



# Health *lines*

Your source for great health care

Spring 2006, Vol. 1

Lower your risk of diabetes

## More good news about breast-feeding your baby

You may have heard that breast-feeding is best for your baby. Now there's another good reason to breast-feed: It's good for you too!

A new study shows that breast-feeding can help lower your risk for type 2 diabetes. Diabetes is a disease that can lead to serious health problems. It's important to do everything you can to prevent it. Keeping your weight down and exercising can help.

Breast-feeding has other benefits for you and your baby. Your breast milk is the perfect food for your baby. It has all

the nutrients your baby needs. Your breast-fed baby also may not get sick as often as other babies.

Breast-feeding is free and easy. You don't have to buy formula or wash bottles. It may also help you lose weight after your pregnancy.

Finally, breast-feeding helps you and your baby feel closer. It makes the relationship between you even stronger and more special.

You may have questions about breast-feeding, such as:

- ◆ "How do I know if my baby is getting enough to eat?"
- ◆ "How often should I breast-feed?"

### In This Issue:

- The truth and myths about second-hand smoke
- High blood pressure is not just for adults
- How to keep your mind and body healthy
- Saint Joseph's care centers
- Folic acid: Why you need it

#### ◆ "Why are my breasts sore?"

Talk to your doctor about any questions or problems you have. You should also ask about your risk of diabetes and what you can do to lower your risk.

Call the Hudson Health Plan "Mommy & Me" program at **1.914.372.3949**, for more information.

Breast-feeding really *is* the best choice for you and your baby.

## Bicycle Safety Rodeo

With warmer weather on the way, many area children will be dusting off their bicycles and taking to the streets to bike ride with friends. Hudson Health Plan is planning a **bicycle safety rodeo** to help ensure a safer spring and summer.

**The Hudson Health Plan bicycle safety rodeo will take place on Saturday, May 27, 2006, from noon to 3:00 p.m. in the parking lot of the Delano Hitch Recreation Park in Newburgh, 399 Washington St. (rain date scheduled for June 3).**

Children must bring their own bicycles and helmets, which must be worn. Activities will include: bicycle safety information, safety demonstrations, bicycle inspections, prizes, refreshments and more!

For more information, call **1.800.339.4557**.

Join us for an afternoon of fun and safety!



## Fennel and Orange Salad with Olives

Fennel bulb is a Mediterranean vegetable that looks like a fat celery. It makes a refreshing, crunchy, healthful salad. A large fennel bulb is about the size of a man's fist; some are smaller

### Ingredients:

#### Dressing:

- ❑ 2 teaspoons grated orange peel
- ❑ 1 teaspoon Dijon mustard
- ❑ 1 teaspoon fennel seeds, crushed (optional)
- ❑ 2 tablespoons of vinegar or 3 tablespoons of balsamic vinegar
- ❑ ¼ cup olive oil



### Preparation:

Make dressing (or substitute with ½ cup Italian dressing):

Mix orange peel, mustard and fennel seeds in bowl. Whisk in vinegar. Gradually whisk in oil. Season with salt and pepper.



### Salad:

- ❑ 1 large or 2 small fennel bulbs
- ❑ 2 navel oranges
- ❑ ¼ cup halved pitted kalamata olives or sliced black olives



Trim fennel stocks short — cut fennel in half lengthwise then in half again. Thinly slice crosswise. Peel oranges, trim white membranes. Then cut orange in bite-size pieces. Toss orange pieces, sliced fennel and olives with dressing.

Makes 4-5 servings.

## The truth about second-hand smoke and other smoking myths



**S**moking is bad for your health. So, don't be fooled by myths that may keep you from quitting.

"Second-hand smoke doesn't hurt anyone" is one myth. **Second-hand smoke is very harmful, for children most of all.** If you smoke, your child is more likely to have breathing problems, ear infections, colds and sore throats. Second-hand smoke also causes heart disease and cancer.

