



healthspans

FALL 2009



WOMEN, LEARN HOW TO
CATCH CANCER EARLY,
WHEN IT'S EASIEST TO TREAT.
READ MORE, INSIDE.



WOMEN'S HEALTH

Think Pink for Breast Cancer

Does it seem like there are a lot of pink ribbons around town? October is Breast Cancer Awareness Month. Pink ribbons show support for breast cancer research and treatment. There is very good news for people with breast cancer these days. A doctor's

exam or mammogram can catch it very early. If cancer is caught very early and treated, a patient is almost sure to survive.

Even better, you can help prevent breast cancer. First, avoid alcohol and smoking. Then, try to walk, jog, swim, dance or play ball for at least

30 minutes every day. Eat vegetables, fruits and whole grains. Avoid meats, fried foods and sweets. Finally, ask your doctor what you should weigh. Talk with your doctor about how to lose weight if you are overweight.

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BRIDGEWAY HEALTH SOLUTIONS

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WHY DO I FEEL SO DOWN?

Many people feel sad. Sometimes sadness lasts for a few days. But feeling sad for weeks or months may mean you are depressed. Depression is a real illness. A doctor can help you recover from it.

Depression does not look the same for every person. A young person who is depressed may not feel or act the same as an older person. Men and women feel depression differently.

Do you have any of these symptoms?

- Feeling sad, down, hopeless or worthless.
- Crying for no reason.
- Sleeping poorly or sleeping more than normal.
- Finding it hard to concentrate or make decisions.
- Losing or gaining weight without trying.
- Being easily annoyed.
- Losing interest in sex.
- Thinking of killing yourself.

If you feel these symptoms every day for two weeks, make an appointment to see your doctor for help.

Be a Germ Stopper!

As the weather gets cooler, everyone spends more time indoors. That makes it easy to share germs. Germs can cause everything from the flu to yucky stomach problems. Give germs the one-two punch with these tips:

- 1. Scrub your hands.** Each time you sneeze or cough into your hand, wash your hands with soap and warm water.
- 2. Scrub your home (and work).** Germs can live for a long time on doorknobs, desks, counters and phones. Wash these surfaces with soap and water at least once a day. Also, clean your towels and bedding weekly in hot water.

Remember: If you have a fever and a sore throat, or you are coughing or vomiting, stay home from work. Call your doctor if you need a note to stay out of work and get better.



QUESTIONS? CALL US!
1-866-475-3129



Stop the SWINE FLU

The H1N1 flu (swine flu) is causing illness around the world. To keep it from spreading, learn what to do if someone in your family gets sick.

THE SYMPTOMS:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Tiredness
- Diarrhea
- Vomiting

If people in your house have a fever plus two more symptoms from the list above, they may have the flu. These people should stay home from work and school, and away from other people, until the fever is gone. They should cover their coughs and sneezes with a sleeve or a tissue. They should also wash their hands with soap and warm water each time they cough or sneeze.

The Tests Women Need

Each year when you see your doctor or OB/GYN, you get the same tests. There is a pelvic exam and a Pap test. Your doctor will feel your breasts to be sure there are no lumps. You should also talk to your doctor about getting tested for sexually transmitted diseases (STDs). Here's what you should know about these tests:

CERVICAL CANCER SCREENING

Three years after the first time you have sex, you should have an exam and a Pap test. Each year after that, repeat the tests. In the exam, the doctor feels your uterus and ovaries for problems. For the Pap test, the doctor takes a sample of cells from your cervix with a tiny brush. The Pap test is the best way to find cervical cancer. After you turn 30, your doctor may tell you to have Pap tests every two or three years.

BREAST CANCER SCREENING

The doctor will feel your breasts and underarms in an up-and-down or circular pattern. The doctor is looking for any lumps that should be tested for cancer. If you are age 40 or over, you should also have a mammogram. This is a special X-ray of the breast. It finds tumors when they are very small.

STD SCREENING

If you are sexually active, talk to your doctor about STD testing. When you find out about STDs, you can prevent serious problems. Your doctor can check for STDs during your pelvic exam. He or she might also order blood tests to check for diseases.

All About Well Child Visits

A well child visit, or EPSDT exam, is a federally mandated healthcare service available to Medicaid-eligible people from birth through age 20. The goal of well child visits is to keep children and teens healthy by giving exams early and on a set schedule. During a well child visit, the doctor will conduct a physical exam of your child and check your child’s mouth and eyes. The doctor will check his or her height and weight and talk to you about his or her eating habits, activities and ways to prevent illness or injury and how to keep your child healthy. The doctor will also give your child any needed shots and test your child’s hearing. He or she may order blood tests for lead levels (lead poisoning) and iron levels (anemia).

When should my child have a well child/EPSDT visit?

<input type="checkbox"/> UNDER AGE 1		Birth, 1, 2, 4, 6 and 9 months
<input type="checkbox"/> AGE 1 TO 2		12, 15, 18, 24 and 30 months
<input type="checkbox"/> AGE 3 THROUGH AGE 20		Every year

EPSDT STANDS FOR:

EARLY: checking your child’s health as soon as possible with a primary care physician (PCP).

PERIODIC: making an appointment and taking your child to his or her PCP for regular scheduled visits (see table at left).

SCREENING: special tests or regular exams for your child to keep him or her healthy.

DIAGNOSIS: determining if your child has any health problem(s).

TREATMENT: treating your child’s health problem(s).

