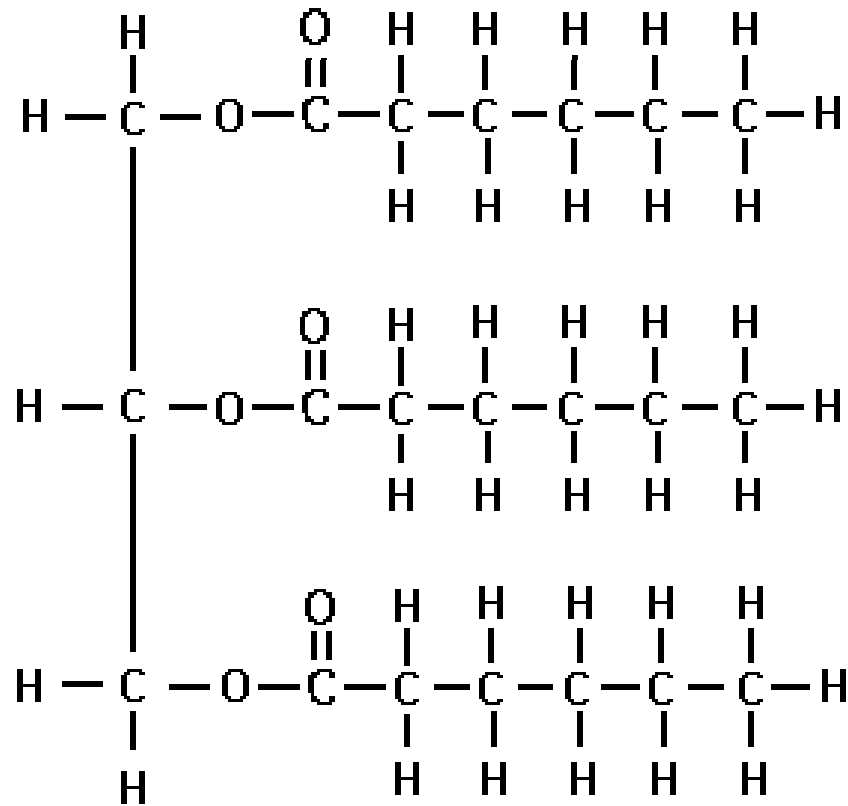


# Triglycerides

- Fatty acids on glycerol “backbone”
- Used for energy
- Food/Body makes it
- Desired triglyceride level is  $<150$



