



Health *lines*

Your source for great health care Summer 2006, Vol. 1

Protect kids' skin from the summer sun

After the long winter and wet spring, kids are ready to spend time outdoors.



But wait! First, take a minute to protect your child from the sun. The sun's harmful rays can burn the skin and, over the years, lead to skin cancer, especially for those who sunburn easily.

Sunburns in childhood increase the risk of skin cancer in adults. And getting a tan makes skin look older!

Don't risk painful sunburn. Protect your skin and your child's skin every day!

Make sure children have some shade, especially during the most intense part of the day between 11 a.m. and 2 p.m.

When they will be out for a long time, it's also a good idea to dress your child in:

- ◆ Long pants and a long-sleeved shirt;
- ◆ A hat with a wide brim or a baseball cap;
- ◆ Sunglasses with 100 percent UV protection.

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Using sunscreen lotion can help protect your child when shade and long sleeves aren't practical — especially if you or your child sunburns easily. Buy sunscreen with an SPF (sun protection factor) of 15 or higher.

Keep your yard green — and your family safe

Lawn chemicals can help keep your yard green. However, they can also be harmful if not used or stored properly.

Help keep your family safe with these tips:

- ◆ Read the directions on the label before use.
- ◆ Avoid using chemicals on windy or rainy days.
- ◆ Do not let chemicals get into your vegetable garden or neighbor's yard.
- ◆ Keep children, toys, pets and food away from the area.
- ◆ Store chemicals in a locked cabinet or shed.
- ◆ Wash your hands and change clothes after handling chemicals.

In case of a poisoning, call 911 or go to the emergency room.





Black Bean Salad

Ingredients:

- ❑ 2 15-ounce cans of black beans
- ❑ 2 cups canned or frozen corn
- ❑ ½ red onion, diced
- ❑ 1 red bell pepper, diced
- ❑ 3 teaspoons chili powder
- ❑ 2 tablespoons olive oil
- ❑ ¼ teaspoon garlic powder
- ❑ 2 tablespoons balsamic vinegar
- ❑ 2 tablespoons lime or lemon juice
- ❑ ⅛ teaspoon salt
- ❑ ½ cup fresh chopped cilantro
- ❑ Black pepper to taste

Preparation:

Gently mix the corn, onion, red pepper, beans and chili powder. Combine olive oil, garlic powder, salt, vinegar and lime/lemon juice and pour this mixture over the beans and vegetables. Stir in the chopped cilantro, and season with black pepper to taste.

Place in refrigerator for a couple of hours before serving.

Make a family first aid kit

Be prepared for summer illnesses and injuries

Summer is prime time for bumps, bruises, sprains and stings. So if you have children, now is the time to put together a family first aid kit. Here's how:

- ❶ Choose a container that is clean and has plenty of room. It should be easy to carry, so you can take it on trips, outings and picnics.
- ❷ Gather items you wish to include in the kit, such as:

- ◆ Allergy medicine
- ◆ Antiseptic wipes
- ◆ Antibiotic ointment
- ◆ Assorted bandages and safety pins
- ◆ Cough medicine
- ◆ Gauze and adhesive tape
- ◆ Hydrogen peroxide
- ◆ Over-the-counter pain medicine, such as aspirin
- ◆ Scissors (with rounded tips)
- ◆ Tweezers



- ❸ Make a list of the items and place it in the kit. Include a list of emergency phone numbers too.
- ❹ Write down a list of allergies your family members may have. This should include food, insect and drug allergies.
- ❺ Always keep the kit where you can get to it quickly. Make sure children can't reach it.

A family first aid kit can help with minor injuries and illnesses. However, a medical professional should always treat serious problems.

Beacon Health Strategies

Beacon Health Strategies offers mental health and substance abuse programs for Hudson Health Plan members. It provides clinical staff coverage 24 hours a day, 7 days a week, and 365 days a year.

Beacon's Quality Management and Improvement programs include:

- ◆ Treatment for depression
- ◆ An Alcohol and Drug Abuse program to help members get the care they need
- ◆ An Attention Deficit Hyperactivity Disorder (ADHD) Prevention program to provide help to parents and other caregivers by giving them skills to help children to control their behavior
- ◆ An Aftercare Program to help get needed care after leaving the hospital

For more information, please visit the Beacon Health Strategies Web site, <http://www.beaconhealthstrategies.com/members.html>, or call Beacon Health Strategies directly at 1.800.872.0727.

Breast-feeding — fast, fresh and free

It's 3 a.m. Your baby is hungry.
What do you do?

If you breast-feed your baby, the answer is easy. Breast milk is fast, fresh and free. There is nothing to prepare and no bottle to clean up. Plus, breast milk is all the food your baby needs.

Studies show that breast-fed babies have fewer health problems than babies raised on store-bought formula. Babies who are fed only breast milk for six months are less likely to have:

- ◆ Diarrhea
- ◆ Ear infections
- ◆ Breathing problems

As they grow up, children who were breast-fed are also less likely to develop problems such as:

- ◆ Asthma
- ◆ Diabetes
- ◆ High cholesterol
- ◆ Weight problems

Talk to your Primary Care Professional about any questions you have about breast-feeding. Hudson Health Plan's "Mommy & Me" program is also a good resource. Call **1.800.339.4557** to learn more.



