

LivingWell

In a state of health

VOL. 2, NO. 4

OCTOBER 2003

Un-complicating chronic illness

Chronic diseases make life complicated. They often require lifelong use of medications, with periodic adjustments of combinations, dosages and schedules. People with chronic illnesses also need more frequent medical tests and follow-up. And they often need to see different combinations of primary and specialty providers.

Making life less complex for these individuals is a major goal of The State of Health, PEBB's statewide wellness program. Through PEBB's medical carriers and the PEBB Health Center, The State of Health offers several paths to better quality of life for these members.



personalized health screening tools and condition centers.

Through counseling and referral, center staffers help members navigate their way to resources and disease management programs in their medical plans. Following are two examples of these carrier-provided programs.

KAISER PERMANENTE'S CARDIOVASCULAR PROGRAM

The cardiovascular disease program at Kaiser Permanente helps PEBB members diagnosed with heart and/or circulatory system problems. The patient and patient's doctor, together with pharmacists, nurse care managers, and health educators, collaborate as a team to establish a treatment plan and therapeutic goals.

Together, the team:

- Orders any needed baseline tests
- Initiates drug therapy based on national guidelines
- Educates the member about treatment protocols and all aspects of medication therapy
- Reinforces lifestyle modification
- Informs the member about Kaiser and community-based resources
- Stays in touch with the member to evaluate the plan and make alterations needed to meet the patient's goals.

REGENCE BLUECROSS BLUESHIELD OF OREGON'S DIABETES PROGRAM

Regence BlueCross BlueShield of Oregon's diabetes program uses an educational approach to help its PEBB members with diabetes develop self-management skills. Specially trained healthcare professionals work with the member to set goals for self-management and develop a plan to meet those goals. They also act as coaches, following up with the member through regularly scheduled phone discussions.

All PEBB members in this plan who have diabetes can call the health coaches for assistance with diabetes-related questions or issues

THE HEALTH CENTER HELPS

Health Center professionals are at the hub of the wellness program. Through outreach, education and screening, they help PEBB members identify their risks for such chronic diseases as diabetes, asthma, heart disease and circulatory system problems.

In addition to providing on-site classes, staff members respond to resource requests statewide — from individuals and agencies — through the center's extensive library of books, tapes and other materials. In person and over the phone, they also help members to register for and explore The State of Health online. This secure, private, ad-free Web site offers

(Continued on page 8)

FUN, HEALTHY, DELICIOUS...

Kitchen tricks

- **For a lighter blue cheese spread or dressing**, purée one cup of low-fat cottage cheese in a food processor or blender. Fold in $\frac{1}{4}$ cup crumbled blue cheese.

You can use the spread to stuff celery or spread on crackers, or thin it with low-fat milk and a dash of red-wine vinegar for a salad dressing.

- **To make a delicious sandwich spread**, open a can of white or black beans (or chickpeas), drain, and rinse. Puree with garlic, lemon, cilantro, and ground cumin.

- **Bake whole sweet potatoes or yams** instead of white potatoes. To cut the cooking time in half, split the potatoes in half lengthwise, and bake them cut-side down in a pan coated with vegetable oil spray.

- **Use olive or canola oil** in recipes that call for butter or margarine (or you can use one-third butter and two-thirds oil as a compromise).

- **When using olive or canola oil**, substitute a teaspoon when the recipe calls for a tablespoon. Less oil will work just as well and you'll save a few calories.

- **For thicker, creamier soup**, forget the flour and butter or heavy cream. Instead, take out about half the vegetables and purée them in a blender until smooth. Then stir back into the soup.

