

# health TALK

SPRING 2009



## breast friends

Breast cancer can often be found early. The sooner it is found, the better your odds of being cured. There is no certain way to tell if you might get breast cancer. So please see your doctor for:

- A breast exam by your doctor every year.
- A mammogram every one to two years starting at age 40. A mammogram is a type of X-ray. It can help find cancer that is too small to be felt.



A PUBLICATION JUST FOR YOU FROM



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¡VOLTEE PARA ESPAÑOL!



## IS YOUR HEART IN JEOPARDY?

Did you know that heart disease is the number one cause of death for women in the United States? Are you at risk for heart disease? Ask yourself these questions to learn if your heart is in jeopardy.

- Do you have a family history of heart disease?
- Are you overweight?
- Are your cholesterol numbers high?
- Do you have uncontrolled high blood pressure?
- Are you a smoker?
- Do you have diabetes?
- Are you having burning, pain or mild pressure in your chest? Does this pain go to your arms or jaws? (Women can have different warning signs than men.) Do you feel short of breath with or without any of the above warning signs?

If you answer yes to any of these questions, your heart could be in jeopardy. Call your doctor today to make an appointment. Get the tests that you need to help you to keep your heart healthy.

**STILL SMOKING?** If you smoke, talk to your PCP about ways to quit. Or, call the Ashline at 800-556-6222. The Ashline is a free program to help you quit.

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▼ BABY BASICS

▶▶ YOUR BABY SHOULD HAVE NOTHING BUT BREAST MILK FOR THE FIRST SIX MONTHS.

## best start

### 3 TIPS FOR BREASTFEEDING YOUR BABY

Breastfeeding can be a good experience for both you and your baby. Following these three tips can get breastfeeding off to a good start.

- 1 **NURSE EARLY AND OFTEN.** Try to breastfeed your baby within the first hour after birth. Newborns need to nurse at least every two hours, but not on a strict schedule. This tells your breasts to produce plenty of milk.
- 2 **BREASTFEED ON DEMAND.** Watch your baby for signs of hunger. Hungry babies may be more alert or active or put their hands by their mouths. Don't wait until the baby starts crying to feed.
- 3 **HAVE BABY OPEN WIDE.** Nurse with the nipple and the areola (the darker area around the nipple) in the baby's mouth.



**FREE HELP** Most moms can be successful with breastfeeding. Your local WIC office ([www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)) or La Leche League chapter ([www.llli.org](http://www.llli.org)) can provide free breastfeeding help and advice. The National Women's Health Information Center ([www.4women.gov](http://www.4women.gov)) has a free breastfeeding hotline at 800-994-9662.

