

ENHANCED HEALTH GUIDELINES FOR CARDIOVASCULAR DISEASE AND DIABETES MANAGEMENT



Nirvana Healthcare

Optimizing Patient Outcomes





OUR GOAL

Individuals in neighboring communities must have convenient access to essential healthcare and human services to address their diverse medical needs. In today's world, finding a healthcare services group capable of offering specialized care and support for various ailments is more important than ever.

For residents in East Orange, Newark, NJ, and the surrounding areas, Nirvana Healthcare Management Services is available to assist. Nirvana Healthcare Management Services is committed to empowering individuals across communities to take charge of their health and well-being. With a focus on the holistic patient experience, our coordinated team of primary and specialty care providers across all locations is dedicated to ensuring that patients throughout Essex County, New Jersey, have access to top-notch care.

Our objective is to achieve more favorable outcomes and promote better health while ensuring that patients receive the necessary care and support, they deserve.

Currently, Nirvana Healthcare has 8 distinguished offices with state-of-the-art medical testing and services for patients with different necessities. Our commitment to your health extends to closely monitoring your therapy through regular quarterly follow-ups and conducting essential blood work or diagnostic testing as needed.



OUR POLICIES



We kindly request that you keep your appointments, and if necessary, any cancellations should be made **at least 24 hours in advance**. Medication refills for chronic maintenance prescriptions will be renewed during your quarterly office visit. **We ask that you please request these refills during your appointment** to ensure timely processing. If a medication is not covered by your insurance, our pharmacy department staff will assist you by providing a comparable alternative. Our staff will furnish you with comprehensive information regarding each specialty facility to ensure you are fully informed.



CARDIOVASCULAR DISEASE (CVD)



Despite centuries of advancements in technology that have improved overall healthcare, the human body remains a mystery. However, the lifestyle choices we make continue to significantly impact health outcomes. We must intervene and diagnose our patients effectively.

Many of the prevalent conditions our patients face, such as:



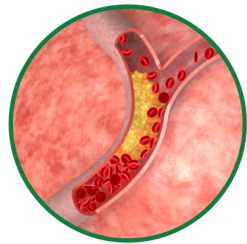
Diabetes



High Blood Pressure



Heart Disease



High Cholesterol

Are largely **preventable**

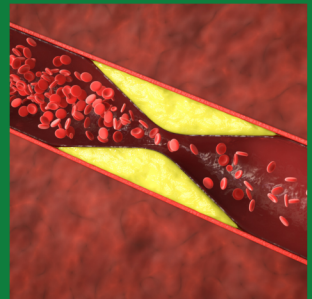
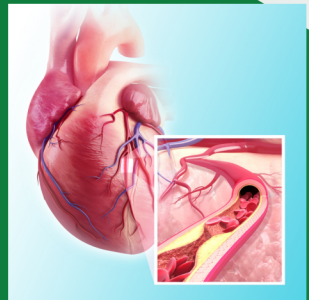




CVD - LEADING CAUSE OF DEATH IN AMERICA

As time progresses, cardiovascular diseases (CVD), encompassing conditions like high blood pressure, coronary artery disease, peripheral artery disease, heart failure, and arrhythmias, remain a leading cause of death among Americans. The American Heart Association plays a significant role in developing treatment and prevention guidelines for cardiovascular care.

A key component associated with CVD is atherosclerosis, characterized by the accumulation of cholesterol around blood vessels, leading to reduced blood flow and an increased risk of stroke or heart attack.





RISK FACTORS LINKED TO CVD

Risk factors linked to CVD include diet, exercise, sleep patterns, smoking, weight, cholesterol levels, blood pressure, and blood sugar levels. It's essential to be aware of these numbers. As of 2024, the American Heart Association has introduced updated guidelines to address these factors.

<120_{mmHg}
— AND —
<80_{mmHg}

NORMAL

120-129_{mmHg}
— AND —
<80_{mmHg}

ELEVATED

130-139_{mmHg}
— OR —
80-89_{mmHg}

HIGH (Stage 1)

>140_{mmHg}
— OR —
>90_{mmHg}

HIGH (Stage 2)



Implementing simple lifestyle changes can significantly reduce your risk of heart disease and stroke

Engaging in:



Physical Activity



Stop Smoking



Healthy Diet

Are all effective measures

If lifestyle modifications like diet and exercise alone aren't enough to lower your blood pressure, there are various pharmacological options available. These range from diuretics, commonly known as water pills, to widely used antihypertensive agents such as ACE inhibitors or ARBs (angiotensin renal blockers), which not only lower blood pressure but also serve as kidney protectors.

