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# Fort Bend County Podcasts

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## Podcast Episode 12- Importance of Knowing Your Numbers

August 15, 2024

**Gina-** Welcome to this week's Benefit Detective Podcast. I'm Gina.

**Wendy-** And I'm Wendy. And the topic today is going to be the importance of knowing your numbers. And with that being said, we have a special guest with us today. Let's welcome Mark Sargent.

**Mark-** Hello. Hey, everybody.

**Gina-** How are you?

**Mark-** Good. Good. Feeling great.

**Gina-** Good. Hey, Mark. Can you tell us a little bit about yourself?

**Mark-** Yes. I'm a mechanic at the, Needville office. I've been with the company or with the county for 4 years now going on 5 in February. I pretty much work on everything that comes in, dump trucks, small equipment.

**Gina-** Awesome. Okay.

**Wendy-** So, Mark, we're doing our HRA biometrics right now and I know you've done them for a few years since you've been employed. What was the reasoning behind you doing them then?

**Mark-** The biggest reason was my wife was always concerned about my health, that I've been overweight and she's wanting me to as far as looking at my numbers and where I stand because, you know, I'm just like most of the guys out there. I'm kind of a stubborn old man and, you know, just hardheaded and not wanting to do it, but, you know, she kind of signs me up and pushes me toward it, you know, more than just the discount, but that's kind of the reason behind it. Just kind of concern for my health.

**Gina-** Awesome. So, Mark, has the reason you changed from when you first started your biometrics and doing your biometrics in HRAs to now?

**Mark-** Yes. Definitely.

**Gina-** Can you tell us about it?

**Mark-** Sure. Starting back in the early part of June last year, I was experiencing off and on, slight chest pains and kind of thought that it was, indigestion and was kind of slamming down some Tums quite often quite a bit. Never really got worse, it's just more off and on several times throughout the day. So, from there, it kind of got pretty bad on I think it was 11th July last year or June, excuse me, 11th June



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last year and it concerned me quite a bit, so I told my wife you need to go ahead and just take me to the emergency room because I'm really concerned about the pains. It was kind of shooting in my arm and up through my middle of my head and, so she took me in and, saw on a cardio a cardiologist who sent me back for a CT scan, an echocardiogram, and of course, I had several EKGs. They took several vials of blood. Found out my glucose number, which I know I'm now a type 2 diabetic. My glucose number was 584, just a few points away from a diabetic coma. Stayed the night and the next day, the cardiologist sent me home for, couldn't really find anything and I explained to him that I had a few still had a few chest pains and was concerned and so he told me to schedule a stress test. Stayed home that Thursday or that Friday through the weekend, went back to work to Monday, and experienced, I think, was a second heart attack, during work and notified my supervisor that I was going to go into the clinic the next day. And on my way to the clinic, about halfway through, I'm assuming that I have I experienced a third heart attack, and which was pretty bad. So, I had my wife take me back to the emergency room. From there, they sent me back to the catheterization lab where they discovered that my, I guess return arteries, the widow maker and the other one, both were had 2 artery main arteries were blocked, 1 at 95% and 1 at 99%. So they performed the 2 procedures, 1 one for one day and then and then the Thursday was the next one, which I felt great afterwards and then, of course, staying there, being with knowing I'm type g diabetic, They, you know, they kept medications, checking on me all night long and then I was finally released and I've been on medications since then and starting out going into hospital at 234 lbs., I'm down to 194 now so with a little bit of a little bit of exercise and, you know, heart healthy diet and Yeah. Just kind of watching what I eat, you know, plus, you know, obviously with, you know, taking medications for diabetes and, I kind of did myself a favor and really just improved my health and my actual wellness and just I feel great. I mean, I could do a lot more than what I used to, and I mean, it's been it's been a roller coaster. Been a definite eye opener for me.

**Gina-** Wow. Now I know, Mark, that you've done your HRA and biometrics every year for the past what?

**Mark-** 4 years.

**Gina-** 4 years. Mhmm. And in that time, time, have you noticed a change over the years?

**Mark-** Yes. Yes. I was going to mention that. When I first started the 1st year I was here, my A1c was, I believe it was a 7.4, which they were concerned, they were wanting me under 7. Once again being the stubborn old man that I am, you know, hard headed, you know, Charla, my wife kind of just told me, you know, you need to do something about that and then, you know, like me and most guys, you know, we if we feel okay, we think we're okay, and of course, each year after that, it climbed from the 7.4 to 11.7, 12.3, and then eventually last year was, yeah, right before I have a heart attack, it was a 13.7. So, it had steadily climbed and of course, I'm steadily getting, you know, spoken to, to do something about it and you know that was not the way it needed to be done. I should have done something about it before then obviously, but you know I thank God that I'm here now because,

**Gina-** Absolutely.



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**Mark-** I couldn't have been. Yeah. You know, with circumstances being.

**Gina-** So now this year, we're going again at the same time of year for your HRAs and biometrics. Have you done it this year?

**Mark-** I have done it. It was a few couple weeks ago and my A1c number was 6.8.

**Wendy-** All right.

**Mark-** And all my blood, my blood triglycerides were, and my low LDL and HDL were all perfect. So, I've been keeping up with it and doing great. I mean

**Gina-** Awesome.

**Mark-** The biggest reason, you know, obviously was for my own health. But then I have, you know, my wife I need to look after, my kids and my grandkids. I, you know, I want to make sure I'm here for her.

**Gina-** Right. Right.

**Mark-** So I can be there for them.

**Gina-** That's wonderful.

**Wendy-** Yes.

**Gina-** That that's so good news. So, what can you say to others out there that kind of take this for granted and they look for it more for stubborn. Stubbornness maybe or for the discounts only. What have you learned?

**Mark-** The discounts are great. The biggest thing is your health. I mean, you've got to be selfish for yourself and think of you know your other yourself obviously first, but you know your family too that wants to be around you. Your friends, coworkers, everybody that depends on you and you know wants you to be here for them. That's the biggest reason really.

**Gina-** And you can't put a price on your health. It's good to be proactive rather than reactive.

**Mark-** Well I mean you know and that goes along with too with you know, everybody always says it's so expensive to eat healthy, but you spend a little bit more to eat healthy and it's going to keep you out of the hospital. It'll save you money in the long run.

**Gina-** Absolutely.

**Wendy-** So true.

**Gina-** That is.



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**Mark-** But it's been definitely an eye opener and quit being stubborn. You just do what you need to do.

**Gina-** You heard it here.

**Wendy-** Pay attention to those numbers.

**Gina-** Exactly. You heard it here, folks. Well, thank you, Mark, for coming in today. We appreciate you visiting us and telling us your story and what your beliefs are with the HRA's and biometrics.

**Gina-** Well, that wraps up this week's benefit detective podcast. I'm Gina.

**Wendy-** And I'm Wendy. And remember to listen every Thursday for our podcast.

**Gina-** And remember, the benefit detectives are here to help.