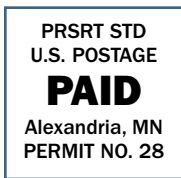


RETURN SERVICE REQUESTED

Health or wellness or prevention information



Reduce Reuse Recycle

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Member Services 1-866-431-0801

Attention. If you want free help translating this information, call the above number.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al número que aparece más arriba.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjama dda macluumaadkani oo lacag la'aan ah, wac lambarka kore.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم الموجود أعلاه.

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមទូរស័ព្ទ ទៅលេខនៅខាងលើ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite gornji broj.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no dawb, thov hu rau tus xov tooj saud.

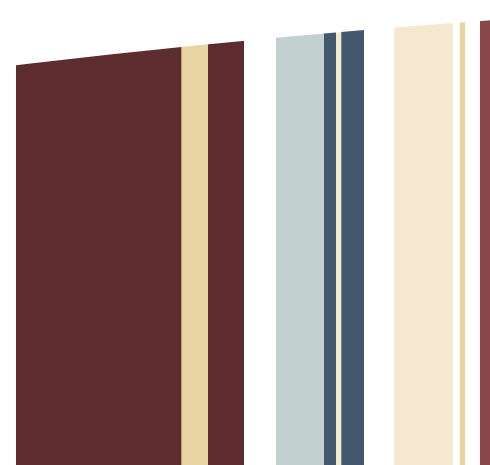
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Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsa armaa olii bilbili.

Внимание. Если вам нужна бесплатная помощь в переводе этой информации, позвоните по указанному выше телефону.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi số nêu trên.

This information is available in other forms to people with disabilities by calling Member Services at 1-866-431-0801. To reach us through Minnesota Relay for TTY, Voice, ASCII, or Hearing Carry Over, call 1-800-627-3529 or 711; for Speech-to-Speech relay service, call 1-877-627-3848. Calls to all of these numbers are free.



A complimentary publication from
PRIMEWEST HEALTH'S
Disease Management Team

VOLUME 2
WINTER
2010

inform
yourself

And if you need a little extra motivation, think about this from the CDC:

Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continue for years.

- ▶ **20 minutes after quitting**
Your heart rate drops.
- ▶ **12 hours after quitting**
Carbon monoxide level in your blood drops to normal.
- ▶ **2 weeks to 3 months after quitting**
Your heart attack risk begins to drop.
Your lung function begins to improve.
- ▶ **1 to 9 months after quitting**
Your coughing and shortness of breath decrease.
- ▶ **1 year after quitting**
Your added risk of coronary heart disease is half that of a smoker's.
- ▶ **5 years after quitting**
Your stroke risk is reduced to that of a nonsmoker's 5 – 15 years after quitting.
- ▶ **10 years after quitting**
Your lung cancer death rate is about half that of a smoker's.
Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.
- ▶ **15 years after quitting**
Your risk of coronary heart disease is back to that of a nonsmoker's.

Source: Centers for Disease Control and Prevention (CDC), "Within 20 Minutes of Quitting," Smoking and Tobacco Use.

Tobacco Cessation

According to the Centers for Disease Control and Prevention (CDC), "tobacco use is the single most preventable cause of death in the United States." If you use tobacco, chances are pretty good that at some point you've said, "I'll quit...next week" or "...next month." But did you? It's not easy to quit. Often, people need help and a little extra motivation in order to succeed.

Help is available! Talk with your health care provider about treatment options for quitting. The following are some examples:

- Nicotine replacement therapy, including nicotine patches, inhalers, nasal spray, gum, sublingual tablets (a pill that dissolves under your tongue), and lozenges
- Behavioral therapy, which works by retraining your mind to respond differently to the things that trigger you to use tobacco, such as eating, driving a car, talking on the telephone, or being stressed
- Telephonic support (quit lines) and one-on-one counseling with a provider

One or more of these treatments may work for you. Only you and your provider can decide. If you try one and it doesn't work, don't give up! Keep trying until you find what works for you.

Source: Centers for Disease Control and Prevention (CDC), Smoking and Tobacco Use.

Can You Take Care of Your Asthma?

Jenny grabs a magnifying glass to help Johnny travel through the Taking Care of Asthma Maze. Before he starts, they talk about how they learned to take care of his asthma so he can have fun and not get sick.