▼ CHRONIC CONDITIONS

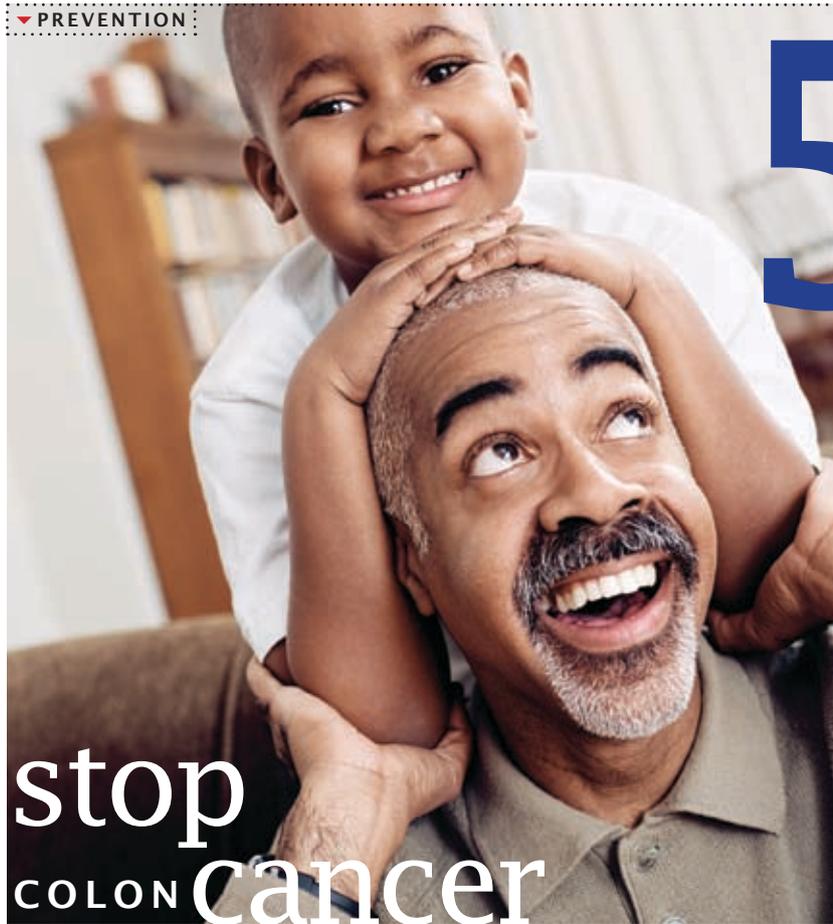
## CONTROL your BLOOD sugar

### WHY A1C TESTS ARE IMPORTANT

If you're diabetic, you know how important it is to check your blood sugar often. That little finger prick gives you a good idea about how well you are controlling your diabetes. But it only tells you about your blood sugar at that moment.

There is a test that your doctor does that gives a more complete picture. It's called A1c and it provides an average measurement of your blood sugar over a six- to 12-week period. It's important to keep your blood sugar controlled over the long term to prevent serious complications.

▼ PREVENTION



Colon cancer is the second leading cause of cancer deaths in the United States. But it shouldn't be. That's because it can be cured if caught early. And it can actually be avoided with these tips.



**LEARN MORE** Learn about preventing colorectal cancer at [www.cancer.gov](http://www.cancer.gov).

For people without diabetes, a normal A1c result is between 4 percent and 6 percent. For people with diabetes, a good A1c result is under 7 percent. If your diabetes is not well-controlled, you should have an A1c test every three months. If you do have good control, two tests a year are recommended.



**DIABETIC?** Your health plan has programs to help people with diabetes and other chronic conditions. Call the toll-free number on your health plan ID card to learn about these programs.

## TIPS FOR PREVENTING COLON CANCER



- 1 EAT SMART.** Get a lot of fiber. Enjoy fruits and vegetables daily. Cut back on fat and red meat.
- 2 DON'T SMOKE.** Believe it or not, the poisons you breathe end up in your colon.
- 3 KNOW YOUR FAMILY HISTORY.** If colon cancer runs in your family, tell your doctor.
- 4 LEAD A HEALTHY LIFESTYLE.** Exercise and maintain a healthy weight.
- 5 GET A COLONOSCOPY.** This test can actually prevent cancer by removing lumps that can turn into cancer. Have your first one when you turn 50. Ask your doctor if you might need one sooner.

▶▶ **DIABETES IS THE 6TH LEADING CAUSE OF DEATH IN THE U.S.**

# Name that bug

CAN YOU TELL THE DIFFERENCE BETWEEN A COLD AND THE FLU?

Cold and flu season is not over yet. Both illnesses are very common. They are caused by viruses. You can reduce your chances of getting sick. Get a flu shot each fall. Wash your hands often. Don't share household items with someone who is sick. But if you do get sick this season, will you know which virus you have?



## COMMON COLD

Colds usually begin gradually. They start two to three days after you are infected. They may start with a sore throat. Then you start sneezing and get a runny nose. Fevers are rare, especially in adults.

## THE FLU

The flu comes on quickly, often within a few hours. You feel worse than you do with a cold. Flu symptoms include headache, muscle aches, a dry cough and chills. A fever is common. In about two to three days, these symptoms stop. Then you get a stuffy nose and sore throat.



