

Fall 2013

# living well

With Sharp Community Medical Group

## The 2013-2014 Flu Season Is Quickly Approaching



### What are the signs and symptoms of the flu?

Fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (very tired), vomiting and diarrhea (more common in children).

### How does the flu spread?

Mainly by droplets made when people with the flu cough, sneeze or talk. Less commonly, it can be spread by touching something that has flu virus on it and then touching your mouth, eyes or nose.

### How long is a person with the flu contagious?

Most healthy adults may be able to infect others beginning one day before symptoms develop and up to five to seven days after becoming sick.

### Should I get vaccinated this season?

Yes!!! The Centers for Disease Control (CDC) recommends that everyone who is at least 6 months of age should get a flu vaccine this season. It's especially important for some people to get vaccinated. They include:

- People who are at high risk of developing serious complications like pneumonia if they get sick with the flu. This includes people who have certain

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**SHARP** Community Medical Group

# Living with Type 2 Diabetes



## Preventing Complications from Diabetes

Type 2 diabetes is the most common form of diabetes, affecting millions of Americans. Many more people are at risk or already have type 2 diabetes and do not know it.

From head to toe, your body cells need blood glucose (also called blood sugar) for energy. A hormone called insulin helps glucose get into your cells. When you have diabetes, your body either doesn't make enough insulin or can't use it properly. When glucose builds up in the blood instead of going into cells, it can lead to problems anywhere in your body, from your eyes to your feet. Fortunately, you can avoid most diabetes problems by keeping your blood glucose under control and taking care of your health.

## Getting Regular Checkups

Regular doctor visits are the key to managing diabetes. Together, you and your doctor can create a treatment plan that keeps your blood glucose under control. This greatly reduces your risk of developing diabetes problems, including eye, kidney and nerve disease.

Routine medical tests are part of every diabetes-related doctor visit. If a health problem arises, testing can often pick it up early, before it becomes severe. Then you can take steps to make sure a minor problem stays minor. To the right is a guide to the tests you need to manage your diabetes.

## Quick Guide to Tests

How Often	What	Why
Every doctor visit	Blood pressure check	To detect high blood pressure
	Quick foot exam	To check for foot sores
Every three months	A1c blood test	To measure average blood glucose level over the past few months
At least twice a year	Dental checkup	To detect gum and mouth disease
At least once a year	Blood lipids test	To measure cholesterol and triglyceride levels
	Complete foot exam	To check for problems with foot circulation and nerves
	Dilated eye exam	To detect eye disease
	Kidney function test (blood and urine)	To detect kidney disease

Talk to your physician about how you can receive more specific diabetes education and information.



# Is a Breast Cancer Screening on Your Calendar?



**B**reast cancer occurs most often in women older than 40 and the risk increases with age. There are many things that may increase a woman's risk of breast cancer. Some of these are things that cannot be controlled, and others are lifestyle choices that can be controlled. Some things may cause large increases in risk and some may result in small increases in risk.

## What Puts You at Risk

Risk factors that cannot be controlled include having a breast cancer gene and having a long, uninterrupted menstrual

history. Families who have a breast cancer gene tend to have several members with breast cancer and it is often diagnosed before menopause. These families may also have cancers of the endometrium, ovary, or colon. A long, uninterrupted menstrual history includes menstruation that begins at an early age, menopause starting at a late age, not having children, or first pregnancy at late age.