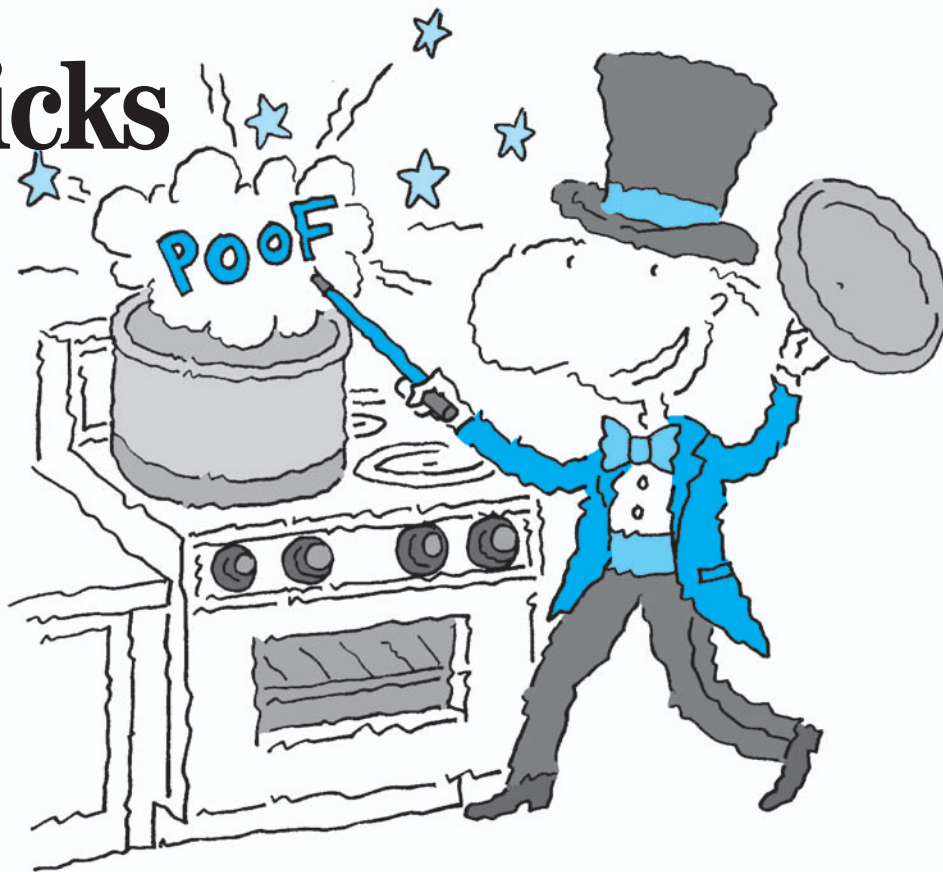
- **Top a baked potato** with one-half cup nonfat cottage cheese puréed with one tablespoon of sour cream for a low-fat alternative.

- **Try adding some orange**, grapefruit, or tangerine sections into salads when tomatoes are less than scrumptious.

One delicious combination: mixed greens tossed with tangerines and chopped dates topped with a little crumbled blue cheese.

- **Make kiwi quick and easy to eat** by slicing it in half and scooping out the flesh with a small spoon.

- **Prepare your favorite omelet** with two whole eggs and two egg whites rather than four whole eggs. This cuts calories nearly in half.



EATING-WELL RECIPE

Roasted chickpeas

These snacks aren't just delicious — they're healthy to boot (you may want to double the batch). Chickpeas (aka garbanzo beans) are high in fiber, folate, potassium, and protein — and naturally low in calories. You can experiment with seasonings like curry powder, ground cumin, chile powder, or cayenne pepper.

- 1 15-oz. can chickpeas, drained and rinsed
- 1 Tbsp. extra-virgin olive oil
- 1 Tbsp. fresh lemon juice
- 1 tsp. finely grated lemon rind
- Sprinkling of salt

Move oven rack to middle position and heat oven to 375°F. Toss chickpeas, oil, lemon juice, grated rind, and $\frac{1}{2}$ tsp. salt in a mixing bowl.

Spread on baking sheet (lined with a sheet of parchment paper if you have it) and roast. Stir 2 or 3 times until chickpeas are shrunken and browned, about 45 minutes.

Remove from the oven and sprinkle lightly with a little more salt. Pour into bowl and serve.

YIELD: About $\frac{3}{4}$ cup. Per serving (about 3 tablespoons): 129 calories, 6 g protein, 5 g fat, 16 g carbohydrates, 4 g fiber, and 8 mg sodium.



Getting good mammograms

Mammograms aren't perfect, but they're still the best tool doctors have to detect breast cancer.

Experts recommend you get a mammogram every one to two years if you're between the ages of 40 and 50. Women 50 and older should have one every year. But talk to your doctor about a schedule you are comfortable with.

FOR THE BEST MAMMOGRAMS:

- **Try to go to the same clinic** year after year.

If that's not possible, ask for the X-rays from your previous mammograms and take them with you to the new clinic so that doctors can compare results from year to year.

- **Schedule your mammogram** one to two weeks after the

first day of your period if you are still menstruating.

