

THE KEY TO THE GOOD LIFE IS A GREAT PLAN

# health **TALK**

WINTER 2010



## 4 FACTS

### ABOUT SECONDHAND SMOKE

- 1 Three out of five kids aged 3-11 are around secondhand smoke.
- 2 Secondhand smoke makes kids sick. It causes sudden infant death syndrome (SIDS), lung infections and ear problems. It makes asthma worse.
- 3 Secondhand smoke raises the risk of heart disease by 25-30 percent.
- 4 Secondhand smoke raises the risk of lung cancer by 20-30 percent.



A PUBLICATION JUST FOR YOU FROM

**AmeriChoice**<sup>®</sup>  
by UnitedHealthcare

¡VOLTEE PARA ESPAÑOL!

### SEXUAL HEALTH



## THE **silent** DISEASE

### SHOULD YOU GET TESTED FOR CHLAMYDIA?

**Chlamydia infection is often referred to as a silent disease.**

Millions of people are infected. Most have mild or no symptoms. You may have chlamydia for days, weeks or even months and not notice. But it can cause serious complications. These can result in permanent damage, such as infertility.

The Centers for Disease Control and Prevention (CDC) says all sexually active women with risk factors should be tested each year. Risk factors include having a new sex partner or having multiple partners.

Chlamydia is easily detected. Testing is painless. Treatment is as easy as taking an antibiotic. Speak to your doctor about this preventable disease.

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# brisk<sup>WINTER</sup> air

## CONTROLLING ASTHMA WHEN IT'S COLD

Many people with asthma breathe a sigh of relief when winter comes. Outdoor triggers like pollen and weeds go away for a while. But some people feel worse in the winter. Their asthma can be triggered by cold air outside or dry air inside. Indoor triggers like dust mites and pet dander can also build up when windows are closed.

# 5

## TIPS FOR WINTER ASTHMA CONTROL

- 1 DRINK LOTS OF WATER.**  
Aim for eight 8-ounce glasses a day.
- 2 USE A HUMIDIFIER INSIDE.**  
Clean it and change the filter often.
- 3 COVER YOUR MOUTH AND NOSE OUTSIDE.** Use a scarf or a mask.
- 4 STAY AWAY FROM WOOD-BURNING FIREPLACES OR STOVES.**  
If you use one, keep it clean. Make sure your home is well ventilated.
- 5 VACUUM AND DUST OFTEN.**  
Keep pets out of bedrooms. Wash bed sheets weekly.

**i TIME FOR A CHANGE** Do you have asthma? Talk to your doctor about whether you need to change your asthma action plan seasonally. Remember to carry your rescue inhaler with you.

## no shame

### DON'T BE EMBARRASSED ABOUT DEPRESSION

Depression is a medical problem, like having diabetes or needing eyeglasses. It is nothing to be ashamed of. More than 18 million Americans have it. Some signs include:

- a sad mood that doesn't go away
- not wanting to do things you once enjoyed
- eating much more or less than you used to
- trouble sleeping or sleeping too much
- lack of energy
- a hard time thinking
- thinking about death or suicide

Depression can be treated. Medication can help. So can therapy. You can also try lifestyle changes. Exercising, getting enough sleep and eating healthy may improve your mood.

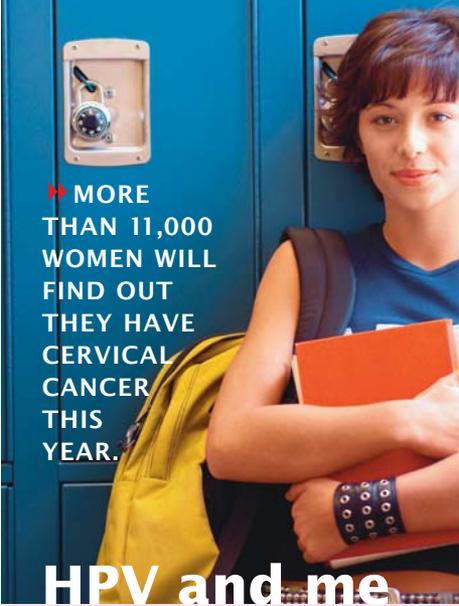
Some people get depressed each winter. This is called seasonal affective disorder (SAD). It's caused by not getting enough sunlight. Sitting by special lamps can help SAD. So can spending time outdoors on sunny days.