Risk factors that can be controlled include the use of postmenopausal estrogen, alcohol use (more than one drink a day), postmenopausal obesity, and smoking. The role of diet as a breast cancer risk factor is

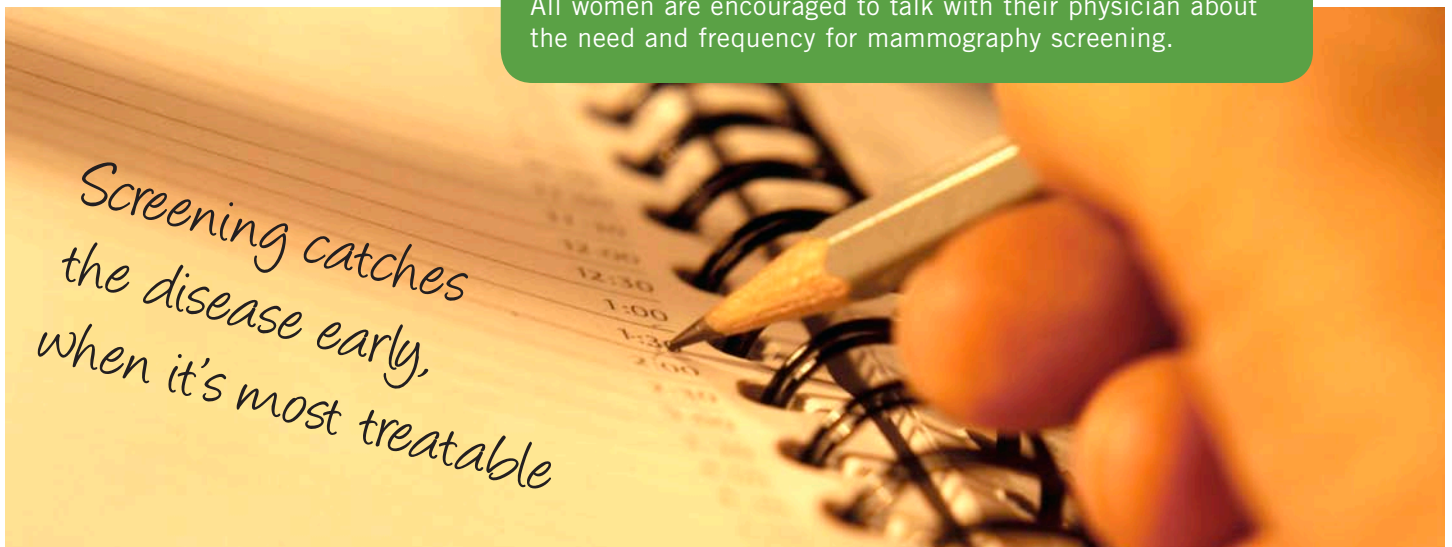
unclear at this time. Lifestyle risk factors may be of the most importance to women already at high risk due to family history and breast cancer gene presence.

## The Value of Screening

Screening catches the disease early, when it's most treatable. It is currently recommended that women receive annual to biennial screening mammography beginning as early as the age of 40 and continuing until age 70. When to begin screening mammography and at what frequency is determined based on the individual patient's family history and risk factors.

## TALK WITH YOUR DOCTOR

All women are encouraged to talk with their physician about the need and frequency for mammography screening.



## A MESSAGE TO OUR MEMBERS

At Sharp Community Medical Group, our practitioners make utilization management decisions based only on appropriateness of care and service and existence of coverage. Practitioners and individuals who conduct utilization review are not rewarded for denials of coverage, and there are no financial incentives for utilization management decision makers to encourage decisions resulting in underutilization.

# Extra Weight Affects You More Than You Think



**Y**ou probably know that excess weight is hard on the heart. But what you may not know is that being overweight or obese takes a toll on other parts of the body, too. Here's a sampling of research that may surprise you, and how to tell if you're in the danger zone.

## Hardly Just the Heart

Obesity increases your risk for not only heart disease, but also certain cancers, type 2 diabetes, arthritis, stroke, and many other health problems. In addition, studies have found that excess fat around the waist might lead to an increased risk for dementia later in life. Another study found that fathers who become obese at an early age were more likely to have children with abnormal liver tests. A genetic cause for the father's obesity may be linked to a genetic cause for liver disease. In addition, women who are obese during pregnancy are more likely to have babies born with birth defects.