- **Don't use deodorant, lotions, or powder** before your mammogram (they can interfere with the X-ray's quality).
- **Stay as still as possible** during your mammogram.
- **While it can be a little uncomfortable**, remember that the more the breast is compressed, the better the X-ray image will be (and less radiation is needed).
- **Mammography isn't as effective** if you have dense breasts. Most younger women tend to have dense breast tissue. But older women taking hormone replacement therapy may also have denser breasts.
- **Be sure to go** to an accredited facility. Certification shows a commitment to quality breast imaging.

Source: *Journal of the National Cancer Institute*, Vol. 95, Pg. 250



THE COLD, HARD FACTS ABOUT COLDS



- **The average adult** gets two or three colds a year. Children average six to 10.
- **As we age**, we generally get fewer colds. There are many different cold viruses, and we develop immunity to each virus we get. So as years go by, fewer viruses are able to make us sick.
- **We get more colds in winter** than summer — but not because it's colder or wetter. Rather, it's because we spend more time indoors where it's easier to swap viruses.

Also, when kids are in school, they are more apt to get sick and pass their colds along to adult family members.

- **Cold sufferers** are infectious a day or two before they have symptoms.
- **Sinus congestion** and colored nasal discharge are common signs of a cold — not necessarily the result of a bacterial infection (so antibiotics aren't needed).
- **Colds can last up to 14 days.** Coughs can linger longer — for two to three weeks after other symptoms are gone.
- **Washing your hands often** is one of the best ways to keep from catching a cold.

Also, a healthy diet that includes plenty of fruits and vegetables — and minimal sugar — can help keep your immune system strong and able to fight off colds.

Source: *Hope Heart Institute, Seattle*



vitamins & pregnancy

♥ Women who take **multivitamins during pregnancy** may cut their children's risk of the nervous system cancer neuroblastoma by 30% to 40%, researchers say.

They don't know which vitamin or vitamins to credit.

These research results are similar to other studies showing that taking vitamins during pregnancy protects against leukemias and brain tumors.

These new findings are also consistent with the standard medical advice to take folic acid at the time of conception and through at least the first few weeks of pregnancy to help guard against birth defects.

Source: *Epidemiology*, Vol. 13, Pg. 575

dust mites

♥ About 84% of homes in the U.S. have detectable levels of dust mite allergen in a bed.

In almost a quarter of the homes surveyed, mite levels were high enough to become a trigger for an asthma attack.

Dust mites thrive in humid environments and feed on bacteria, pollen, and human skin flakes (thus, they're commonly found in bedding).

To keep dust mites under control, researchers advise using a mattress cover, and to wash bedding every week in hot water. Also, remove all non-washable items from the bed.

Source: *Journal of Allergy and Clinical Immunology*, Vol. 111, Pg. 408

headaches?

♥ Do you suffer from recurring headaches that neither you nor your doctor can find a cause for?

While there can be many triggers for headaches, a common one is food allergies or sensitivities.

And one headache trigger appears to be gluten.

Gluten is a protein found in wheat and a few other grains.

If you think gluten may be to blame for your headaches, do an experiment. Stop eating all of the grains listed below for two weeks.

Headaches subsided? Then gluten may be the culprit.

WHERE YOU'LL FIND GLUTEN:

All forms of wheat and any wheat-containing food, plus:

Barley	Rye
Couscous	Spelt
Kamut	Triticale
Orzo	

Sources: *Neurology*, Vol. 56, pg. 385; *Food Allergy Field Guide*, by Theresa Willingham

heart attack & stroke

♥ When 1,000 Americans were asked which health threat they most feared, about a third said "cancer."

The fact is, heart disease — heart attacks and stroke — kill more Americans than anything else.

Source: American Heart Association

whole-grain gain

♥ Eating too many refined carbohydrates — white bread, cookies, many cereals, crackers, and pastries — can eventually raise insulin production to unhealthy levels.

Chronically high insulin levels can lead to heart disease and type 2 diabetes.

In one small 12-week study, a group of overweight people with high insulin levels were fed a diet with six to 10 servings a day of breakfast cereal, bread, rice, pasta, muffins, cookies, and snacks.

During the six weeks that those foods were made with whole grains, the volunteers' insulin levels were lower than during the six weeks that the foods were made with refined flour.

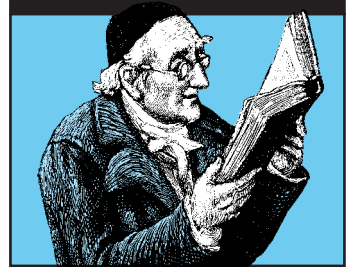
Researchers aren't sure what it was about the whole grains that made the difference. It could have been the extra fiber, the magnesium, other beneficial plant compounds — or a combination of these that helped lower insulin.

