



Health *lines*

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Diabetes — dangerous but preventable

More than 18 million people in the United States have diabetes, and more than 5 million don't even know they have it. Diabetes results when you have high levels of glucose or sugar in the blood. Over the years, high glucose can damage many nerves and blood vessels, and may lead to heart attacks, strokes, blindness, kidney failure and other serious problems. There are different kinds of diabetes. The most common kind is type 2.

Are you at risk?

It is important to find out early if you have type 2 diabetes or if you are at risk for developing it, because treatment can prevent the serious problems caused by high blood glucose. As people get older, their risk of developing diabetes increases. To find out about your risk, check each item that applies to you:

- My weight puts me at high risk according to the At-Risk Weight Chart on the right of this page.
- I have a parent, brother or sister with diabetes.
- My family background is African-American, American Indian, Asian-American, Hispanic/Latino or Pacific Islander.
- I have had gestational diabetes or I gave birth to at least one baby weighing 9 pounds or more.

- My blood pressure is 140/90 or higher, or I have been told that I have high blood pressure.
- My cholesterol (lipid) levels are not normal. My HDL cholesterol ("good" cholesterol) is less than 40 (for men) or less than 50 (for women), or my triglyceride level is 250 or higher.
- I am fairly inactive. I exercise fewer than three times a week.

What is the next step?

Talk with your health care provider at your next visit:

- If you are age 45 or older and have an at-risk weight (according to the chart on this page), testing for diabetes and pre-diabetes is recommended.
- If you are age 45 or older without any risk factors, ask about your risk for pre-diabetes or diabetes and if you should get tested.
- If you are an adult younger than 45 years of age, have an at-risk weight and have checked any other items on this page, ask about your risk for pre-diabetes or diabetes, and if you should get tested.

Type 2 diabetes is a serious disease, but it can be delayed or prevented. Take steps now to lower your risk of getting diabetes.

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- Exercise for stronger legs
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AT-RISK WEIGHT CHART

HEIGHT feet/inches without shoes	WEIGHT pounds without clothing	
	WOMEN	MEN
4'9"	134	146
4'10"	137	149
4'11"	140	151
5'0"	143	154
5'1"	146	157
5'2"	150	160
5'3"	154	162
5'4"	157	165
5'5"	161	168
5'6"	164	172
5'7"	168	175
5'8"	172	179
5'9"	175	182
5'10"	178	186
5'11"	182	190
6'0"	186	194
6'1"	189	199
6'2"	192	203
6'3"	195	209

FISH TACOS

Ingredients:

- 12 ounces fresh fish
- 6 teaspoons chipotle mayonnaise (mayonnaise mixed with chopped chipotle peppers)
- 2 teaspoons chili powder
- 3 tablespoons olive oil (or other unsaturated vegetable cooking oil)
- 2½ cups of uncooked cabbage (red and/or green), shredded
- ½ cup citrus vinaigrette (bottled or see recipe below)
- 8 corn tortillas
- 1 fresh mandarin orange, peeled and sectioned (optional)

Preparation:

Sauté fish in olive oil, sprinkle with chili powder — set aside. Mix shredded lettuce and mandarin orange slices with citrus vinaigrette. Spread chipotle mayonnaise on tortillas. Place chunks of fish on the tortillas and cover with the cabbage/orange mix.

Serve with brown rice and black beans and salsa

Citrus Vinaigrette

Servings: 8 Serving Size: 1 Tablespoon

- Juice of one large navel orange
- 2 tablespoons lemon juice
- 1 teaspoon brown sugar
- 1 clove garlic, crushed
- 2 tablespoons balsamic vinegar
- ¼ cup olive oil
- Dash of salt
- Fresh ground black pepper
- ¼ teaspoon dry mustard



Your guide to a healthier life

Are you confused about what foods to eat? Ever wonder how much exercise you should get? The new food pyramid is here to help.



FOOD PYRAMID

What is it?

The new food pyramid is a guide that can help you and your family live a healthier life. It recommends what foods you're suppose to eat. Plus, it tells you how much physical activity is best in order to get to a healthy weight and stay there.

Getting started

The food and exercise choices you make affect your health. These choices also affect how you feel every single day. This helpful food pyramid can get you going in the right direction.

Here are some tips:

- ◆ Be physically active for at least 30 minutes most days of the week. Walk, dance, ride a bike — even yard work counts.
- ◆ Eat whole grains, such as whole wheat bread, cereal, crackers and brown rice. Look for “whole” before the name.
- ◆ Vary your vegetables — the more colorful, the better. Eat more dark green and orange veggies.
- ◆ Eat a variety of fruits, whether they are fresh, frozen, canned or dried.
- ◆ Get plenty of calcium — drink milk and eat low-fat or fat-free cheese and yogurt.
- ◆ When eating meat, choose lean meats. Bake, broil or grill — these are the healthiest ways to cook your food.