### Here are some other smoking myths you should not believe:

- ◆ **Myth:** "Light cigarettes aren't as bad for you."  
**Truth:** Light cigarettes are just as harmful as regular cigarettes.
- ◆ **Myth:** "People smoke because they enjoy it."  
**Truth:** Most smokers want to quit. They smoke because they are addicted.
- ◆ **Myth:** "Smokers only die a few years earlier."  
**Truth:** The average smoker loses about 14 years of life. Plus, smokers are more likely to be sick or disabled in their later years.
- ◆ **Myth:** "Quitting won't do much good after a lifetime of smoking."  
**Truth:** It's never too late. Your health starts improving as soon as you quit — no matter how long you've smoked.
- ◆ **Myth:** "Smokers can't quit."  
**Truth:** It is hard, but you *can* quit. Your primary care professional can tell you about ways to make it easier.

Do something good for your own health and for the people around you. Quit smoking today!

Call the New York State Quit Line (**1.866.NYQUITS** or **1.866.697.8487**) or "Free & Clear" (**1.800.292.2336**) to obtain free counseling services and nicotine replacement therapy if needed.

## When you smoke, your child suffers

### Second-hand smoke makes your child more likely to:

- ◆ Develop asthma
- ◆ Experience ear infections
- ◆ Suffer from colds and sore throats
- ◆ Have breathing problems

Stop putting your child's health on the line. Do something good for your own health. Quit smoking today! It will help you and your child live longer, healthier lives.



## Community Corner



The Westchester Hispanic Coalition is pleased to announce that it is offering free services to immigrants to complete their naturalization application and become citizens of the United States.

To qualify you must:

- ◆ Be 18 years or older
- ◆ Have good moral character
- ◆ Have been a permanent resident for 5 years (or 3 years if married to a U.S. resident)
- ◆ Able to pass a basic immigration and naturalization exam
- ◆ Able to speak and understand basic English

The United States is a country built by immigrants who have come in search of freedom and opportunity. Live out the American dream and participate fully in the life of this country. Call Leidy Rodriguez at **1.914.948.8466** to make an appointment. Westchester Hispanic Coalition, 46 Waller Avenue, White Plains, NY 10605



## Saint Joseph's care centers — dedicated to your family's health

Do you need a place where your family can have routine tests and treatment? Look to St. Joseph's Family Health and Urgent Care centers. The centers offer health care services for Hudson Health Plan members.

### Family Health Center

The Family Health Center provides primary care for all ages. Your family's team of health care professionals may include:

- ◆ Doctors
- ◆ Nurse practitioners
- ◆ Registered nurses
- ◆ Nursing assistants
- ◆ Dietitians
- ◆ Health educators
- ◆ Social workers

You may also access prenatal care at the Center. Referrals to specialists are available as well.

### Urgent Care Center

More than 20 types of specialty care are offered at the Urgent Care Center, among them:

- ◆ Cardiology
- ◆ Dermatology
- ◆ Gynecology
- ◆ Neurology
- ◆ Podiatry

The Center offers a range of tests and care services. The Center does not provide emergency care.

**Note: Dental services for children** are provided at the Stein Center. The Center is at 107 South Broadway in Yonkers. Call **1.914.378.7848**.

### St. Joseph's Family Health and Urgent Care centers

Hudson Health Plan accepted at both locations! Appointments encouraged; walk-ins welcome.

#### Family Health Center

81 South Broadway, Yonkers, NY  
**1.914.375.3200**

Monday and Friday  
8 a.m.-5 p.m.

Tuesday, Wednesday, Thursday  
8 a.m.-8 p.m.

Saturday  
8:30 a.m.-4:30 p.m.

#### Urgent Care Center

75 South Broadway, Yonkers, NY  
**1.914.376.7767**

Monday-Friday  
8 a.m.-5 p.m.

Saturday  
9 a.m.-1 p.m.

  
**Saint Joseph's Medical Center**



Setting the standard for care.



**Westchester Arts Council**  
**Hudson Health Plan Supports**  
**Westchester Arts Council Folk Arts Concert Series**

Hudson Health Plan is pleased to sponsor two exciting concerts to be held in downtown White Plains this spring. The two concerts are part of the Westchester Arts Council Folk Arts Program which seeks to celebrate the county's diverse population.

◆ **Inti-Andino: Andean Folk Music from Ecuador**

Saturday, April 15, 7-9 p.m.

