

THE KEY TO THE GOOD LIFE IS A GREAT PLAN

health TALK

SUMMER 2009



TAKE CARE NEW YORK
New York City has important health news on its Web site. Check it out at www.nyc.gov/html/doh.

it's your choice

You have a choice about whether and when to have a baby. The only guaranteed way to prevent getting pregnant is not having sex. But birth control can be very effective. There are many choices of over-the-counter and prescription birth control methods.

Ask your doctor to help you choose the right method for you. If you are sexually active, it's important to see a doctor each year.



PREVENTION

THE secret TO survival

MAMMOGRAMS SAVE LIVES

Breast cancer can be cured—if it is found early. There are more than 2 million breast cancer survivors in America. What is their secret? Early detection. About 15,000 lives would be saved in the United States each year if every woman:

- examined her breasts monthly
- got regular mammograms (X-rays of the breasts)

Women should have their first mammogram when they turn 40. After that, they should have mammograms every 1–2 years. Mammograms can find breast cancer up to two years before you can feel a lump.



 **TALK TO YOUR DOCTOR** Learn about your breast cancer risk factors. You may need a mammogram at a younger age.

A PUBLICATION JUST FOR YOU FROM

AmeriChoice
by UnitedHealthcare

¡VOLTEE PARA ESPAÑOL!

AmeriChoice by UnitedHealthcare
P.O. Box 1037
New York, NY 10268

PRSRST STD U.S. Postage
PAID
AmeriChoice
United Health Group



your BEST shot

IMMUNIZATIONS KEEP KIDS HEALTHY

Years ago many children died from common diseases.

Today, those diseases are rare. This is because children now get vaccines to keep them from getting sick. It's important for all children, from babies through teens, to get the right shots at the right time.



KEEP TRACK Keep a record of what shots your child gets and when. Share this list with any new providers you see. Make copies of this list so you can give them to child care, schools, camps or sports programs.

SHOTS FOR BABIES (BIRTH-15 MONTHS)

- HepB: Hepatitis B (3 doses)
- HepA: Hepatitis A (2 doses)
- DTaP: Diphtheria, Tetanus, Pertussis (4 doses)
- Hib: Haemophilus influenzae type b (3-4 doses)
- IPV: Polio (3 doses)
- PCV: Pneumococcal (4 doses)
- RV: Rotavirus (2-3 doses)
- MMR: Measles, Mumps, Rubella (1 dose)
- Varicella: Chickenpox (1 dose)
- Influenza (yearly)

BOOSTER SHOTS FOR CHILDREN (4-6 YEARS)

- DTaP: Diphtheria, Tetanus, Pertussis
- IPV: Polio
- MMR: Measles, Mumps, Rubella
- Varicella: Chickenpox
- Influenza (yearly)

SHOTS FOR PRE-TEENS (11-12 YEARS)

- Tdap: Tetanus, Diphtheria, Pertussis
- HPV: Human Papillomavirus (3 doses, girls only)
- MCV: Meningococcal
- Influenza (yearly)
- PPSV: Pneumococcal*
- HepA: Hepatitis A*

* if at high risk

check it out

CHLAMYDIA IS EASY TO GET, EASY TO DETECT, EASY TO TREAT

Chlamydia is very common. You get it by having sex with a person who has it. It can cause serious problems in men and women. It can make women unable to get pregnant. It can also affect newborn babies of infected mothers.

Most people with chlamydia have no symptoms. The best way to see if you have it is to get tested. The test is done on urine



▶▶ MORE THAN 1 MILLION WOMEN IN THE U.S. GET CHLAMYDIA EACH YEAR.

sunKISSED

WHAT THE SPF NUMBER ON SUNSCREEN MEANS

SPF stands for Sun Protection Factor (SPF). The way it works is that the sunscreen will protect you from sunburn for as long as it would take you to burn without it, times the SPF. So, if you would burn in 10 minutes, an SPF 30 sunscreen would protect you for 300 minutes. However, this figure only works in a lab. In real life, sunscreen wears

off after about an hour.

It's still very important to use sunscreen. It helps prevent skin cancer and also wrinkles. Wear moisturizer or makeup with sunscreen every day. If you are going to be outdoors for a while, apply a thick coating of sunscreen. Put on more after an hour or after swimming or sweating.

▶▶ SKIN CANCER IS THE MOST COMMON FORM OF CANCER IN THE U.S.



BABY SOFT SKIN


Start using sunscreen on babies when they are 6 months old. For younger babies, keep skin covered with light clothing and a wide brimmed hat. Use the canopy on the stroller or car seat to provide shade.

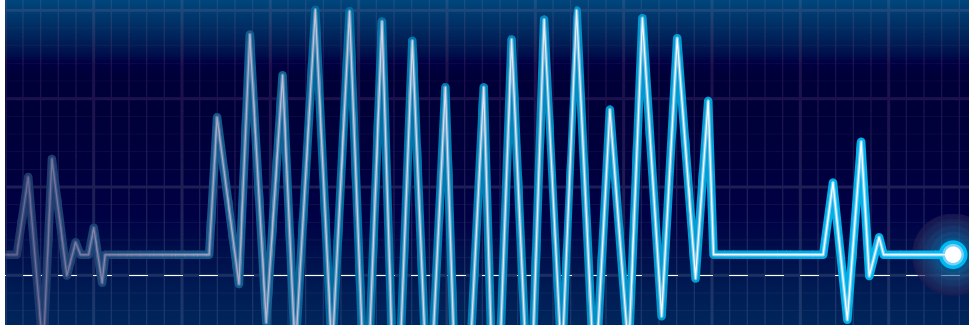


and is fast, easy and painless. All sexually active women should get tested each year. It's even more important for women under 25.

