

### Move More in April!

During Move More month, take time to review the updated [Physical Activity Guidelines for Americans](#) to learn about evidence-based recommendations for you and your patients. This second edition of the guidelines includes physical activity recommendations for:

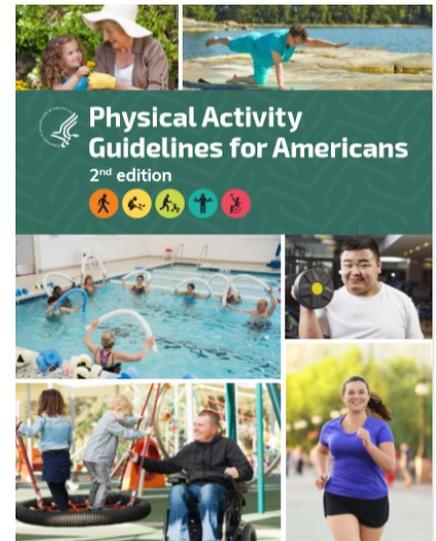
- Children ages 3-5
- Youth ages 6-17
- Adults, older adults and pregnant women
- Adults with chronic conditions and adults with disabilities

#### What's different about the updated guidelines?

Recent scientific evidence shows a strong link between increased sedentary behavior (moving less) and greater risk for developing heart disease, high blood pressure and all-cause mortality. Any amount of physical activity (especially moderate-to-vigorous) benefits health and can reduce that risk (move more).

There are **immediate** health benefits connected with physical activity, like reducing anxiety and blood pressure, improving sleep quality and sensitivity to insulin. There are also **long-term** health benefits, newly including improved cognition, reduced risk of cancers, dementia (including Alzheimer's disease), falls, postpartum depress and excessive weight gain.

Read more [here](#) about the top 10 things to know about the Second Edition of the Physical Activity Guidelines for Americans.



### The Scoop on Statins: What Do You Need to Know?

Patients may have questions about taking statins to manage their high cholesterol. Resources and tools to help health professionals manage patients' cholesterol are available through the [Million Hearts initiative](#), including a plain-language explanation of the risks and benefits of statins.

**The Scoop on Statins: What Do You Need to Know?**

**Why is it important to understand the benefits and risks of statins?**  
Most heart attacks and strokes are preventable by practicing a healthy lifestyle, and when necessary taking medications to lower blood pressure or cholesterol or to help quit smoking. Some who need to take statins can benefit from statin therapy, but it's important to understand the risks and benefits of statins. This infographic explains the benefits and risks of statins, and provides information on how to manage the risks of statins.

**What are the benefits of statins?**  
Statins reduce the amount of cholesterol in the blood, which helps prevent the formation of plaque in the arteries. This helps reduce the risk of heart disease, stroke, and other complications. Statins also help lower blood pressure and improve insulin sensitivity.

**What are the risks of taking a statin?**  
Some people may experience muscle pain or weakness when taking statins. This is usually a mild side effect and goes away on its own. In rare cases, statins can cause muscle damage. Other risks include liver problems and an increased risk of bleeding.

**How can side effects be managed when taking a statin?**  
Side effects can be managed by taking the statin at a lower dose or by switching to a different statin. It's important to talk to your doctor about any side effects you experience.

**Who should consider taking a statin?**  
People who have had a heart attack, stroke, or other cardiovascular event, or who have high cholesterol, should consider taking a statin. Your doctor can help you decide if a statin is right for you.

**What should I ask my doctor?**  
• What are my goals for my cholesterol?  
• What are the benefits and risks of taking a statin?  
• How can I manage the risks of taking a statin?  
• Are there any other ways to manage my cholesterol?

**Where can I learn more?**  
• [American Heart Association](#)  
• [National Heart, Lung, and Blood Institute](#)  
• [Million Hearts](#)

### Caring for Patients with Diabetes – “Take A Seat and Show Me Your Feet”

According to the [CDC](#), 60-70 percent of people with diabetes have nerve damage (diabetic neuropathy). This can happen throughout the body, but is most common in the feet and legs. Losing feeling as a result of nerve damage can lower the ability to feel pain, heat, or cold, which may make

cuts, blisters and sores less noticeable. Left untreated, these small problems can lead to serious complications.

As part of the [Everyone with Diabetes Counts initiative](#), Lake Superior Quality Innovation Network (QIN) provides a variety of resources for providers and patients to promote daily foot care to prevent complications. Check them out here:

- [4 Steps for Diabetes Foot Care](#) – lower leg amputation trends in Michigan and tips for patients to care for feet to prevent complications – post in your office!
- [3-minute Foot Exam](#) – it only takes three minutes to ask your patients about symptoms. Look for dermatologic abnormalities and teach them about daily recommended foot care.
- [Take a seat and show me your feet!](#) – encourage patients with diabetes to remove shoes and socks at every visit to promote regular foot examinations - post in your office!



## Save the Date

Join MPRO and Lake Superior QIN for upcoming learning events in April and early May.

**Thursday, April 11** (1-2 p.m.) – [Trauma and Its Impact on Behavioral Health Concerns in Primary Care](#)

**Wednesday, April 17** (noon-1 p.m.) – [Updates in the 2019 Diabetes Standards of Care](#)

**Tuesday, May 14** (1-2 p.m.) – [Using Self-Measured Blood Pressure Monitoring to Diagnose and Manage High Blood Pressure](#)

**Register Now! In-person Event – Tuesday, May 21** (8:30 a.m.-3:30 p.m.): **Best Practices for Cardiac Care Improvement: Strategies for the Whole Care Team**

- Registration and more information can be found [here](#)
- Where: Schoolcraft College – VisTaTech Center (18600 Haggerty Rd, Livonia MI 48152)

### Contacts:

Andrea Boucher  
248-465-7362  
[aboucher@mpro.org](mailto:aboucher@mpro.org)

Julee Campbell  
248-912-6702  
[jcampbel@mpro.org](mailto:jcampbel@mpro.org)