Here is what they learned:

- Visit your doctor. Ask your doctor when you need to come back.
- Take your asthma medicine like the doctor tells you. Ask your doctor what medicine to take and what time to take it.
- Learn to stay away from your asthma triggers.
- Follow the Asthma Action Plan that your doctor gave you. Share it with your teachers, coaches, and babysitters.
- Tell your friends and family how you are taking care of yourself. Your family and friends can help you stay healthy.

Can you help Johnny find his way through the Taking Care of Asthma Maze?

Here is a clue: Look at the list above. Start at the magnifying glass. Then, follow the maze until you find everything on the list. When you find your family and friends, you have made it through the maze!



Take Charge of Your Diabetes:

Get the tests and exams you need and learn how they can help you

Why are lab tests and exams important?

Recommended lab tests can help you prevent or delay diabetes related complications. Even if you feel fine, changes occur in your body when your blood sugar and lipid levels are not controlled. Small blood vessels can be damaged by consistently high blood sugar. When these small blood vessels are damaged, they do not supply blood to areas such as the eyes, nerves, and kidneys.

Understanding your tests

It is important that you understand what tests you need. You should also learn why you need them and what the results mean. The tables below show which tests are recommended, what the test is for, and how often you should have it. (Remember that these are guidelines;

always talk to your own health care provider to find out what is best for you.)

When you get your results, find out what they mean. Was the result normal or abnormal? Do you need to do anything to follow up? Do you need to take any other tests? Do you need to see your health care provider? Do you need to take any different drugs or change dosages of current drugs? Don't be afraid to ask questions if you don't understand something!

And don't forget: these tests are specific to diabetes and do not replace regular preventive care. Make sure to have your annual preventive exam and get needed vaccinations, including the flu shot.

Physical Exams

Exam	What the test looks for	How often
Retinal eye exam	Looks for signs of retinopathy (nerve damage in the eye). It is done by taking a picture of your eye with a special camera. Dilation of the eye is not required.	<ul style="list-style-type: none"> • Every year or more often if needed
Foot exam	Looks for foot problems including calluses, bunions, sores, and loss of feeling. Treating these problems early can keep them from leading to more serious problems.	<ul style="list-style-type: none"> • Every year or more often if needed
Weight and blood pressure	Measures current blood pressure and weight to see if there have been any changes since last measurement	<ul style="list-style-type: none"> • At every clinic visit

Lab Tests

Exam	What the test looks for	How often
HgbA1c (Glycosylated hemoglobin)	A blood test that measures the amount of glucose attached to red blood cells. It shows what your average blood sugar level has been for the past 2 – 3 months.	<ul style="list-style-type: none"> • As often as every 3 months
Urine check for microalbumin	A urine test that looks for small proteins (microalbumin), which can show early signs of kidney damage	<ul style="list-style-type: none"> • If you are between the ages of 12 and 75, your first test should be at 6 months following your diagnosis. After that, you should be tested every year.
Lipid profile (fasting blood test)	A blood test that measures your triglycerides and total cholesterol (HDL or "good" cholesterol and LDL or "bad" cholesterol)	<ul style="list-style-type: none"> • Every year or more often if needed

Ask Mayo Clinic Nurse Line 1-888-668-4336 (toll free)

It's midnight and someone is sick—you, your spouse, your child. Do you need to go the emergency room? Or can you wait until morning when the clinic is open? These are always tough decisions to make, but you don't have to make them alone. PrimeWest Health provides 24-hour access to a nurse advice line called *Ask Mayo Clinic*. A registered nurse is available to talk with you 7 days a week, 24 hours a day, every day of the year.

The *Ask Mayo Clinic* nurses can help you decide what level of care you need for symptoms and conditions such as the following:

- Fever
- Cough
- Sore throat
- Vomiting
- Diarrhea
- Minor injuries such as scrapes, bruises, or skin irritations

If you need help finding a provider, want to know if a procedure is covered, or have eligibility questions, **DO NOT** call the nurse line. You can call PrimeWest Health's Member Services at 1-866-431-0801 (toll free), Monday – Friday, 8 a.m. – 5 p.m., to get answers to these kinds of questions.



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Disease Management Sudoku

Sarah Pianka

Directions

The object of the game is to fill in all of the blank squares with the correct letters.