## How Do You Shape Up?

Body mass index (BMI) can help determine whether a person's health is at risk because of extra pounds. BMI is a ratio of weight to height. A BMI of 25 to 29.9 is considered overweight, and 30 or more is considered obese. You can calculate your BMI by

visiting [www.cdc.gov/healthyweight/assessing/bmi](http://www.cdc.gov/healthyweight/assessing/bmi). There you'll find BMI calculators for adults, children and teens.

Another way to tell if extra pounds put you in peril: Measure your waist. The fat you carry here may increase your health risks more so than fat elsewhere on the body. Men should aim for a waist size smaller than 40 inches; women should try for less than 35 inches. Numbers not ideal? Losing just 5 to 10 percent of your body weight may lower your risk for health problems.

## Get Moving

Most successful weight loss combines two steps: consuming fewer calories and burning more of them through physical activity. How much physical activity do you need each day? The National Institutes of Health recommends:

- **30 minutes of moderate physical activity**—such as walking a mile in 15 to 20 minutes—most days for overall health and to reduce your disease risk.
- **60 minutes of moderate to vigorous physical activity** most days to manage your weight and prevent gradual weight gain.
- **60 to 90 minutes of daily moderate physical activity** to maintain weight loss.

Ask your doctor to help you develop a plan for safe and effective weight loss.

## How Much Exercise Do You Need?



**30 minutes**  
for overall  
health



**60 minutes**  
to manage  
weight



**60–90 minutes**  
to maintain  
weight loss

# Healthy Lunch Ideas for Kids



Healthy Recipe!

Are you struggling to find ideas for healthy school lunches for your kids? Here are some suggestions:

■ **Sort of Sushi.** Spread  $\frac{1}{2}$  cup cooked brown rice on a whole-wheat flour tortilla. Arrange  $\frac{1}{2}$  cup cooked chicken breast strips and a couple of thin cooked broccoli spears on one end. Sprinkle lightly with reduced-sodium soy sauce. Tightly roll up and slice into 2-inch pieces. Wrap in plastic wrap. Add orange segments.

■ **Seashell Salad.** Combine  $\frac{1}{2}$  cup cooked whole-wheat seashell pasta, 3 ounces canned tuna,  $\frac{1}{4}$  cup shredded carrots, and enough low-fat salad dressing to moisten. Pack in a container. Add a sliced apple and honey-yogurt dip.

■ **Snacker's Special.** Combine  $\frac{1}{2}$  cup whole-grain toasted oat cereal,  $\frac{1}{4}$  cup roasted soy nuts or peanuts, 1 cup air-popped popcorn, and  $\frac{1}{4}$  cup diced dried apples in a plastic bag. Add  $\frac{1}{2}$  teaspoon cinnamon and shake well. Add a bag of cherry tomatoes and a stick of string cheese.

■ **Pita with PB and B.** Slice open two mini whole-wheat pita breads. Spread 1 tablespoon peanut butter on each. Top with thin banana slices and close. Add a small peeled cucumber (cut into spears) and a container of reduced-fat ranch dressing.

■ **Bacon Crunchers.** Lightly spread honey mustard on four whole-wheat bagel chips. Cut two cooked Canadian bacon slices to fit, then place them on top of the bagel chips. Cover with baby spinach and close with bagel chips. Add a bag of strawberries.

## Simple Fish Tacos

### Ingredients

$\frac{1}{2}$  cup nonfat sour cream  
 $\frac{1}{4}$  cup fat-free mayonnaise  
 $\frac{1}{2}$  cup chopped fresh cilantro  
 $\frac{1}{2}$  package low-sodium taco seasoning, divided  
1 lb. cod or whitefish fillets, cut into 1-inch pieces  
1 tbsp. olive oil  
2 tbsp. lemon juice  
2 cups shredded red and green cabbage  
2 cups diced tomato  
12 6-inch warmed corn tortillas  
Lime wedges

### Directions

In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 tablespoons seasoning mix. In a medium bowl, combine fish, oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook, stirring constantly, over medium-high heat for four to five minutes or until fish flakes easily when tested with a fork. Fill tortillas with fish mixture. Top with cabbage, tomato, sour cream mixture, and taco sauce; serve with lime wedges. Serves six.