KNOW THE FACTS ABOUT FISH

A diet rich in omega-3 fatty acids is considered heart healthy. These healthy fats may help protect against heart disease and help with healthy brain growth. They also help lower blood fats and blood pressure.

The best place to find omega-3 fatty acids is in fatty coldwater fish: salmon, sardines and herring. Catfish, white fish, and freshwater trout are also good sources. Fish plays a major role in a good diet. It is low in unhealthy fats and high in protein. Plus, it is a good source of vitamins and minerals.

Eating fish is healthy. But pollution found in lakes, rivers and oceans can make it bad for you. Pollution can get into the fish. It may cause learning and memory problems in children, heart problems and possibly cancer. If you are pregnant or nursing, you can pass these to your baby.

Keep these tips in mind:

- ◆ Vary the kinds of fish in your diet
- ◆ Eat fish once or twice a week
- ◆ Bake it or boil it, don't fry it
- ◆ Avoid fish such as shark and swordfish, which have high levels of pollution
- ◆ Do not eat more than 4.5 ounces of tuna, halibut or bluefish a week

SOME GOOD SEAFOOD	SOME SEAFOOD TO AVOID
Anchovies	Chilean Sea Bass
Catfish	Cod
Herring	Flounder
Mussels	Haddock
Salmon (Alaskan)	Monkfish
Sardines	Red Snapper
Shrimp (US or Canada)	Salmon (farmed)
Striped Bass	Shark
Squid	Shrimp (imported)
Trout	Swordfish

You can find more information on good fish and fish to avoid at the following Web Site: <http://www.thefishlist.org/thelist.shtml>

Do your heart a healthy favor

What's the number one cause of death in the United States? It's not cancer. It's not diabetes. It's coronary artery disease (CAD). More than half a million men and women die because of CAD each year.

What is CAD?

Your heart pumps blood to every part of your body, including the heart itself. CAD occurs when the tubes — or arteries — that carry blood to the heart become clogged with plaque. This means that less blood can flow through the tubes. Over time, CAD can weaken the heart or cause a heart attack.

Other signs of CAD may include:

- ◆ Chest pain or discomfort
- ◆ Pain in one or both arms
- ◆ Pain in the left shoulder, neck, jaw or back
- ◆ Shortness of breath

Do I have CAD?

Only a doctor can tell you if you have CAD. But you have a higher risk if you have high blood pressure, high cholesterol or diabetes. Smoking cigarettes, being overweight and not getting

enough exercise can also put you at risk for CAD.

Can I prevent CAD?

You can lower your risk for CAD. Here's how:

- ◆ Avoid foods that have a lot of sugar, fat or salt.
- ◆ Eat more fruits, vegetables and whole-grain breads and pastas.
- ◆ Do not smoke! If you smoke, talk to your doctor about finding help to quit. Now is a great time to prepare to kick the habit. HHP offers Free & Clear, a telephone-based smoking cessation program. Call today to register, **1.866.784.8454**. Additional information on smoking cessation programs is available at the NYS Smokers Quitline, **1.800.609.6292**.
- ◆ Exercise at least 30 minutes a day, most days of the week.
- ◆ Manage the stress in your life.
- ◆ Maintain a healthy weight.

Take steps every day to prevent CAD and make sure your heart is healthy.

Only a doctor can tell you if you have CAD. But you have a higher risk if you have high blood pressure, high cholesterol or diabetes.



Raise your way to stronger calf muscles



Before beginning any exercise program, be sure to consult with your Primary Care Professional (PCP).

This exercise works the calf muscles in the lower legs. It can be done on the edge of stairs, wood blocks or books. Do both legs together, then as you get stronger, do one leg at a time.

- ◆ Stand on the edge of the block with only the balls of your feet on the block.
- ◆ Keeping knees stiff and bending only at the ankles, lower your heels down toward the floor.

- ◆ Go down until you feel a strong stretch in your calves.
- ◆ Reverse the direction without bouncing and push up as high as you can.
- ◆ Do this movement slowly to feel the contraction all the way up.
- ◆ Do not turn your toes in or out as this puts an unnatural stress on the knees.
- ◆ Do between 12-15 repetitions.

Cold and flu season is on the way

You have questions, we have answers

Why is a flu shot important?

The best tool for preventing the flu is the flu vaccine or shot. The best time to get it is from early October to mid-November. You need a flu shot every year because the virus is constantly changing and new vaccines are always being developed.

Who needs a flu shot?