(Co-sponsored with the Westchester Hispanic Chamber of Commerce)

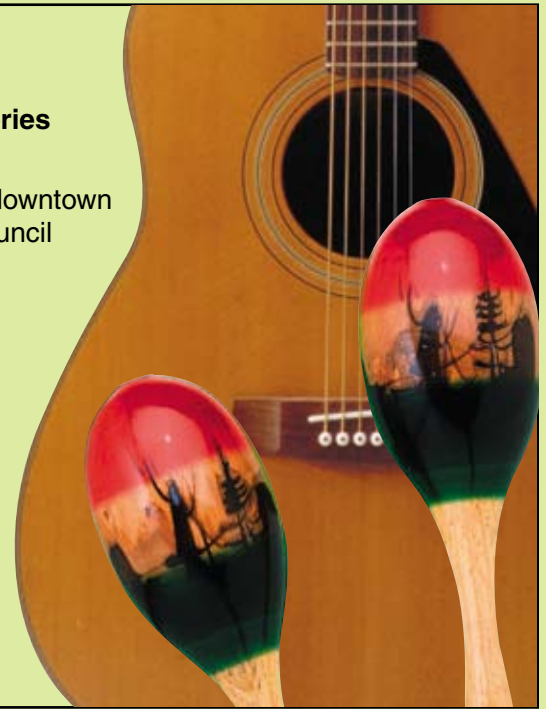
◆ **Folk and Popular Traditions of Haiti**

with guitarist Marc Matelier, kompa band Feeling Mizik, and others

Saturday, June 17, 7-10 p.m.

(Presented in association with the Haitian Heritage Group of White Plains)

Both concerts will take place at The Arts Exchange, 31 Mamaroneck Avenue, White Plains. For tickets or further information, please call **1.914.428.4220**.



***High blood pressure can go unnoticed since it normally doesn't have symptoms.***

## High blood pressure is not just for adults

**M**ore and more children are suffering from high blood pressure. This condition can lead to stroke, heart failure and kidney disease. It can also put them at risk for heart disease and stroke later in life. That's why catching it in time is so important.

### “What causes high blood pressure?”

- ◆ Extra body weight: Too much junk food and too little exercise can lead to weight gain.
- ◆ Family: Some children inherit the condition from their parents.
- ◆ Medical condition: Kidney or heart disease may be to blame.
- ◆ Medication: Some medicines can cause blood pressure to go up.

### “Does my child have high blood pressure?”

High blood pressure can go unnoticed since it normally doesn't have symptoms.

The easiest way to find out is to ask your child's doctor. A quick, painless test is all it takes.

### “What can I do?”

- ◆ Eat healthy: Start your children's day with a healthy breakfast. Add more fruits and vegetables to their diet.
- ◆ Get more exercise: Get them to exercise for 30-60 minutes each day. Play catch or bike ride with them.
- ◆ Less TV: Limit their time in front of the television or computer to no more than two hours a day.

Children age 3 and older should get their blood pressure checked during routine visits to the doctor. High blood pressure usually can't be cured, but it can be controlled. The sooner it is treated, the healthier your child will be — now and in the future.

# Children Having Trouble In School? Maybe They're Not Sleeping Right

Dr. Gerald T. Lombardo



**A**re your children not doing as well in school as they should? Maybe they're not getting enough sleep. Studies show that children average an hour or two a night less sleep than they need.

Sleep is not a luxury. It is a necessity for proper physical and mental development. You owe it to your child's future to enforce those bedtimes just as you do for diet and physical activity.

**The reasons children sleep poorly are many. Ask yourself:**

- ◆ Does your child snore?
- ◆ Is your child overweight?
- ◆ Does your child have nasal congestion or make heavy noises breathing through the nose?
- ◆ Do you have to work hard to get your child out of bed?
- ◆ Does your child seem cranky, aggressive, inattentive, or otherwise drive you crazy?
- ◆ Do teachers complain about the child's behavior?
- ◆ Does your child fall asleep readily anytime they sit still?

Any of these could be signs that your child is not getting enough sleep. Sometimes lack of sleep can cause signs of Attention Deficit Hyperactivity Disorder (ADHD). If your child's teacher or doctor thinks your child may have ADHD,

before treating your child with medication, make sure he is getting enough sleep.