Tip: You don't have to switch to 100% whole grain all at once.

Start with whole-grain breakfast cereals, since they are easy to find. Then move on to breads, then whole-grain pasta, and finally to things like whole-grain pizza dough and muffins.

Source: *American Journal of Clinical Nutrition*, Vol. 75, Pg. 848

FROM LEADING PUBLICATIONS AND AUTHORITIES...



AIDS update

♥ Although the rate of new infection has leveled off, about 900,000 Americans are now infected with the HIV virus — more than at any time since the epidemic began.

• HIV is transmitted through bodily fluids during: sexual contact, needle-sharing, childbearing, breastfeeding, and transfusion of infected blood.

• About 42% of HIV cases result from men having sex with men; 33% from heterosexual contact; and 25% from injection drug use.

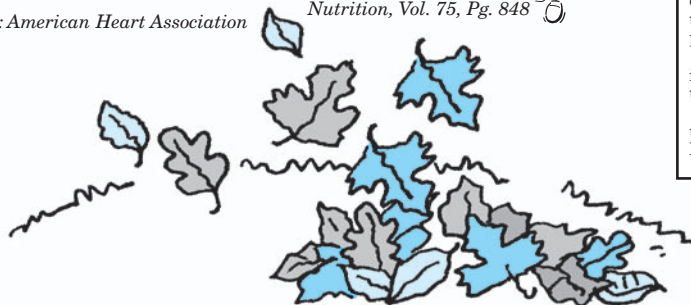
• There are anti-HIV drugs available that can prolong people's lives, but these drugs can have many unwanted side effects (plus they are very costly). In the end, AIDS is still a fatal disease.

Source: Partnership for Prevention, Washington, D.C.

The information in this publication is meant to complement the advice of your health-care providers, not to replace it.

Before making any major changes in your medications, diet, or exercise, talk to your doctor.

Articles written by outside contributors have not been reviewed by the Hope Health Medical Advisory Board.



...you can use!

“good” bacteria vs. the “bad”

♥ Regularly taking probiotics — or “friendly” bacteria like *acidophilus* — reduces the numbers of disease-causing bacteria that can be harbored in the nose.

How can swallowing a capsule containing these “good” bacteria possibly have any effect on organisms in the nose, you might wonder?

Researchers believe there’s a lymph tissue link between the gut and the upper respiratory tract. Lymph glands are a part of the body’s immune system.

Source: *American Journal of Clinical Nutrition*, Vol. 77, Pg. 517

mold

♥ While there are 100,000 types of mold, only a few are toxic.

The toxic varieties produce chemicals called mycotoxins that can cause rashes, seizures, respiratory problems, unusual bleeding, severe fatigue, and more.

Since most molds are not toxic, however, don’t panic if you see mold in your house.

While some people are allergic to these nontoxic molds, they don’t usually cause serious illness — and they shouldn’t bother non-allergic people at all.

Source: *American Academy of Allergy, Asthma & Immunology*



muscle & bones

♥ If you have — or are at risk for — osteoporosis you may want to start pumping iron.

People who add muscle mass (or prevent muscle loss) by lifting weights have higher bone density than people who have less muscle mass.

At one time, it was thought weight alone was a good bone density predictor — the more you weighed, the stronger your bones, regardless of whether that weight was fat or muscle.

But newer research shows that gaining a pound of muscle increases bone strength three times more than gaining a pound of fat.

The reverse is also true: If you lose a pound of muscle — which can happen as we age — bone strength decreases three times more than if you lose a pound of fat.

Source: *Clinical Exercise Physiology*, Vol. 2, No. 2

girls moving less

♥ The older a girl gets, the less likely she is to exercise.

When researchers followed about 2,300 girls over a span of 10 years, they found that, as the years went by, many girls “moved” less and less.

By the time they were 16 or 17, nearly half reported *no* activity at all.

This is especially alarming, say experts, since other research shows that women who do about two-and-a-half hours a week of brisk walking have a 30% lower risk of heart disease than those who are less active.

Editor’s note: While health experts now recommend an hour a day of physical activity to help combat this country’s collective weight-gain, 30 minutes at least five days a week is probably sufficient to help prevent the two major killers of Americans: diabetes and heart disease.