- ◆ All children between 6 months and 6 years of age
- ◆ Adults and children who have certain chronic conditions including asthma or diabetes
- ◆ People who live with or care for persons at high risk of complications from the flu, including healthy people who live in a household with or care for children aged 0-5 years
- ◆ Adults aged 50 and older
- ◆ Residents of nursing homes and other chronic care facilities
- ◆ Health care workers involved in direct patient care
- ◆ All women who will be pregnant during the flu season

If you are unsure if you or your child should receive a flu shot, check with your Primary Care Professional (PCP).

How can I tell if my child has a cold or the flu?

A cold and the flu have many of the same symptoms. However, a cold is not as severe and the symptoms usually appear gradually. It often starts with feeling tired, sneezing, coughing and a runny nose. Your child may also have watery eyes, a sore or scratchy throat and a headache.

Flu symptoms often come on suddenly and may include the above, plus fever, body aches and pains, and extreme tiredness.

What do I do if I have the flu?

Since the flu is caused by a virus, **an antibiotic will not help!** But you can treat your cold/flu symptoms in the following ways:

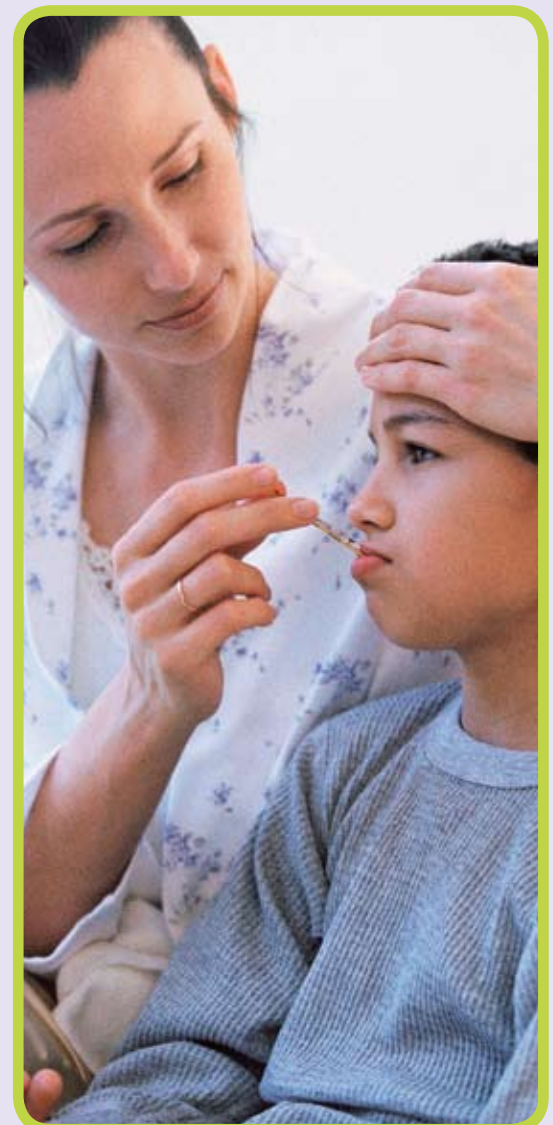
- ◆ Stay home and rest.
- ◆ Drink plenty of fluids like water, fruit juices and clear soups.
- ◆ Don't smoke or drink alcohol.
- ◆ Gargle with warm salt water a few times a day to relieve a sore throat.

Should I call my Primary Care Professional (PCP)?

In most cases, you don't need to. However, if you

or your child has any of the following symptoms, you should get in touch with your PCP:

- ◆ High fever or fever that lasts several days
- ◆ A cold that lasts for more than 10 days
- ◆ Trouble breathing
- ◆ Earache
- ◆ Severe or persistent vomiting
- ◆ Trouble drinking or keeping down fluids



A cold and the flu have many of the same symptoms. However, a cold is not as severe and the symptoms usually appear gradually.



Breast-feeding— 10 things you need to know

Breast-feeding has many benefits for both you and your baby. But if you are a new mom, you may have a lot of questions. Here are 10 things you need to know:

- ◆ Breast milk helps protect your baby against infections and may protect your baby from allergies.
- ◆ It's cheaper than using formula.
- ◆ It helps your uterus contract back to normal size.
- ◆ If you feel pain while your baby is nursing, he or she is probably not latched on correctly.
- ◆ Don't limit the time you let your baby nurse. Let your baby nurse until he or she is satisfied.
- ◆ Let your nipples air dry between feedings.
- ◆ Wash your nipples daily with warm water. Don't use soap or lotion that may contain alcohol.
- ◆ Avoid bra pads lined with plastic.
- ◆ Feed your baby as often as he or she wants to be fed. This may be 8 to 12 times a day or more.
- ◆ The best diet for a woman who is breast-feeding is a well-balanced diet that has plenty of calcium.