## TREATMENT

Because viruses cause colds and the flu, antibiotics won't help. Antibiotics kill bacteria. There are many over-the-counter medicines available to help you feel better. Generally, it's best to choose those that treat only the symptoms you have. For example, if you have a sore throat and runny nose, you don't need a medicine that also helps a cough.

And remember, over-the-counter drugs don't cure you. They just make you feel more comfortable. Only time, and your body's immune system, can beat a cold or flu.



**i** **WHEN IT'S WORSE** Sometimes, a cold or flu causes another infection. You might get an ear infection, bronchitis or other problem. If you still feel bad one week after a cold or two weeks after the flu starts, see your doctor.

▼ CHRONIC CONDITIONS



# it's clear

## DIABETICS NEED REGULAR EYE EXAMS

If you have diabetes, you need at least one eye exam a year. Many people with diabetes get retinopathy. It is a disease of the eye that can lead to serious vision problems or blindness. People with diabetes are also at higher risk of getting glaucoma (high pressure in the eye) and cataracts (clouding of the lens), which also cause vision problems. Getting an eye exam can help to spot early signs of these problems. Your doctor can perform a special eye test for people with diabetes.



**NEED AN EYE DOCTOR?** Call Spectera today at 800-638-3120 to find an eye center in your area.

▼ SEXUAL HEALTH



## check it out

### DO YOU NEED CHLAMYDIA TESTING?

**Chlamydia is a disease that is spread during sex.** You can have it and not know it. Most people with chlamydia don't have any symptoms. The best way to prevent chlamydia is not to have sex. If you do have sex, use a condom every time. You should get tested if you:

- are age 16-24 and are having sex.
- have had sex with more than one person recently.
- are pregnant.

It's important to get tested for other sexually transmitted diseases (STDs) as well.



**ASK ABOUT IT** Talk to your doctor about getting tested. If you need help getting an appointment, please call APIPA at 888-664-2777.

▼ SEXUAL HEALTH



▶ 3 OUT OF 10 GIRLS GET PREGNANT AT LEAST ONCE BEFORE AGE 20.

## too young

### 8 TIPS FOR PREVENTING TEEN PREGNANCY

The teen birth rate has risen for the first time in 15 years. If you are a parent of a teenage boy or girl, it's important to talk to them about sex. Here are some tips from the National Campaign to Prevent Teen Pregnancy:

- 1 Be clear about your own sexual values.
- 2 Talk about sex with your kids early and often. Be specific.
- 3 Know where your kids are, what they are doing and who they are with.
- 4 Say no to early, frequent and steady dating.
- 5 Tell your kids to only date kids their own age.
- 6 Give your kids options for the future that are better than teen parenthood.
- 7 Tell your kids how important school is to you.
- 8 Build a strong, close relationship with your children from an early age.



## Healthy First Steps

### HELP FOR TEENAGE MOMS

It's important for women to get prenatal care as soon as they find out they are pregnant. It's even more important for teenagers. A teenage mother is at greater risk than a woman over age 20 for complications. Some teens need help changing their lifestyle to improve their chances of having a healthy baby. An unhealthy diet, smoking, drinking alcohol and taking drugs can increase the risk of a baby being born with health problems, such as low birth weight.

APIPA has a program called Healthy First Steps (HFS). It can help teens choose an OB doctor, schedule prenatal care visits and get the services and resources they need.