**Here are some things you can do now to help your kids sleep better:**

- ◆ Take the TV and computer out of their bedrooms. They are too tempting.
- ◆ Don't let them have cola, chocolate or anything that contains caffeine after their dinner.
- ◆ If your children have allergies, make sure they are treated properly. And keep bedrooms as dust free as possible.
- ◆ If your children snore, ask the doctor to check their nose and throat for signs of obstruction. Infections, overweight, swollen tonsils and many more factors can damage your child's ability to get healthy sleep.
- ◆ Make bedtime a welcome time of day. Create a ritual. Have the kids brush their teeth and wash their faces, say their prayers, read them a story, kiss them and turn out the light. The more they associate bedtime with comfort and security, the more they will get the rest they need.

*Sleep well to excel.*

*Dr. Lombardo is director of the Sleep Disorders Center at New York Methodist Hospital in Brooklyn and author of "Sleep to Save Your Life: The Complete Guide to Living Longer and Healthier Through Restorative Sleep."*



## Folic acid: Why you need it

**A**ll women need folic acid. It helps the body create new cells. Getting enough of this B vitamin is important. Without it, a number of problems can occur, such as:

- ◆ Diarrhea
- ◆ Headaches
- ◆ Weakness
- ◆ Forgetfulness
- ◆ Loss of appetite

If you are pregnant or plan to have a baby, folic acid can help prevent birth defects. It can also lower the risk that your baby will be born early or have a low birth weight.

## How much do you need?

All women should get at least 400 micrograms of folic acid a day. This can be done by:

- ◆ Adding plenty of fruits and vegetables to your diet
- ◆ Beginning your day with a cereal that contains folic acid
- ◆ Eating different types of foods that have folic acid, like bananas, spaghetti and nuts
- ◆ Taking a daily vitamin or multivitamin

No gym? No problem!

## Simple ways to shape up

**Y**ou need to exercise for about 30 minutes every day. But this can be hard to do in today's fast-paced world. That's why we've come up with a few simple ways to help you get in shape. No expensive gym memberships or exercise equipment needed.

**How's the weather?** If conditions are favorable, go for a walk around the block. Walking reduces your risk of a heart attack.

**Cleaning day?** Mopping the floor and scrubbing the bathtub can have you stretching and lifting your way to a great workout.

**Got a green thumb?** Gardening burns about 324 calories per hour. So start digging!

**Like TV?** Rent a yoga video or check local TV listings for yoga shows. Yoga improves flexibility and balance.

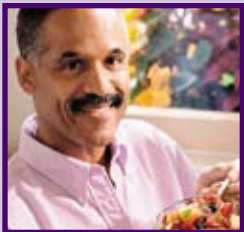
**Where's the leash?** Taking your dog for a walk can help ease feelings of depression.

**Going shopping?** Get off the bus, or park your car away from the store and walk the extra distance.

As always, talk to your doctor before starting any exercise plan. Good luck!



## 16 healthy foods



**T**he best way to keep your body and mind healthy is to eat right and exercise. When working out isn't possible, you can still make smart choices in your diet. Here are 16 healthy foods:

- 1. Almonds** may reduce the risk of heart disease
- 2. Apples** help lower blood cholesterol
- 3. Blueberries** are high in vitamin C and fiber
- 4. Broccoli** builds strong bones
- 5. Brown rice** may help control diabetes
- 6. Carrots** can help protect vision
- 7. Dark chocolate** may reduce blood pressure (note: eat in moderation)
- 8. Garlic** may help prevent cancer and lower cholesterol
- 9. Green tea** may help reduce the risk of blood clots
- 10. Oatmeal** helps lower cholesterol
- 11. Salmon** is a great source of protein and omega-3 fatty acids
- 12. Spinach** helps maintain bone health
- 13. Sweet potatoes** are an excellent source of vitamin A
- 14. Tomatoes** may protect against a number of cancers
- 15. Whole grain** cereals are low in fat, high in fiber
- 16. Whole wheat** bread is a good source of dietary fiber

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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.

## HUDSON HEALTH PLAN

# NOTICE OF PRIVACY PRACTICES

### **THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.**

In order to provide you with the benefits to which you are entitled, Hudson Health Plan (HHP) must collect, create and maintain health information about you. HHP is required by law to maintain the privacy of this information. This Notice of Privacy Practices describes how HHP uses and discloses your health information, and explains certain rights you have regarding this information. HHP is required by law to provide you with this Notice.

#### **How HHP Uses and Discloses Your Health Information**

The following is a list of the ways in which HHP may use and disclose your health information. We will only use and disclose your health information for the purposes on this list.

