

May 2008



Harold A. Nord, M.D. ☞

Crystal A. Smith, APRN, BC, FNP ☞ Genny Petersen, M.S.N., A.P.N., C.N.P.

1302 Franklin Avenue, Suite 3000 ☞ Normal, IL 61761

Phone: 309-454-3456 ☞ Fax: 309-454-6977 ☞ www.hnordobgyn.com

Are You Prepared?

Saturday, April 26th, I was having a very relaxing day mowing grass at S.K Nord soccer fields when my daughter drove up to tell me I needed to come home. She said, "Dad, Banner (my dog of 8 years) is dead. She was run over by the moving truck and no one saw her get into the path of the tire, and there was nothing we could do for her". Immediately I felt sick to my stomach and felt so bad that I was not there when she died. She had been a faithful companion and went everywhere I did when I was at home. She would rest on my lap and sleep by my feet as she showed her unreserved love for me. When I got home, my two sons were digging a grave for her in a flowerbed as she lay quietly on the ground. I picked her up like a limp doll and walked over to an open field where I sat down with her by an old oak stump. I could still feel the warmth of her body next to mine and I cried knowing that her life was now gone and our time together on this earth was over. I reminisced about all the good times we shared and grieved knowing I would miss her cheerful attitude.

Was I prepared to loose her? No. I hadn't given it a thought that day as I was mowing. It happened suddenly, and I was



not able to control the outcome. I was not prepared for what had happened. It reminded me that life is fragile, and there is no guarantee how long people, animals or things will be with us. We must learn to live each day as though it could be our last.

Jesus has taught you that the greatest commandment is to love the Lord your God with all your heart, all your mind and all your strength. The second was equally important: "Love your neighbor as yourself". No other commandment was greater than these. We need to learn to abide by these commands so that we are constantly doing the will of our father. Otherwise the time may come when disaster strikes and all we can say is I wish I had spent more time worshiping my Creator, my Savior, my God and showing more love to everyone and everything that God gave for me to enjoy here on this earth.

1 John 4:17 tells us that the day of judgment is coming when all of us will appear before Christ and be held accountable for our actions. With God living in us through Christ, we have no reason to fear this day because we have been saved from punishment. Instead, we can look for-

ward to the Day of Judgment because it will mean the end of sin and the beginning of a face-to-face relationship with Jesus Christ.

Jesus tells us in Matthew that no one knows the day or the hour when the coming of the Son of Man will happen, not even the angels in heaven or the Son himself. Only the Father knows. Jesus warns us that He will return when least expected like a thief in the night. He tells us to be prepared; because you don't know what day the Lord will return.

I wasn't prepared for Banner to die that day, but I have faith that I will see her again in heaven someday and that gives me a great sense of peace and happiness. Each day I try to be prepared for what may happen in the blink of an eye. I know that I will spend eternity with Christ and that brings me comfort and joy. ARE YOU PREPARED FOR WHAT IS TO COME? ARE YOU LOVING GOD AND HIS CREATION AT ALL TIMES?

May each of you experience the love and peace God has to offer His children.

Dr. Harold



Cholesterol: FAQ

When most of us hear the word, "Cholesterol", we immediately think of something bad. "It causes strokes!" "It causes heart attacks!" "It clogs our arteries!" So is cholesterol bad? Yes and No. Just like I tell my kids: "Too much of anything can be bad."

What is Cholesterol?

Cholesterol is a soft, fat-like, waxy substance that is found in the bloodstream and in all our body's cells. It is used by the body to produce cell membranes and some of the hormones found in our body. So see, its not all bad!

There are two types of cholesterol: the LDL (low-density lipoproteins) and the HDL (high-density lipoproteins). We generally refer to the LDL as the "bad" cholesterol. This is the type that can clog up our arteries. The HDL has the privilege of being recognized as the "good" cholesterol. This type helps remove the LDL type from the arteries and carries it away.

Where does Cholesterol Come From?

There are 2 sources of cholesterol. Our own bodies produce approximately 75% and the remaining 25% comes from food sources. As there are 2 sources of cholesterol, there are also 2 reasons for our cholesterol to be elevated: genetics and diet. Sometimes, thanks to mom and dad, our bodies simply produce too much cholesterol and/or are not that effective of getting rid of the excess. Secondly, let's face it, our diets stink! And it has been proven that weight gain does increase our cholesterol levels.

Is High Cholesterol Really a Big Deal?

Yes! Too much of the LDL cholesterol builds up in

the inner walls of the arteries, including those that feed the heart and brain. This can eventually combine with other substances to form plaque, a thick, hard deposit that can narrow the arteries and make them less flexible. This greatly increases the risk of coronary heart disease, heart attacks, and stroke. If you then add on high blood pressure and/or diabetes, the risk increases even more.

So What Can Be Done?

First, it is important to have your cholesterol checked annually. There are no real symptoms of high cholesterol, so the only way to know is through a blood test.

If you are found to have high cholesterol, the best thing to do is to limit your cholesterol and fat intake, especially saturated fats and trans fats. Start up a regular exercise program - this tends to increase the HDL levels. If all else fails, you may need to be placed on a cholesterol-lowering medication. If so, please know this does not replace a heart-healthy diet and exercise. It merely *assists* your diet and exercise.

Cholesterol is a beneficial and much needed component of our bodies, but just like anything else, too much can be a bad thing! So get your cholesterol checked, eat a heart-healthy diet, and go for a walk!

Recommended Cholesterol levels:

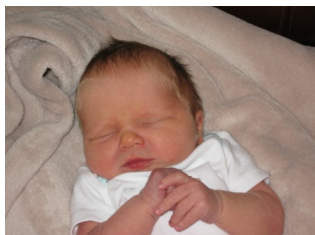
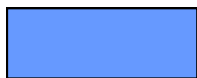
Total cholesterol <200

LDL <100

HDL 40-60

This information can be found through the American Heart Association

Introducing the newest Nord . . . Cannon Matthew



Born: May 6, 2008

8 lbs. 9oz

21 inches