1. Each **row** of 6 must include all letters of the puzzle word once in any order.
2. Each **column** of 6 must include all letters of the puzzle word once in any order.
3. Each **subsection** (2x3) must include all letters of the puzzle word once in any order. Notice that subsections are separated by bold lines.

Answers to Sudoku are on page 7. You can find more detailed instructions at www.primewest.org/members. Click on *Disease Management>Disease Management Magazine>Sudoku instructions*.

ACTIVE

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Spirometry Testing for COPD

Jennifer Bundy, RN, MSN, PHN, CCP

Chronic Obstructive Pulmonary Disease (COPD) is a common lung disease that makes it hard to breathe. People with COPD can have both emphysema (which destroys the lungs over time) and chronic bronchitis (which causes a long-term cough accompanied by mucus).

How do you know if you have COPD? The most common test is called "spirometry." Spirometry is a lung function test performed with a "spirometer." This portable device is a machine that measures the amount of air you can breathe out. It also measures how fast you can push the air out of your lungs. When you take the test, you will be asked to take a deep breath and then blow all the air out of your lungs into a mouth piece that is connected to the machine with tubing. Usually, you will have a clip on your nose to make sure the air is only coming out of your

mouth. This test can take anywhere from 5 minutes to a half hour, depending on the different types of tests being done.

To prepare for a spirometry test:

- Do not eat a heavy meal right before the test
- Do not smoke for 4 – 6 hours before the test
- Do use the restroom right before the test

If you know you are going to have the test, tell your provider about any medications you take. He/she will tell you if there are any medications that you should not take. For more information on COPD, see the 2010 Winter issue of *PrimeLines*.

Source: National Heart Lung and Blood Institute, "Diseases and Conditions Index: How Is COPD Diagnosed?"

Valentine's Day Alone: Does It Have to Be Lonely?

Jennifer Bundy, RN, MSN, PHN, CCP

Valentine's Day is fast approaching. For many, it is a wonderful holiday. Others dread it, though, particularly those who are alone. Happy couples, big red hearts, flying cupids—they seem to be everywhere! But do you really need to let Valentine's Day get you down?

Remember this: your worth comes from who you are, not who you are with! It's okay to be alone. Everyone has past relationships that have not worked out—the important thing is to look to the future and all that it has in store for you. Thinking about "what could have been" rarely makes things better. When Valentine's Day rolls around, think about things you can do to celebrate who you are right now. Spend time with other single friends or family members. Chances are you know someone else who is not in a relationship and would also enjoy some company. Or treat yourself to something special. If chocolates make you happy, go buy yourself the kind that you really want! If you love flowers, get yourself a beautiful bouquet.

Remember this: your worth comes from who you are, not who you are with!

Valentine's Day celebrates love, and the first person you need to love is yourself. If you are feeling too sad and lonely, sometimes that is hard to do. If Valentine's Day or any other holiday makes you feel unhappy or alone, you may want to talk with your health care provider about depression. It isn't something you need to face all by yourself.

Upcoming Events



Jan

National Staying Healthy Month

Take advantage of National Staying Healthy Month and kick off the new year right! Focus on making health choices that you can continue throughout the year. Examples include exercising, eating right, and getting enough sleep.

Feb

American Heart Month (www.americanheart.org)

Cardiovascular disease is a serious problem for many people. February is a great opportunity to learn about how you can prevent heart disease and stroke.

March

National Nutrition Month (www.eatright.org)

This year's theme is "Eat Right with Color." Take time this month to think about the foods you eat and how you can establish healthy eating habits. See page 6 for information on healthy cooking alternatives.



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Heart Healthy Cooking Alternatives

Jennifer Bundy, RN, MSN, PHN, CCP

It may not be as hard as you think to cook for heart health without sacrificing quality and flavor. Many alternatives can also save you money—and the new flavors may pleasantly surprise you! Below is a list of some healthy alternatives to look for.