Chlamydia is treated with antibiotics. It's important to take all the medicine. If you don't, the infection may come back. Your partner should also get tested and treated if necessary.

To prevent chlamydia, use a condom every time you have sex.

 **OK FOR OB** Annual OB/GYN checkups are a covered benefit. Call your health plan if you need to find a provider.



Know your Numbers

COUNT ON A HEALTHY HEART

Heart disease is the number one cause of death in the United States. If your blood pressure, cholesterol or weight is too high, you could hurt your heart. Knowing your numbers can help keep your heart healthy.

BLOOD PRESSURE

IDEAL BLOOD PRESSURE: LESS THAN 120/80
High blood pressure makes the heart work harder to pump blood and oxygen through the body. **HITTING THE NUMBER** You can lower your blood pressure with a healthy lifestyle. Limiting salt and alcohol, losing weight and exercising can lower blood pressure. If lifestyle changes are not enough, medications can help.



CHOLESTEROL

IDEAL TOTAL CHOLESTEROL: LESS THAN 200 Cholesterol is a fatty substance in your blood. HDL is good cholesterol and LDL is the bad kind. Too much LDL can clog your arteries. **HITTING THE NUMBER** Eating right and exercising can lower your cholesterol. If that is not enough, your doctor may put you on cholesterol-lowering drugs.

WEIGHT CONTROL

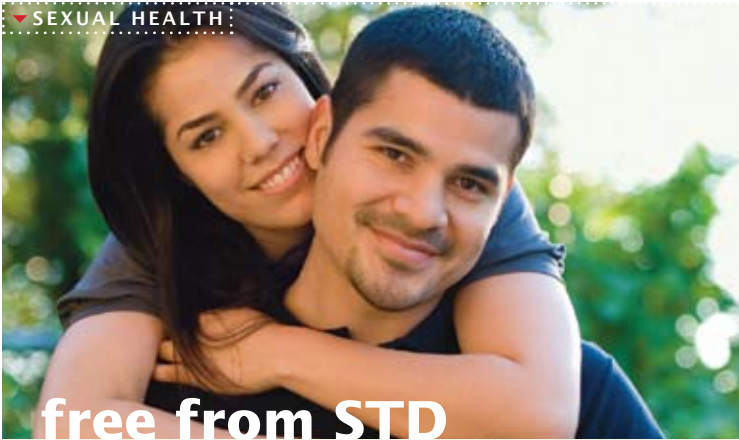
IDEAL BODY MASS INDEX (BMI): LESS THAN 27 Your body mass index (BMI) is based on your height and weight. Having a high BMI is bad for your heart. **HITTING THE NUMBER** Your doctor can tell you your BMI. There are also BMI calculators on the Internet. Here's another way to find your BMI:

- 1 Multiply your height in inches by your height in inches.
- 2 Divide your weight in pounds by the answer to #1.
- 3 Multiply the answer to #2 by 703.
- 4 Round the answer to #3 to get your BMI.



ON THE WEB There are tools online that can help you manage your heart health. See the American Heart Association at www.hearthub.org. You can track your blood pressure, take a cholesterol quiz, calculate your BMI and more.

▼ SEXUAL HEALTH



free from STD

GET TESTED NEW YORK

Your doctor is the best person to test and treat you for sexually transmitted diseases (STDs). But there is also another free and confidential option. The New York City Department of Health and Mental Hygiene has STD clinics in all five boroughs. They can check you for STDs such as HPV, chlamydia, HIV and hepatitis.

In addition to the STD clinics, there are special HIV programs. More than 100,000 New Yorkers are living with HIV, but thousands don't know they are infected. Prevention, testing and treatment programs are available. The New York City Department of Health and Mental Hygiene offers free rapid HIV testing, HIV counseling and information about obtaining clean needles.



FIND OUT Please call 311 to find a free STD or HIV clinic. Or call AmeriChoice Member Outreach at 1-800-455-2008.

▼ HEALTHY LIFESTYLES



kids AND smoking

BY THE NUMBERS

The health risks of smoking are well known. Yet kids are still picking up the habit. Talk to your children about smoking. Set clear rules. You can help keep them from starting. Some facts:

- Nine out of 10 adults who smoke started as kids.
- Every day more than 4,400 kids become regular smokers.
- The age to start talking to kids about smoking is 5 or 6.
- 15 percent of 9-to-13-year-olds have tried tobacco.
- 23 percent of teens say no family member has ever talked to them about smoking.
- Six million of today's young smokers will eventually die due to smoking-related illnesses.



QUITTING TIME Set a good example for your kids. If you smoke, make a plan to quit. Call 1-877-674-3133 to see how we can help. Or, call 1-800-QUIT-NOW for your local smoking quitline.

▼ RESOURCES

dig in

NEW YORK'S SUMMER FOOD SERVICE PROGRAM

New York City's Summer Food Service Program provides free breakfast, lunch and snacks to children during school vacation times, primarily during the summer. The program is available in all low-income neighborhoods.

WHO IS ELIGIBLE?

All children up to age 18 are eligible. There are no forms to fill out or documentation needed.

CAN IMMIGRANTS PARTICIPATE?

Yes. All children can participate regardless of residency or citizenship status.

WHAT TYPES OF SITES OFFER SUMMER MEALS?

The program operates open sites where anyone can walk in. Sites are located in areas where 50 percent of the children are eligible for free or reduced school meals.



FIND IT To find a summer food service location, call 311. For more information, call Roxanne Henry at the Food Bank For New York City at 212-566-7855, x8364.