Remember, more exercise is best, but a little is better than none at all.

Source: *New England Journal of Medicine*, Vol. 347, Pgs. 709 & 716

what’s killing us

♥ Nearly half of all deaths in the U.S. are linked to tobacco use, improper diet, alcohol and other substance abuse, guns, car accidents, risky sexual behavior, and lack of physical activity.

Source: *Journal of the American Medical Association*, Vol. 270, Pg. 2707

IF YOU’RE A HEALTHY ADULT... THE SHOTS YOU MAY NEED

	19 to 49	50 to 64	65+
Chickenpox (varicella)	2 doses if not previously vaccinated and if you have not had the disease		
Measles, mumps, rubella (MMR)	1 dose if not previously vaccinated and if you have not had the disease		
Tetanus-Diphtheria	1-dose booster every 10 years		
Hepatitis B	3 doses for all adults at risk (illegal drug users, multiple sex partners, health-care workers who work with people at risk)		
Flu*		1 dose annually (but no matter what your age, you can get this shot if you simply want to avoid the misery of the flu)	
Pneumonia*			1 dose only

*Health-care workers and people with chronic health problems like diabetes; heart, lung, liver, or kidney disease; HIV; etc., may need these vaccinations at a younger age. Check with your doctor.

Note: People with certain health problems may also need to get the hepatitis A and/or the meningococcal vaccines. Again, check with your doctor.

Source: *U.S. Centers for Disease Control and Prevention*



DO YOU HAVE A

Computer neck?

Sitting in the same position for a long time while you're working can leave your neck and shoulder muscles tense and stiff.

Take a stretching break every half hour or so to keep muscles from locking up.

Hold each stretch for several seconds and repeat three or four times.

NECK STRETCHES



A — Put one hand at the side of your head and push your head toward your shoulder. Return to starting position and repeat in the opposite direction.

B — Turn your head to the right as far as it will go, then tilt your chin toward your shoulder. Return to starting position and repeat in the opposite direction.



C — Interlace your fingers behind your head. Gently pull your head forward and down toward your chest. Hold and then return to starting position.



SHOULDER STRETCHES



A — Rotate your shoulders in a continuous circular movement. Keep your head high and your chin in.

B — Reach behind your back and clasp your hands together. Keeping your arms straight, gently raise them while you pull your shoulders back.



C — Hook your hands behind your head and pull your right hand very slowly with your left as far as it will go. Keep your head erect. Relax. Then reverse direction, pulling your left hand with your right.

WHAT TEENAGERS NEED MOST

- **Unconditional love.** Without it, a teenager cannot develop a sense of trust, self-worth, or confidence.
- **Space.** Teenagers need room to grow, to think, to learn, to make mistakes. They develop confidence when they're allowed to "fly solo."
- **Friends.** Friends help in the transition from the home to the outside world. They offer comfort, safety, and empathy.
- **Limits.** Every teenager needs limits to learn how to function in the real world. Rules also provide a base and security.
- **Adults.** Teens need a role model who is accessible and understanding — someone to turn to when the going gets rough. This person could be a parent, another relative, a teacher, a school counselor, or a religious leader.

Source: High Times / Low Times: How to Cope with Teenage Depression, by John E. Meeks, MD

How kids see things

The little first grader appeared to be greatly upset when he came to the principal's office and asked if he could use the telephone to call his mother.

"Is there something the matter?" the principal asked. "Can I help you?"

"Well," the little fellow said, "yesterday, I left my jacket here at school. This morning my mother told me not to come home without it. I can't find it anywhere and I want to call her on the phone and ask her where she wants me to go."

Source: Unknown



stress less

Learning to be assertive...

Many of us have a hard time being assertive — or even understanding what assertive behavior is.

In part, it's because we've learned mistaken assumptions about healthy behavior. If you see yourself in the left-hand column, try to change your thinking and behavior so that it's more in line with that in the right-hand column. It's your right!