Studies show that breast-fed babies have fewer health problems than babies raised on store-bought formula.

Hold the tuna!

Pregnant? If so, don't eat tuna.

A leading consumer group warns that even canned light tuna may contain high levels of mercury which is harmful to an unborn baby. Consumer Union recommends that pregnant women not eat any tuna fish. Young children should eat no more than 4.5 ounces per week. Salmon, shrimp, clams and tilapia are safe for all women and children to eat every day.

Fish is a very good source of protein and other helpful nutrients. See our next issue for more details. Ask your doctor about foods that will provide the nutrients you and your baby need, or call the "Mommy & Me" program at **1.800.339.4557** for additional information.



Starting a workout regimen

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

The Crunch is the simplest exercise for strengthening and flattening the abdominal region. It is also the one that is most often done incorrectly. With proper form, the Crunch can be extremely effective.

- ◆ Lie down flat on your back and hold your legs at a 90-degree angle with your lower legs parallel to the floor.
- ◆ Hold your hands wherever you feel comfortable (on your chest or behind your head — be sure you don't pull on your head or interlock your fingers).
- ◆ Inhale slowly as you raise your shoulders off the floor, forcing your chest muscles toward your legs.
- ◆ To increase the effectiveness of the crunch movement, push your chest and head up toward the ceiling, pushing your lower back flat onto the floor, while keeping your head and neck in line with the spine.
- ◆ Hold at the top of the movement for a second and squeeze hard. Make sure you do not hold your breath.
- ◆ Do up to 25 repetitions.

Stay tuned for more exercise tips in the next *Healthlines* issue.

'Request the Test'

Did you know that HIV/AIDS is increasing in the Hudson Valley as a health problem among women? In Westchester County, for example, the number of women diagnosed with AIDS has risen 24% in the past 15 years. HIV/AIDS is a serious health issue. Getting an HIV test can be frightening for some. However, Hudson Health Plan encourages everyone to be tested for HIV infection so that it can be detected and treated early.

Knowing your status is extremely important to protect yourself and those close to you. HIV testing is voluntary and available at many HHP provider sites, including community health centers, hospitals, family planning clinics and private practices. Anonymous testing is also available at local health department clinics. At some clinics and doctors' offices, you can get a rapid HIV test, which can give you the results the same day. Please call HHP's Customer Care Department at **1.800.339.4557** if you need assistance making an appointment or locating a health care professional for an HIV test. You can find additional information about HIV/AIDS and testing sites at the following Web sites: <http://www.health.state.ny.us/diseases/aids/index.htm> or www.hivtest.org



Great news about whole grains

When you are buying bread for your family, there are a lot more choices now than there used to be. What is "wheat bread?" What does "multigrain" mean? Is "enriched" bread good?

Confused? Don't be. Helping your family to eat more whole grains is one of the best things you can do for good health. For the most healthful option, look for the word "whole" — as in "**whole** grain" or "**whole** wheat." The words "wheat bread," "multi-grain," and "enriched" do NOT mean the product has healthful whole grain. It may just be colored brown with burnt sugar.

What are whole grains?

A whole grain includes all parts of the grain, including the fiber and the "germ" which are rich in vitamins. Refined grains have been processed to remove nutritious parts of the grain. Anything made with white flour, including most breads, pastas and breakfast cereals are made with refined grains.

Studies show that eating plenty of whole grain foods may lower your risk for heart disease. It can also help manage diabetes and decrease your risk of cancer. Eating lots of whole grains and vegetables instead of foods made from white flour will help all of us to stay slim. Foods made with white flour are usually "empty calorie" foods. "Empty calorie" means a food that only makes us fat without helping us to stay healthy.

You probably eat some whole grains without knowing it. Oatmeal is a whole grain. Brown rice is another healthful whole grain. If you order Chinese food, you can ask for brown rice instead of white rice.

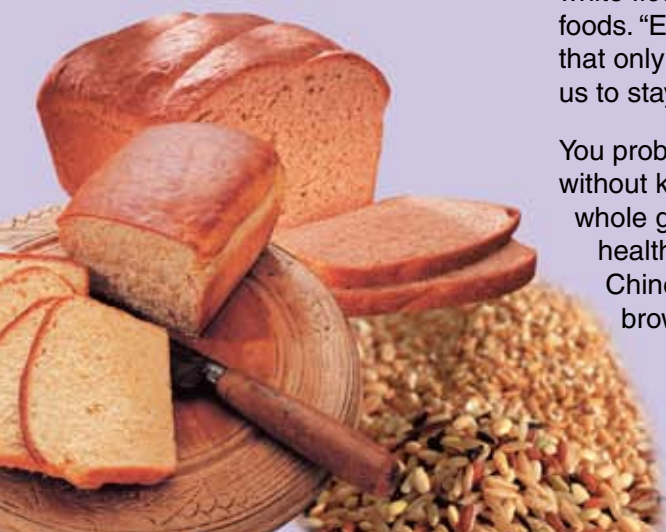
Rice and beans made with brown rice is delicious and is a healthful, high fiber meal.