Coping with stress

Are you feeling stressed? Well, you're not alone. It happens to everyone. There are many situations that cause stress — too much work, daily hassles and family demands. This may cause you to feel frustrated, angry and irritable. Over time, these little things can add up and have a harmful effect on your life.

Stress is how your body defends itself. Some stress is good. However, too much can cause health problems. It may hurt your relationships and make it hard to reach your goals.

Deal with it

The first step toward lowering stress is learning how to recognize it. Early warning signs include tightness in your neck and shoulders, fatigue, headaches and anxiety.

Next, choose a way to deal with your stress. One way is to avoid whatever is causing you to feel overwhelmed, but that is not always possible. So try to change how you react to stress. That may make all the difference. Here are some strategies to help you:

- ◆ Eat healthy meals, including breakfast.
- ◆ Make sure to get plenty of sleep and exercise.
- ◆ Find a new hobby or pick up an old one. It may help get your mind off your troubles.
- ◆ During the day, take short breaks.
- ◆ Don't worry about things you can't control.

Don't wait, quit smoking today

It is not easy to quit smoking — however, it can be done. There are so many reasons to quit. The moment you do, you begin to lower your risk of getting a smoking-related disease. Why wait until the new year or the holidays to quit? There is no time like the present to start living a healthier life.

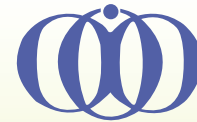
Here are some tips to help you kick the habit:

- ◆ Set a quit date. Once you quit, don't smoke at all.
- ◆ Get rid of all cigarettes and ashtrays in your home, car and place of work.
- ◆ Don't let people smoke around you. Being around smokers can make you want to do it too.
- ◆ Tell your family, friends and co-workers that you are going to quit and would appreciate their support.
- ◆ Distract yourself from the temptation to smoke. Talk to someone, go for a walk or get busy with a task.

- ◆ Still having a hard time? There are several over-the-counter nicotine gums and patches that could help. If you are pregnant, trying to become pregnant, nursing, under 18 or have a medical condition, talk to your doctor first.
- ◆ Call Free & Clear, **1.866.784.8454** or the NYS Smokers Quitline, **1.800.609.6292** for help on quitting.

No matter what your age or how long you've smoked, quitting will help you live longer and you'll be able to enjoy a better quality of life. Quit today and be a nonsmoker by the new year.





OPEN DOOR
FAMILY MEDICAL CENTERS

Open Door Family Medical Centers

Opening the doors to quality health care for the community.

At Open Door, we believe that keeping yourself healthy is important. No one in need of health care is ever turned away from Open Door for any reason.

Open Door's mission is to provide access to quality health services for all. With four offices in Ossining, Sleepy Hollow, Mt. Kisco and Port Chester, we have cared for the community for 35 years. The services that Open Door offers include Pre- and Post-Natal Care, WIC, Women's Health, Internal Medicine, HIV Outreach and Education, Optometry, Podiatry, Chronic Disease Care (Diabetes, Asthma, Breast Cancer, etc.), Dental and Behavioral Health Services for children and adults.

Open Door Family Medical Centers' office numbers for appointments and information:

Port Chester	1.914.937.8899
Ossining	1.914.941.1263
Sleepy Hollow	1.914.631.4141
Mount Kisco	1.914.666.3272

Attention Child Health Plus and Family Health Plus members: We are expanding our pharmacy network. Look for an updated list of participating pharmacies and a new ID Card in the mail soon.

Increased access for our members



Finding innovative techniques to better our service has always been the norm at Hudson Health Plan (HHP). We are very proud to announce yet another tool that will help us better serve our communities. Hudson Health Plan is the proud owner of four new Community Outreach Vehicles (COVs). These 35 feet long vehicles will allow us to better serve our communities and provide increased access for Hudson Health Plan members. Each COV is equipped with two offices/interview rooms where HHP

Representatives can hold private and comfortable enrollment or recertification sessions. Each COV also has a complete waiting room and a lounge that can also double as an exam room to provide health screenings. We are very excited by the new opportunities these vehicles will provide HHP and we look forward to providing our members with greater access to our HHP Representatives. So keep your eyes open as you're walking down the street; who knows, you just might spot the HHP COV!

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Hudson Health Plan
Healthlines is a publication for members of Hudson Health Plan. The articles in *Healthlines* should not be considered specific medical advice as each individual situation is different. Should you feel a need for medical advice, consult with your Primary Care Professional or call Hudson Health Plan Customer Care at 1.800.339.4557.

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