MISTAKEN ASSUMPTIONS	YOUR LEGITIMATE RIGHTS
It's selfish to put your needs before others' needs.	You have a right to put yourself first sometimes.
It's shameful to make mistakes.	You have a right to make mistakes.
If you can't convince others that your feelings are reasonable, then they must be wrong, or maybe you are going crazy.	You have a right to be the final judge of your feelings and accept them as legitimate.
You should respect the views of others, especially if they are in a position of authority. Keep your differences of opinion to yourself. Listen and learn.	You have a right to have your own opinions and convictions.
You should always try to be logical and consistent.	You have a right to change your mind or decide on a different course of action.
You should be flexible and adjust. Others have good reasons for their actions, and it's not polite to question them.	You have a right to protest unfair treatment or criticism.
Things could get even worse, so don't rock the boat.	You have a right to negotiate for change.
You shouldn't take up others' valuable time with your problems.	You have a right to ask for help or emotional support.
People don't want to hear that you feel bad, so keep it to yourself.	You have a right to feel and express pain.
You should always try to accommodate others. If you don't, they won't be there when you need them.	You have a right to say "no."
Don't be anti-social. People are going to think you don't like them if you say you'd rather be alone instead of with them.	You have a right to be alone, even if others would prefer your company.
You should be sensitive to the needs and wishes of others, even when they are unable to tell you what they want.	You have a right not to have to anticipate others' needs and wishes.
It's always a good policy to stay on people's good side.	You have a right not to always worry about the goodwill of others.

Source: The Relaxation & Stress Reduction Workbook (Third Edition), by Martha Davis, PhD, Elizabeth Robbins Eshelman, MSW, and Matthew McKay, PhD



your health matters

UN-COMPLICATING CHRONIC ILLNESS

(Continued from page 1)

at (800) 871-8439, option 2. The program helps them:

- Understand diabetes
- Learn what tests are needed and how often
- Manage blood sugars
- Prevent complications
- Know and use pharmacy and diabetes education benefits.

FOR MORE INFORMATION

If you have any questions about the wellness program or dealing with a chronic disease, please contact the PEBB Health Center at (503) 362-1111 in Salem, or (800) 701-1333 outside Salem. Or send an e-mail to pebbhealth@oregonwellness.com.

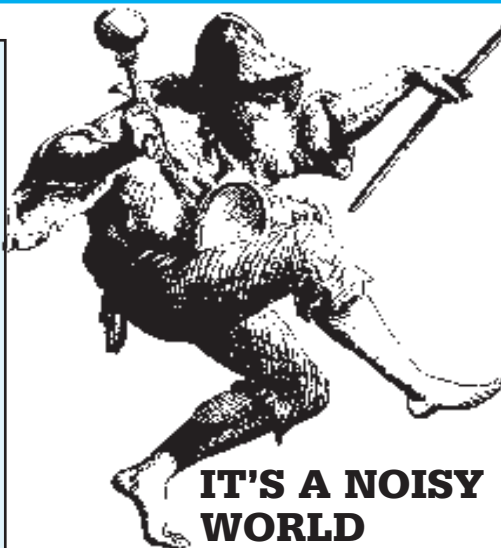
Online:

PEBB Health Center
www.pebbhealth.org

The State of Health Online
www.wellmed.com/stateofhealth

Kaiser Permanente
www.kp.org/ehealth/nw/pebb

Regence BCBSO
<http://www.or.regence.com/pebb>



IT'S A NOISY WORLD

Workers in noisy factory environments who work all day in noise that's 85 decibels or higher can gradually lose their hearing.

How loud is 85 decibels?

Decibels

Whisper	20
Normal conversation	60
Heavy traffic	80
Lawn mower	95
Firetruck siren	120
Rock concert	140
Jet plane taking off	160

Antidote to a noisy world: Wear earplugs or special ear muffs whenever possible (especially around loud machinery), and try to find the time and space for some literal "peace and quiet." Noise-induced hearing loss is cumulative.

Source: *Family Safety & Health*, Vol. 54, No. 2

body, mind, & soul

“If there is no wind, row.”
— Latin proverb

“If you wallow in the past, you'll stay there.”
— Ben Vereen

“You get your intuition back when you make space for it, when you stop the chattering of the rational mind.”
— Anne Lamott

“Temper is what gets us into trouble. Pride is what keeps us there.”
— Unknown

“...On your worst days, be good. On your best days, be great. And on every other day, get better.”
— Carmen Mariano

“Humor is the chocolate chips in the ice cream of life.”
— Barbara Johnson

“The truth doesn't hurt unless it ought to.”
— B.C. Forbes



THE HOPE HEART INSTITUTE

Marketing and Distribution:
Hope Health
350 East Michigan Avenue, Suite 301
Kalamazoo, MI 49007-3851
(269) 343-0770

PRSR STD
US POSTAGE
PAID
GRAND RAPIDS MI
PERMIT NO. 1