**Glycerol**

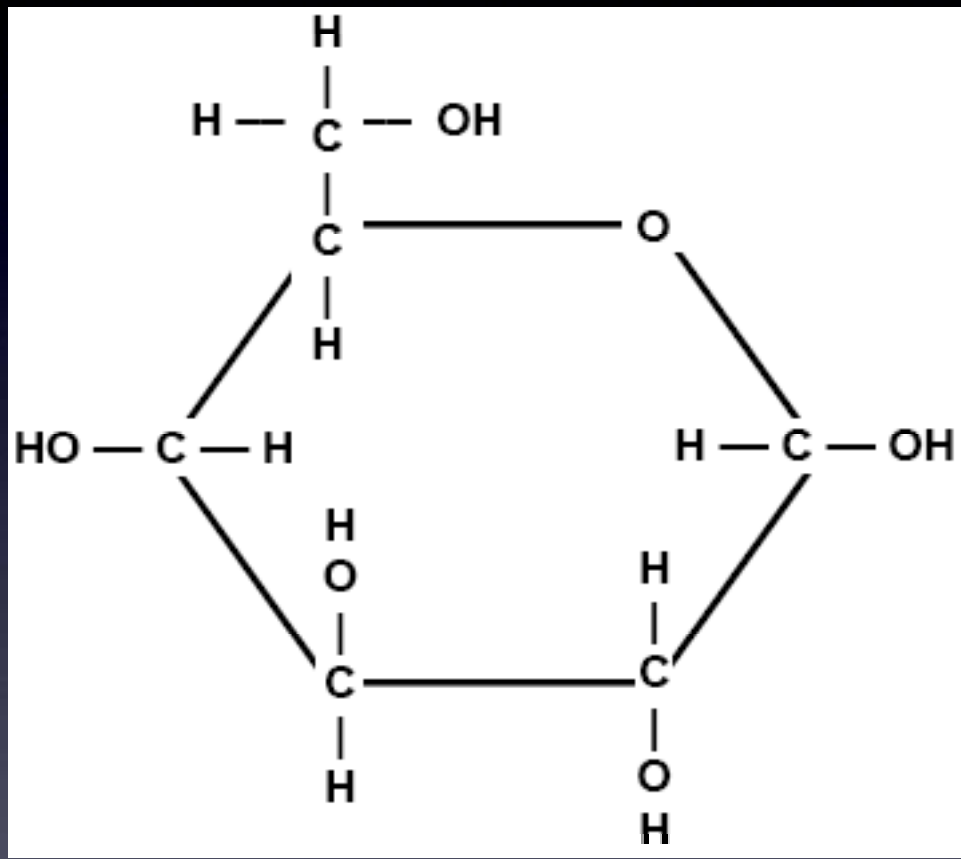


**Triglyceride-Saturated**



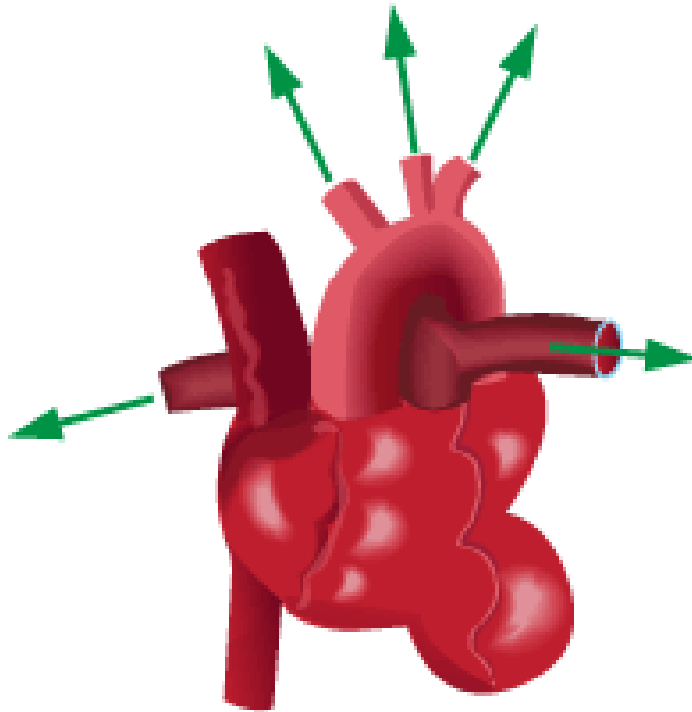
# Glucose

- Sugar
- Energy
- Food/Body makes it
- Desired glucose level: 70-110



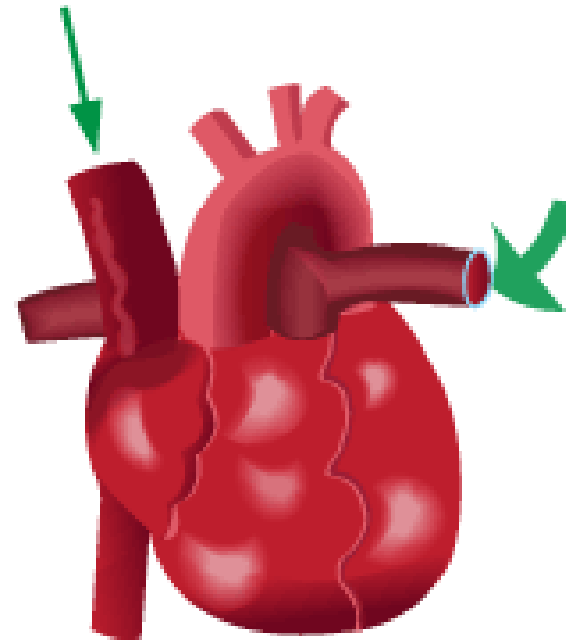
# Systolic/Diastolic

- Blood Pressure
  - Systolic = Heart pumping
  - Diastolic = Heart relaxing
- “Push” blood through body
- Heart, blood vessels, fluid levels
- Desired Level: ~120/80



### **SYSTOLIC**

In the systolic phase the heart contracts, blood pressure rises and blood moves out along the vessels



### **DIASTOLIC**

In the diastolic phase the heart relaxes, blood pressure falls and the blood fills the heart