### Per Serving

Calories 270  
Fat 7 g  
Protein 20 g  
Cholesterol 35 mg  
Sodium 400 mg  
Carbohydrates 38 g





medical conditions, including asthma, diabetes and chronic lung disease; pregnant women; and people age 65 and older.

- People who live with or care for others who are high-risk of developing serious complications. This includes household contacts and caregivers of people with certain medical conditions, including asthma, diabetes, and chronic lung disease, and infants less than six months old who cannot be vaccinated.

### When should I get vaccinated?

The CDC recommends that people get vaccinated against influenza as soon as the 2013-2014 flu vaccine becomes available. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza, and influenza seasons can begin as early as October.

### Is there anyone who should not be vaccinated?

Ask your doctor if it's safe for you to have the flu vaccine if you have had any of the following:

- Severe allergy to chicken eggs
- Severe reaction to a flu shot in the past
- Guillain-Barre syndrome (GBS)
- Any current illness or fever



### Where can I get a flu vaccine?

Flu vaccines for SCMG members are offered in many locations. Call your doctor's office to determine the best place for you to receive the flu vaccine.

### Is there treatment if I get sick with the flu?

Yes. If you get sick, there are drugs that can treat flu illness. They are called antiviral drugs and they can help you feel better faster.

### When will flu activity begin and what sort of flu season is expected this year?

The timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the U.S. in January or February. However, seasonal flu activity can begin as early as October and continue to occur as late as May. It is not possible to predict at this time how mild or severe the 2013-2014 season will be.

### Do I also need to get a vaccine for pneumonia?

Not everyone needs to receive vaccination to help prevent pneumonia. If you have NOT had a pneumonia vaccine, ask your doctor if a pneumococcal vaccine is right for you, especially if:

- You are 65 years of age or older.
- Have a long-term health problem such as: heart disease, asthma, COPD, sickle cell disease, diabetes, liver disease, cancer, kidney disease, HIV/AIDS, organ transplant or splenectomy.
- Live in a nursing home or long-term care facility.

If you do need a pneumococcal vaccine, you can usually receive it at the same times as you get your flu vaccine.

## PROTECT YOURSELF AND OTHERS THIS FLU SEASON

- Cover your mouth and nose with tissue when coughing or sneezing.
- Wash your hands often with soap and water.
- Avoid close contact with people who are sick.

## CUSTOMER SERVICE

MEMBERS CAN CONTACT SCMG FOR QUESTIONS REGARDING:

- ELIGIBILITY
- CLAIMS
- REFERRALS
- BENEFIT PROVISION GUIDELINES OR CRITERIA
- PROVIDER ACCESS ISSUES

- PERCEIVED QUALITY CONCERNS
- HOW TO VOICE A COMPLAINT
- HOW TO FIND CONTRACTED PROVIDERS' NAMES AND ADDRESSES IN ORDER TO OBTAIN HEALTH CARE SERVICES

CALL OUR CUSTOMER SERVICE DEPARTMENT AT **858-499-2550** DURING OUR EXPANDED BUSINESS HOURS: 7:30 A.M. TO 5:00 P.M. TOLL-FREE OUTSIDE OF THE 858 AREA CODE: **877-518-SCMG (7264)**. TDD/TTY: 711.





# Five Tips for Better Fitness

With a few simple changes, you can start reaping the benefits of a more active lifestyle. Here are five tips to help get you started.

## Tip #1

### Become an active commuter

Would you like to walk or bike to work? It's a smart way to add exercise to your daily routine. Just keep these planning tips in mind:

- Allow extra time to get to where you're going and to freshen up once you arrive, if necessary.
- Plan ahead. Find out where you can safely stow your bike. Also, consider how you will manage your laptop and the other things you normally stash in your car.

