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**Today's Feature**

**Good Health Guidelines**

Metabolic syndrome is a cluster of risk factors (elevated triglycerides, increased blood pressure and blood sugar, lowered levels of HDL cholesterol, and increased abdominal fat) in a person that increases the risk for heart disease, stroke, and diabetes. People with this condition need to get certain tests and screenings.

Please discuss the following topics with your health care provider:

1. Having a lipid profile done at least once a year
2. Having your blood pressure checked at every visit
3. Screening for diabetes once a year, or every two years if your blood sugar reading is normal
4. Reviewing your medications

Be sure to talk with your health care provider about these topics:

1. Manage your weight
2. Get help to quit smoking

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**Health News**

**In Some Patients, Hypertension Meds Raise Blood Pressure**

**Finding true for "significant" percentage of people, researchers say**

WEDNESDAY, Aug. 25 Popular prescription medications taken to control hypertension may actually boost blood pressure in a "statistically significant" percentage of patients, researchers report. The warning stems from a new study appearing in the online edition of the... [READ MORE](#)

**Health Tip: Recognizing COPD**

**Possible symptoms of chronic obstructive pulmonary disease**

Chronic obstructive pulmonary disease (COPD) is an umbrella term that includes lung diseases such as persistent bronchitis or emphysema.

The National Heart, Lung, and Blood Institute says common warning signs of COPD may include: Having a cough that... [READ MORE](#)

**Migraine With Aura Linked to Small Rise in Heart, Stroke Risks**

**Experts say individual risk is low, more research is needed**

TUESDAY, Aug. 24 People who suffer migraines with aura are at increased risk of dying from heart disease and stroke, but the individual risk for a migraine sufferer is low, two new studies show... [READ MORE](#)

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