Your family may also enjoy some other whole grains they have not eaten before. Yellow or red quinoa is a whole grain that is very easy to cook. The yellow quinoa looks and tastes a lot like couscous. But couscous is pasta made from white flour and quinoa is a quick-cooking healthful whole grain. Pearled barley, bulgar, millet and buckwheat grouts are other grains that are easy to learn to cook.

Look for these words:

- ◆ "Whole grain"
- ◆ "Whole wheat" (or other type of grain: quinoa, millet, buckwheat grouts, pearled barley, bulgar wheat)
- ◆ "Stone-ground whole wheat"
- ◆ "Brown rice"

Whole grain bread may cost a few cents more. In the long run, however, you will be glad you made the "whole" choice.



Once is not enough

Make sure your child's 'shots' are up to date



Your child needs more than books, pencils and new shoes at back-to-school time. Vaccines (or "shots") are an important way to help your child stay healthy.

Shots help protect your child from dangerous illnesses, such as:

- ◆ Chicken pox
 - ◆ Measles
 - ◆ Polio
 - ◆ Mumps
 - ◆ Tetanus
 - ◆ Hepatitis B
- ... and many more.

Getting shots just once is not enough. Your child may need a series of shots continuing through the teen years.

Children grow up so fast that it's easy to lose track of time. So call your child's Primary Care Professional and schedule a back-to-school checkup for your child. Be sure to say that you want your child's vaccines updated.

Keep this in mind: Vaccines are made with dead or partial bacteria or viruses. So it's impossible for your child to get that disease from the vaccine.

Sending a CHP Premium Payment?

Always include your subscriber ID# on the check or money order to ensure your account is credited correctly.



Make back-to-school a class act for your young student

The start of the school year is an exciting time for kids. Use this checklist to help make sure your child is prepared and ready to learn.

- ◆ Make an appointment with your child's doctor for a back-to-school checkup. The doctor can also give any needed vaccines and check your child's vision and hearing.
- ◆ Ease your child back into a normal routine. Set early bedtimes in the week before school starts. Also, give your child some control. For example, let him or her pick out clothes to wear or what to eat for lunch on the first day.
- ◆ Talk to your child about any fears he or she may be feeling. You need to know about bullies or other problems. Your child's teacher or doctor may be able to help with fears that are affecting the child's ability to learn.

Your teen might start smoking today

Every day, 4,000 teens smoke their first cigarette. Is today the day your child will?

As a parent, you can help your teen stay smoke-free for life:

◆ **Talk to your teen today about smoking.**

It's never too early to bring up the subject. Many kids start smoking at age 11 or even younger.

◆ **Know the dangers.** Explain that smoking causes bad breath, stained teeth and smelly clothes. It can also lead to cancer and other health problems.

◆ **Teach your teen how to say "no."** Your teen may feel pressured to smoke if his or her friends do. Talk about ways your child can say "no" without feeling left out.

◆ **Set a good example.** If you smoke, stop.

Ask your Primary Care Professional for help.

If you find out that your teen smokes, don't get mad. Talk about it and get help so he or she can quit. Call your Customer Care Representative at **1.800.339.4557** for information about the Free & Clear program. There's no cost to you and it really works!



Bicycle Rodeo Winner



Teaching children the rules of the road and reminding them how to ride safely was the goal of the Bicycle Rodeo that Hudson Health Plan held on May 27 at the Delano-Hitch Recreation Park in Newburgh.



D'Asia Cousar (left) poses for a photo on the bicycle that she won.

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Hudson River HealthCare, Inc.

We want to be your family doctor.

Visit our newest site – Hudson River HealthCare's Monticello Health Center **1.845.794.2010**, 23 Lakewood Ave., Monticello.

Primary care for people of all ages.

Services that Hudson River HealthCare provides include:

- ◆ Diabetes Care
- ◆ Cancer Screening
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- ◆ Heart Disease
- ◆ Sick & Well Visits
- ◆ Immunization Updates
- ◆ Free Pregnancy Testing

Medicare, Medicaid, Hudson Health Plan and most insurances accepted. Uninsured are welcome with fee based on ability to pay. To locate the site nearest you, please call **1.877.871.4742**.

2007 Preventive Care Calendar

We'd like to invite children ages 5-12 who are members of HHP to enter the calendar drawing contest. The theme of the 2007 Preventive Care Calendar is "How to Stay Healthy." Think about the kinds of things we should do (or not do) to maintain a healthy lifestyle. The first 13 winners will have their artwork included in the 2007 "How to Stay Healthy" calendar.



Send drawings to:
Hudson Health Plan
Attention: Artwork contest
303 South Broadway, Suite 321
Tarrytown, NY 10591

All artwork is due by September 1, 2006. Please put your first and last name and age on the back of your artwork. We will not be able to return artwork to children after the contest. **For more information, call 1.800.339.4557.**

You could have your drawing printed on the 2007 Preventive Care Calendar!

V01 CHP

Tarrytown, NY 10591-5455
Suite 321
303 South Broadway



Hudson Health Plan 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

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