# Clarifying Points

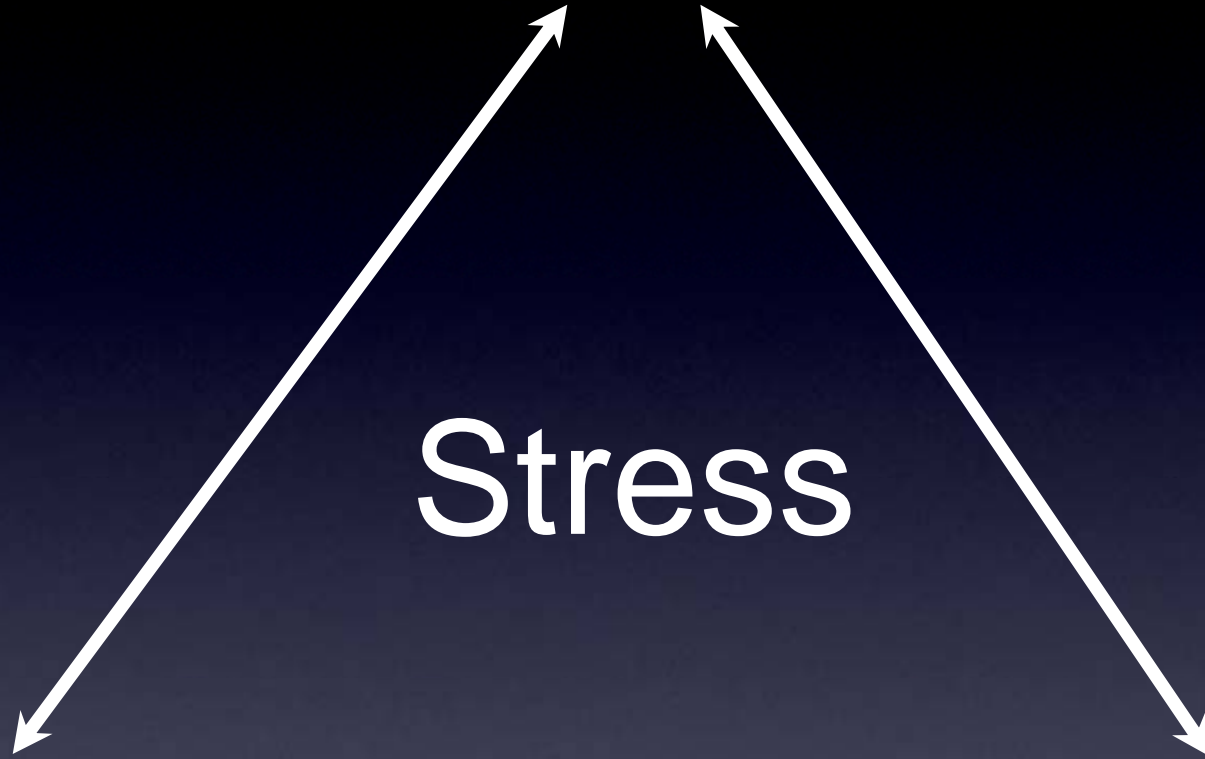
- HDL is good. LDL is bad.
  - Want higher HDL
- Blood pressure = “silent”

Diabetes

Stress

High Blood  
Pressure

High  
Cholesterol



# Assessing Risk

- Framingham cardiac risk
- 10 year risk assessment for heart attack
- Age
- Gender
- Diabetic?
- Smoker?
- Blood Pressure
- Total Cholesterol
- HDL Cholesterol

# Treatment

- Life style modifications
- Medication



# Lifestyle Modifications

- Diet
- Exercise
- Education

# Medication Therapeutic Management (MTM)

- Comprehensive, in depth discussion with the pharmacist about
  - medications
  - disease states
- 80 new patients since making services available to Wellness Warriors
- Overwhelmingly positive

- “The University Pharmacy portion has been super fantastic. I have never been more on top of taking my meds needed for diabetes and hypertension. Maria and her staff have made this program a top notch addition to the university. I have enjoyed going to the seminars on blood pressure and have made positive changes in talking to my own physician about making my meds work for me...

- ...I love the prescription discount she offers for university employees and have been letting all my co-workers know that she is available and goes that extra mile. She is not only a pharmacist but a valued member of my health care team.”

# Sign Up

1. Complete medical history form
2. Make appointment
3. Come in for your visit

# Expect...

- Complex issues
- Realistic approaches
- Small steps
- Great efforts

# University Pharmacy

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