DIABETES

In the United States, **approximately 37.3 million individuals are living with diabetes**, accounting for roughly 11% of the population, with Type 2 diabetes being the most prevalent form, constituting over 90% of all diabetes cases. Globally, around 537 million adults have diabetes, a figure projected to escalate to 643 million by 2030 and 783 million by 2045. One contributing factor to this increase is the rise in caloric intake from processed foods lacking nutritional value, leading to heightened insulin resistance.



Diabetes is characterized by elevated blood sugar (glucose) levels, resulting from insufficient insulin production by the pancreas or ineffective utilization of insulin by the body. **It affects individuals of all ages** and is typically a chronic condition that can be managed through medication and lifestyle adjustments. The misconception that diabetes solely stems from excessive sweet consumption is misleading, as carbohydrates, not exclusively sweets, are present in various foods.



As previously mentioned, diabetes significantly elevates the risk of cardiovascular disease (CVD). The connection between diabetes and CVD hinges on various factors, notably the adverse impact of diabetes on blood vessels. Elevated blood sugar levels can inflict damage on the inner lining of blood vessels, leading to atherosclerosis—a condition characterized by arterial plaque buildup. Atherosclerosis heightens the likelihood of cardiovascular events such as heart attacks and strokes.

DIABETES AND CVD RISK FACTORS

Moreover, diabetes often coexists with other CVD risk factors, including:

 **OBESITY**

 **DYSLIPIDEMIA**

 **HYPERTENSION**

 **INFLAMMATION**

further compounding the cardiovascular risk as well as affecting our kidneys.

Statins are a class of medications primarily utilized to lower blood cholesterol levels, particularly LDL (low-density lipoprotein) cholesterol, referred to as "bad" cholesterol. Elevated LDL cholesterol levels pose a significant risk for atherosclerosis, dyslipidemia, and cardiovascular disease.

By reducing LDL cholesterol levels, statins mitigate the progression of atherosclerosis, diminish the risk of cardiovascular events, and enhance overall cardiovascular outcomes.

Research suggests that statins may confer additional cardiovascular benefits beyond cholesterol reduction, such as anti-inflammatory and plaque-stabilizing properties. Consequently, it's not uncommon for doctors to prescribe statins alongside antihypertensive drugs, emphasizing the importance of preventive measures in enhancing overall outcomes and effectively managing cardiovascular risk in individuals with diabetes. For these reasons, diabetic patients require preventative care by adding an antihypertensive such as ACE inhibitors or ARBs to protect their kidneys even if not suffering from high blood pressure as well as a statin although cholesterol levels might not be elevated. **Prevention is essential.**






KNOW YOUR NUMBERS

	A1C TEST	FASTING BLOOD SUGAR TEST	GLUCOSE TOLERANCE TEST
Normal	Below 5.7%	99 mg/dL or below	140 mg/dL or below
Prediabetes	5.7%-6.4%	100-125 mg/dL	140-199 mg/dL
Diabetes	6.5% or above	126 mg/dL or above	200 mg/dL or above

A1C Test: A blood test that measures your average blood glucose level over the past 3 months

Fasting Blood Sugar Test: A blood test that measures your blood glucose upon waking before eating or drinking anything.

Glucose Tolerance Test: A blood test measures your blood glucose level after drinking a glucose mixture dissolved in water.



OUR NETWORK

Primary Care



613 Park Ave,
East Orange, NJ 07017



346 Roseville Ave,
Newark, NJ 07107



491 Mt Prospect Ave,
Newark, NJ 07104



570 Park Avenue East
Orange NJ, 07017



292 Lafayette St,
Newark, NJ 07105

Specialty Care



491 Mt Prospect Ave,
Newark, NJ 07104



North Ward Behavioral Health

508-510 Mt Prospect
Ave, Newark, NJ 07104



491 Mt Prospect Ave,
Newark, NJ 07104



Nirvana Healthcare




Nirvana Healthcare

We Care For Your Health

For more information and to schedule appointments, please visit our website or call us. Let Nirvana Healthcare be your partner in achieving a healthier and happier life.

Contact us

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