**☹ GET HELP** If you have symptoms of depression most of the time for more than a few weeks, talk to your doctor.



More than 1 out of 7 low-income Americans have depression.

PREVENTION



MORE THAN 11,000 WOMEN WILL FIND OUT THEY HAVE CERVICAL CANCER THIS YEAR.

# HPV and me

## YOU CAN PREVENT CERVICAL CANCER

About 70 percent of cervical cancers are caused by the human papillomavirus (HPV). HPV is very common. You get it from unprotected sex. Today, there's a vaccine for HPV. Girls and women aged 9 to 26 should consider getting it. It works best when given to girls well before they become sexually active.

Cervical cancer is treatable when caught early. Pap tests find cancer early, before there are any symptoms. You should start getting Pap tests at age 21 or three years after you start having sex, whichever comes first. You should get a Pap test at least every three years until age 70. If you have had an abnormal Pap test or are infected with HPV, talk to your doctor about getting the test more often.



**TAKE CHARGE** Talk to your doctor about getting cancer screenings. For more information about cancer, call the National Cancer Institute at 1-800-4 CANCER or visit [www.cancer.gov](http://www.cancer.gov).

HEALTHY LIFESTYLES

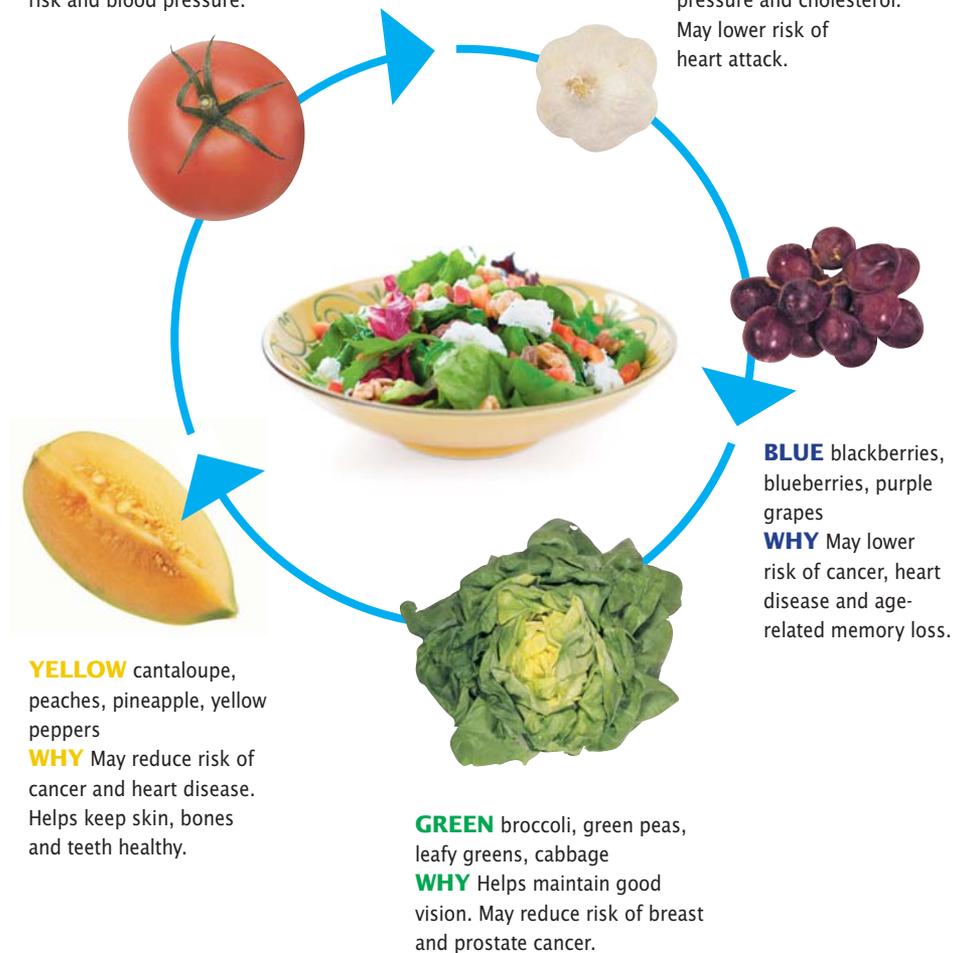
# color<sub>ME</sub> healthy

## A COLORFUL DIET IS A HEALTHY ONE

Eating a rainbow of foods can make you healthy. It can help you prevent cancer, heart disease and other problems. Eat at least one food of each color every day. Fruits and vegetables are just as nutritious fresh, canned or frozen.