Original Item	Healthier Alternative
Dairy	
Whole milk	Condensed low-fat or skim milk
Full-fat sour cream	Low-fat plain or Greek yogurt
Ice cream	Frozen smoothies, sorbet, or frozen yogurt
Whipping cream	Low-fat imitation whipped cream
Chip dip	Salsa
Cheese (cream, cottage, cheddar, American, etc.)	Low-fat cheeses
Grains	
Ramen noodles	Rice or noodles (spaghetti, macaroni, etc.)
Pasta with white sauce (alfredo)	Pasta with red sauce (marinara)
Pasta with cheese sauce	Pasta with vegetables (primavera)
White bread	Whole wheat or rye bread
Granola	Bran flakes, oatmeal, grits, or reduced fat granola
Meat, Fish, Poultry	
Cold cuts, lunch meats (bologna, salami, liverwurst, etc.), hot dogs	Low-fat cold cuts, low-fat lunch meats, or low-fat hot dogs
Bacon or sausage	Canadian bacon or lean ham
Regular ground beef	Extra-lean ground beef such as ground round or ground turkey (read labels)
Chicken or turkey with skin	Chicken or turkey without skin (white meat)
Oil-packed tuna	Water-packed tuna (rinse to reduce sodium)
Beef (chuck, rib, brisket) or pork (spareribs, untrimmed loin)	Beef (round, loin), pork tenderloin, lean smoked ham (trim external fat and choose select grades)
Frozen breaded fish or fried fish (homemade or commercial)	Unbreaded fish or shellfish (fresh, frozen, canned in water)
Whole eggs	Egg whites or egg substitutes
Baked Goods	
Donuts, sweet rolls, muffins, scones, or pastries	English muffins, bagels, low-fat muffins, or low-fat scones
Cake (pound, chocolate, yellow)	Cake (angel food, white, gingerbread)
Cookies	Low-fat cookies (graham crackers, ginger snaps, fig bars)
Fats, Oils, and Salad Dressings	
Mayonnaise and salad dressings	Low-fat mayonnaise or low-fat salad dressings; mustard; lemon juice; or plain, herb-flavored, or wine vinegar
Butter or margarine on toast or bread	Light margarine, whipped butter, jelly, jam, or honey
Oils, butter, shortening, or lard for cooking	For stir-frying and sautéing, use nonstick cooking spray; in baked goods, substitute applesauce or prune puree for oil or butter

Other tips for healthy eating:

- When you go shopping, pick low-fat versions of standard items like milk, cheese, salad dressings, and yogurt.
- Pick leaner cuts of meat and skinless chicken breasts.
- Steam, bake, or grill your food as much as possible. Avoid frying and deep fat frying. Use nonstick cooking spray as much as possible to grease pans and skillets.
- Eat more fresh foods and avoid processed foods.
- Avoid adding salt to your meals. Try using spices and herbs, such as garlic, oregano, sage, tarragon, and cinnamon.
- Pay attention to portion sizes (see the 2010 Winter *PrimeLines* for a handy clip and carry portion size guide from WebMD).
- If you want dessert, take a small piece! Depriving yourself may cause you to overeat or binge later on.
- Be careful of snacking. We often don't take into account how much food we eat when we snack—that handful of potato chips can quickly become the entire bag!



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Source: National Heart Lung and Blood Institute, "Low-Calorie, Lower Fat Alternative Foods."

Turkey Meatloaf

Ingredients:

- 1 pound lean ground turkey
- ½ cup regular oats, dry
- 1 large egg, whole
- 1 Tbsp onion, dehydrated flakes
- ¼ cup low-sodium ketchup

Instructions:

1. Combine all ingredients and mix well.
2. Bake in a loaf pan at 350°F for 25 minutes or to an internal temperature of 165°F.
3. Cut into five slices and serve.



Recipe summary

Number of Servings: 5
Serving size: 1 slice (3 oz)

Nutrition facts per serving:

Calories 191, Total fat 7 g, Saturated fat 2 g, Cholesterol 103 mg, Sodium 74 mg, Protein 23 g, Carbohydrate 9 g, Calcium 24 mg, Magnesium 33 mg, Potassium 268 mg, Fiber 1 g

Source: www.nhlbi.nih.gov/health/public/heart/hbp/dash/recipes.html

A. 2000
B. 8700
C. 5496
D. 4200

Answers

Maze

page 2



Sudoku

page 4

A	I	T	E	V	C
E	C	V	I	A	T
C	V	A	T	E	I
T	E	I	A	C	V
V	T	E	C	I	A
I	A	C	V	T	E