**PREGNANT?** Have questions about APIPA's HFS Program? Want to enroll? Call 800-348-4058, option 2.

# regional behavioral health authorities (RBHA)

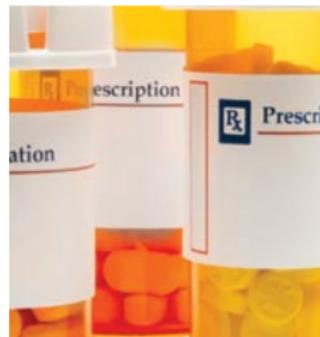
LA AUTORIDAD DE SALUD DEL COMPORTAMIENTO REGIONAL (RBHA)

COUNTY CONDADO: MARICOPA  
RBHA RBHA: MAGELLAN  
PHONE TELÉFONO: 800-564-5465  
24-HOUR CRISIS LINE LÍNEA PARA CRISIS  
LAS 24 HORAS: 602-222-9444

COUNTIES CONDADOS: PIMA, GRAHAM,  
GREENLEE, SANTA CRUZ, COCHISE  
RBHA RBHA: COMMUNITY PARTNERSHIP  
SOUTHERN ARIZONA  
PHONE TELÉFONO: 800-771-9889 or  
520-325-4268  
24-HOUR CRISIS LINE LÍNEA PARA CRISIS  
LAS 24 HORAS: 520-622-6000

COUNTIES CONDADOS: COCONINO,  
NAVAJO, MOHAVE, APACHE, YAVAPAI  
RBHA RBHA: NORTHERN ARIZONA REGIONAL  
BEHAVIORAL HEALTH AUTHORITY  
PHONE TELÉFONO: 800-640-2123  
24-HOUR CRISIS LINE LÍNEA PARA CRISIS  
LAS 24 HORAS: 877-756-4090

COUNTIES CONDADOS: PINAL, GILA,  
YUMA, LA PAZ  
RBHA RBHA: CENPATICO  
PHONE TELÉFONO: 866-495-6738  
24-HOUR CRISIS LINE LÍNEA PARA CRISIS  
LAS 24 HORAS: 866-495-6735



# did you know?

**You have a behavioral health benefit.** It covers you or a loved one should you ever need counseling. It can help with problems related to anxiety, attention deficit disorder, depression, or drug or alcohol problems. These are only a few of the services available to you and your family.

## ¿SABÍA USTED QUE...?

**Tiene un beneficio de salud del comportamiento que lo cubre a usted o a un ser querido en caso de que necesite orientación.** Puede ayudarle con problemas relacionados con ansiedad, trastorno de déficit atención, depresión o consumo de drogas o alcohol. Éstos son sólo algunos de los servicios que se encuentran a disposición de usted y su familia.



### ENROLLING

To receive behavioral health services you must first be enrolled with a Regional Behavioral Health Authority (RBHA). To enroll or get more information, call the RBHA in your county (listed on the other side of this card).

### INSCRIPCIÓN

Para recibir servicios de salud del comportamiento, primero debe inscribirse con una Autoridad de Salud del Comportamiento Regional, o RBHA. Si desea inscribirse u obtener más información, llame a la RBHA de su condado (que se indica al reverso de esta tarjeta).

### EMERGENCY CARE

If you or a family member are having emotional problems and need help right away, call the crisis line number in your county. Help is available 24 hours a day.

### ATENCIÓN DE EMERGENCIA

Si usted o un familiar están experimentando problemas emocionales y necesita ayuda de inmediato, llame al número de la línea de ayuda en caso de crisis de su condado, donde podrá encontrar ayuda las 24 horas del día.

### TRANSPORTATION

If you don't have transportation and need a ride to your behavioral health appointment, APIPA can help. Just call APIPA Transportation Services at **888-700-6822** a few days before your appointment.

### TRANSPORTE

Si usted no tiene cómo movilizarse y necesita transporte a su cita de salud del comportamiento, APIPA puede ayudarle. Simplemente llame a Servicios de transporte de APIPA al **888-700-6822** con un par de días de anticipación a su cita.

### SCHEDULING HELP

If you need help scheduling your appointment, call Member Services toll-free at **800-348-4058** or local at **602-664-5384**.

### AYUDA CON LA PROGRAMACIÓN

Si necesita asistencia para programar su cita, llame en forma gratuita a Servicios a los miembros al **800-348-3048** o localmente al **602-664-5384**.