- 1. Treatment, Payment and Health Care Operations.** HHP uses and discloses your health information to administer your benefits and perform other necessary business functions. We may refuse to allow you to inspect or obtain copies of this information if we feel that disclosing this information may compromise patient care, harm you, or put your health at risk.
  - a. Treatment.** We use and disclose health information about you to facilitate treatment by health care providers. For example, if one of our participating health care providers is treating you, we will disclose to this provider health information relating to other health care services you have received that may be relevant to the provider's treatment.
  - b. Payment.** We use and disclose health information about you for our own payment purposes and to assist in the payment activities of other health plans and health care providers. Our payment activities include collecting premiums, determining your eligibility for benefits, reimbursing health care providers that treat you and obtaining payment from other insurers that may be responsible for providing coverage to you. For example, if a health care provider submits a bill to us for services you received, we will use health information about you to determine whether these services are covered under your benefit plan and the appropriate amount of payment to which the provider may be entitled.
  - c. Health Care Operations.** We use and disclose health information about you to carry out health care operations, which includes quality improvement activities, evaluating our own performance and resolving any complaints or grievances you may have. For example, we may collect and review records maintained by doctors and hospitals that have treated you to see whether they have provided you with preventive treatment and other important health services that are recommended by medical authorities. We also use and disclose your health information to assist other health plans and health care providers in performing certain health care operations, such as quality assessment and improvement, reviewing the competence and qualifications of health care providers and conducting fraud detection or investigation.
  - d. Appointment Reminders.** We may use and disclose your health information to remind you about appointments you have made to receive health care services or to encourage you to make such appointments. For example, we may send a notice to remind you that your child is due for an immunization.
  - e. Treatment Alternatives.** We may use and disclose your health information to tell you about treatment alternatives or other health-related benefits and services that may benefit you or interest you. For example, we may send you information about nutrition classes if you have diabetes.
- 2. Uses and Disclosures Without Your Authorization.** HHP may use and disclose your health information without your authorization for the following purposes:
  - a. As required by law.** We may use and disclose your health information as required by state, federal or local law.
  - b. For public health activities.** We may disclose your health information to public health authorities or other agencies and organizations conducting public health activities, such as preventing or controlling disease, injury or disability and reporting births, deaths, child abuse or neglect, domestic violence, potential problems with products regulated by the Food and Drug Administration or communicable diseases.
  - c. About victims of abuse, neglect or domestic violence.** We may disclose your health information to an appropriate government agency if we believe you are a victim of abuse, neglect or domestic violence and you agree to the disclosure or the disclosure is required or permitted by law. We will let you know if we disclose your health information for this purpose unless we believe that letting you know would place you at risk of serious harm.
  - d. For health oversight activities.** We may disclose your health information to health oversight agencies (i.e., New York State Department of Health) for oversight activities authorized by law such as audits, investigations, inspections and licensing surveys.
  - e. For judicial and administrative proceedings.** We may disclose your health information in the course of any legal or administrative proceeding in response to an order of a court or administrative body.
  - f. For law enforcement purposes.** We may disclose your health information to a law enforcement official for a legitimate law enforcement purpose such as: identifying or locating a suspect, fugitive or missing person; complying with a court order, subpoena or administrative request; providing information about a victim of a crime or reporting a death that may be the result of a crime.
  - g. For research.** We may use or disclose your health information to study ways to provide better health care. We may, for example, compare the benefits of alternative treatments received by our members or investigations into how to improve our enrollment and education procedures. We will not sell enrollee information for monetary or other gains. No identifying information about our clients will be disclosed except with the written permission of the clients.
  - h. To avert a serious threat to health or safety.** We may use or disclose your health information to prevent or lessen a serious and immediate threat to your health or safety or to the health or safety of another person or the general public. We will disclose your health information for this purpose only to someone who may be able to prevent or lessen this type of threat.