## Tip #2

### Find your way to get fit

You're more likely to stay active if you enjoy it, so make sure to consider your lifestyle before choosing an activity:

- Do you need more quality time with friends? Plan a walking get-together.
- Do you want to meet new people? Consider team sports.
- Do you need some peace and quiet? Try an individual activity like swimming.

## Tip #3

### Get physical when you watch TV

You can add exercise to your TV time with these smart tips:

- Stretch, do yoga, or lift weights during the show.
- Hide the remote. Get up to turn on the TV or change channels.
- Ride a stationary bike or walk on the treadmill during your favorite shows.

## Tip #4

### Break down your workout

Whether you plan to take a brisk walk, play tennis, or rake the yard, a half-hour aerobic workout should include the following phases:

- **Five-minute** warm-up of aerobic activity.

It should use the same muscles you'll be pushing harder in your full-on workout. Then, stretch the main muscles you'll be using.

- **Twenty-minute** workout at a moderate pace.
- **Five-minute** cool down. This can be a slower version of your workout.

## Tip #5

### The truth: You should stretch

A good time to stretch is right after your regular aerobic workout, as part of your cool down. Stretches keep your muscles from getting tight after walking, biking, and other exercises. Here are some basic rules for safe stretching:

- Stretch all your major muscle groups, including your arms, shoulders, back, hips, and legs.
- When you hold a stretch, keep your body relaxed and breathe slowly. You should feel pulling but no pain. Don't bounce, or you could injure your muscles.
- Hold the stretch for 10 to 30 seconds, then relax and repeat at least four times.

## Would Complex Case Management or Disease Management Help You?

Sharp Community Medical Group offers Complex Case Management and Disease Management programs. Complex Case Management provides comprehensive care management for members with complex medical conditions requiring long-term, ongoing management. The Disease Management Program helps patients with chronic conditions. If you think you would benefit from participating in the **Complex Case Management Program**, please call **858-499-3040** or fax **858-636-2216**. To learn more about participating in the **Disease Management Program**, please call **858-499-4063** or fax **858-636-2388**.

## livingwell

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# Make Your Home Safer for Kids at the Holidays

With your own kids, and others, buzzing around the house at the holidays, it's a good time to do a child-safety check of your home. Here's a checklist of some things to consider:

- Make sure medications, toiletries, vitamins, cleansers, pesticides and other potentially toxic things are where children can't get to them. Place "Mr. Yuk" stickers on all hazardous items.
- Make certain drapery cords and/or blind cords are well out of reach of children.
- Be sure window screens are securely in place, or that window guards are present to prevent a child from falling from a window.
- Make certain there are plug protectors in the unused electrical outlets.
- Always turn pot handles inward when cooking on the stove. Use back burners whenever possible.
- Make certain appliance cords are not dangling, so they cannot be pulled from a counter.
- Keep a working fire extinguisher in your kitchen.
- Keep houseplants out of reach of children. A number of plants are poisonous.
- Make certain television sets and other heavy items are secure so they cannot be tipped over.
- If you have a swimming pool, there should be a fence with a locked gate between the house and the pool.
- Garden tools and lawn equipment should be securely stored.
- Play equipment, such as swing sets and garden furniture, should be properly anchored and assembled. Check regularly for rust, splintered wood, or cracks.
- If you have a fireplace, wood burning stove, or other heat source, place barriers around it to avoid accidental burns.
- Post emergency numbers near the phone, including the universal poison control center number, which is **800-222-1222**.
- Make certain plastic bags, broken pieces of toys, buttons, screws, and other choking or suffocation hazards are stored out of reach of children.
- When children are present, safety devices, such as gates, locks, and doorknob covers, should be in use at all stairways and exits in your home.