**RED** tomatoes, watermelon, pink grapefruit, strawberries  
**WHY** May lower prostate cancer risk and blood pressure.

**WHITE** garlic, leeks, white onions  
**WHY** May reduce blood pressure and cholesterol. May lower risk of heart attack.



**YOUR PYRAMID** Make a plan for eating healthy at [www.mypyramid.gov](http://www.mypyramid.gov). This Web site has many tools for people of all ages and sizes.

▼ SICK DAYS



## what to do

### ABOUT THE H1N1 AND SEASONAL FLU

**Flu season hasn't peaked yet.** Both the seasonal flu and the H1N1 ("swine") flu will be spreading for a few more months. You should still be following basic tips for staying healthy. Wash your hands often. Cough or sneeze into a tissue or your elbow. Stay home if you are sick. And don't touch your eyes, nose or mouth.

It's not too late to get a flu shot. Follow the Centers for Disease Control (CDC) guidelines about who needs vaccines the most.

#### SEASONAL FLU VACCINE

- pregnant women
- children aged 6 months to 18 years old
- people of any age with certain chronic conditions
- healthcare workers
- people who live with or care for children younger than 6 months of age or others at high risk for complications from the flu
- people who live in nursing homes and other long-term care facilities
- people 50 years of age and older

#### H1N1 VACCINE

- pregnant women
- people aged 6 months to 24 years old
- people aged 25 through 64 years with certain chronic conditions
- healthcare and emergency medical services workers
- people who live with or care for children younger than 6 months of age

 **THE NOSE KNOWS** The seasonal and H1N1 vaccines are also available as nasal sprays for some age groups. But for some people, shots work better. Ask your doctor which type of vaccine is best for you.

▼ ABOUT YOUR PLAN



## getting there

### OUR NEW TRANSPORTATION MANAGEMENT COMPANY

**Do you need help getting to a medical appointment?** If you are a Medicaid or Family Health Plus member and live in New York City (any borough) or Richmond, Suffolk or Onondaga county, LogistiCare can help.

LogistiCare is our new transportation management company. LogistiCare arranges rides to non-emergency medical appointments. If you can use public transportation, it will provide Metrocards. LogistiCare does not provide the actual rides.



**NEED A RIDE?** Call Member Services at 1-800-493-4647. You will be connected to LogistiCare.

▼ MENTAL HEALTH

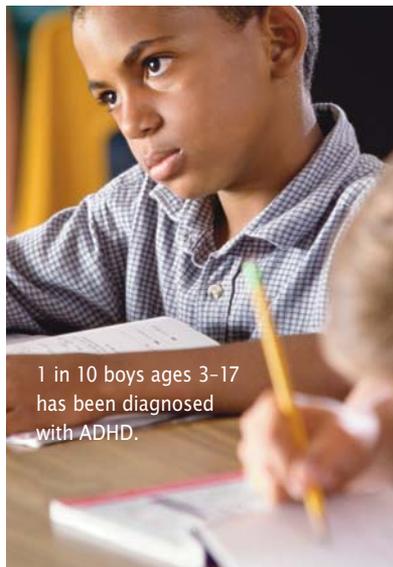
# driven<sub>T</sub>o distraction

### COULD YOUR CHILD HAVE ADHD?

**All kids get antsy sometimes.** They don't always pay attention. But some kids may have these problems most of the time. Their behavior can cause problems at home or school.

If your child has at least five of these symptoms at home and at school, talk to his or her doctor about ADHD.

- gets distracted easily
- changes activities quickly
- forgets things often
- can't follow directions
- doesn't finish tasks
- loses things often
- talks too much
- can't sit still for long
- runs around a lot
- touches everything
- is very impatient
- can't control his or her feelings



1 in 10 boys ages 3-17 has been diagnosed with ADHD.



**GET HELP** ADHD can be managed. Therapy and medication can help. Parents can learn to help children with ADHD control themselves.