- i. For specialized government functions. We may use or disclose your health information to provide assistance for certain types of government activities. If you are a member of the armed forces of the United States or a foreign country, we may disclose your health information to appropriate military authorities, as they deem necessary to carry out military missions. We may also disclose your health information to federal officials for lawful intelligence or national security activities and for the purpose of providing protective services to the president of the United States and other officials.
  - j. For workers' compensation. We may use or disclose your health information as permitted by the laws governing the workers' compensation program or similar programs that provide benefits for work-related injuries or illnesses.
  - k. To individuals involved in your care. We may disclose your health information to a family member, other relative or close personal friend assisting you in receiving or obtaining payment for health care services. For minors, we will disclose your information to your parent or guardian, or other individual responsible for your care. We will disclose your health information to these individuals only if you tell us to do this or if we advise you that we will do so and you do not object. We may also disclose your health information to disaster relief organizations such as the Red Cross to assist your family members or friends in locating you or learning about your general condition in the event of a disaster.
3. Obtaining Your Authorization for Other Uses and Disclosures. HHP will not use or disclose your health information for any purpose not specified in this Notice of Privacy Practices unless we obtain your written authorization. If you give us your authorization, you may revoke it at any time, in which case we will no longer use or disclose your health information for the purpose you authorized after the date you revoke your authorization.

### **Your Rights Regarding Your Health Information**

#### **You have the following rights regarding your health information:**

- 1. Right to Inspect and Copy. You have the right to inspect or request a copy of health information about you that we maintain and that we may use in making decisions about your benefits. We may refuse to allow you to inspect or obtain copies of this information in certain limited cases.
- 2. Right to Request Amendments. You have the right to request changes to any health information we maintain about you if you state a reason why this information is incorrect or incomplete. We do not have to agree to make the changes you request. If we do not believe the changes you requested are appropriate, we will notify you in writing how you can have your objection to our decision included in our records.
- 3. Right to an Accounting of Disclosures. You have the right to receive a list of disclosures of your health information that have been made by HHP. The list will not include disclosures made for treatment, payment or health care operations or disclosures you authorized in writing. Your request should specify the time period for which you want this list and may not include dates prior to April 14, 2003.
- 4. Right to Request Restrictions. You have the right to request restrictions on the ways in which we use and disclose your health information for treatment, payment and health care operations, or disclose this information to disaster relief organizations or individuals who are involved in your care. We do not have to agree to the restrictions you request.
- 5. Right to Request Confidential Communications. You have the right to ask us to send health information to you in a different way or at a different location if you believe that you may be endangered by our ordinary form of communication. For example, if you are afraid that someone living with you may open mail we send you and harm you as a result, you can ask us to send your mail to a relative's or employer's address. You must state in your request that you believe you will be endangered by our ordinary form of communication but you do not have to explain why you believe this is the case. Your request should also specify where and/or how we should contact you. We will accommodate all reasonable requests.
- 6. Right to Paper Copy of Notice. You have the right to receive a paper copy of this Notice of Privacy Practices at any time.

### **Complaints**

If you believe your privacy rights have been violated, you may file a complaint with HHP or the New York State Department of Health. You will not be penalized or retaliated against by HHP for filing a complaint. You may file a complaint with HHP by writing to the Manager of Customer Care, Hudson Health Plan, 303 South Broadway, Suite 321, Tarrytown, NY 10591, or calling 1.800.339.4557, or the NYS Department of Health at 1.518.486.6074.

You may also report a complaint to: The Office for Civil Rights, Department of Health and Human Services, Jacob Javits Federal Building, 26 Federal Plaza, Suite 3312, New York, NY 10278; 1.212.264.3313; Fax 1.212.264.3039; or (TDD) 1.212.264.2355.

### **Changes to This Notice**

HHP may change the terms of this Notice of Privacy Practices at any time. If we change the terms of this Notice, the new terms will apply to all of your health information, whether created or received by HHP before or after the date on which the Notice is changed. We will notify you of changes to this Notice by mailing you a copy of the new Notice within 60 days of the date on which it becomes effective.

### **Contact for Requesting Information**

You may ask to inspect or obtain copies of your information, request changes to your health information, request a list of disclosures, request a restriction on the use or disclosure of your health information, request to send health information to you in a different way or at a different location, or obtain copies of this Notice by writing to the Manager of Customer Care, Hudson Health Plan, 303 South Broadway, Suite 321, Tarrytown, NY 10591, or calling 1.800.339.4557.

If you have any questions or would like additional information about this Notice or HHP's privacy practices, please contact the Customer Care Department by calling 1.800.339.4557.

### **Effective Date**

This Notice of Privacy Practices is effective as of April 14, 2003.