

Health Information Center

Heart Calcium Score Scans

Know your heart disease risk.

As you age, you may have calcium deposits in your arteries. These deposits are called atherosclerosis. They can narrow your arteries and lead to heart disease.

The calcium score scan is a non-invasive test that can help you understand your heart disease risk. It uses a special X-ray to measure the amount of calcium in your arteries.

Heart Institute

Managing your diabetes

NEW

Diabetes is a chronic condition that can affect your health. It's important to manage your diabetes well to prevent complications.

Community Hospital

Your life in motion

Don't let joint pain stop you from being a healthier and more active life.

The Orthopedic Center at Community Hospital of the Monterey Peninsula is the local leader in joint replacement.

Orthopedic Center

TAVR. Valve replacement without open-heart surgery

Transcatheter aortic valve replacement (TAVR) is an innovative solution for people with aortic valve disease. It's a less invasive procedure than open-heart surgery.

Community Hospital

FIVE THINGS TO KEEP DIABETES FROM GETTING THE BEST OF YOU

According to the Centers for Disease Control and Prevention (CDC), the latest statistics demonstrate that upwards of 300 million adults in the United States are currently living with diabetes or prediabetes. Despite the daunting numbers, Type 2 diabetes is actually a modifiable and reversible condition. Find out what you can do to ensure that diabetes doesn't get the best of you.

WHAT CAUSES TYPE 2 DIABETES?

Type 2 diabetes develops as a result of the body's inability to produce enough insulin. Although the reason why this insulin imbalance occurs isn't entirely known, there are some contributing factors that have been identified. Excess weight, lack of physical activity, genetics, and environmental factors can cause prediabetes and eventually diabetes if preventive action is not taken.

WHAT ARE SOME OF THE SYMPTOMS OF TYPE 2 DIABETES?

Although symptoms may vary, individuals exhibiting the following potential signs of diabetes should consult with a physician.

- Fatigue
- Increased Thirst
- Increased Hunger
- Frequent Urination
- Resistance to Healing
- Dark Skin Patches

FIVE THINGS YOU CAN DO TO PROTECT YOURSELF

There are an abundance of strategies and solutions to help prevent diabetes. In fact, the National Institute of Diabetes and Digestive and Kidney Diseases has 50 actionable diabetes prevention suggestions, among them are:

1. Reducing portion sizes
2. Getting 30 minutes of exercise per day
3. Incorporating more vegetables into your diet
4. Keeping carbohydrates, meat and salt to a minimum
5. Drinking water in place of soda or juice

DID YOU KNOW?

According to the CDC, approximately one in four adults in the U.S. living with diabetes don't even know they have the condition. If your workplace and/or primary care physician offers biometric screenings, take advantage. Early detection is key to keeping diabetes from taking over your health and wellness.

NEW FOR PATIENTS

MyChart

Managing my health. One place. Online.

MyChart is a free, secure, and easy way to access your health information and care providers online.

Learn more and sign up at montagehealth.org/mychart

- Size — 35" x 42"
- Weight — 35 pounds
- Comes with a blue frame and four pockets for healthcare services handouts
- Place in high-traffic areas at employer sites such as the lunchroom, break room, etc.