

For Better Health

SPRING 2008

Lose a Bit, Gain a Lot

If you're overweight, losing 5 to 15 percent of your weight can help you be healthier. Say you weigh 200 pounds. If you lose 10 to 30 pounds, it will make a big difference in how you feel.

So make a plan to lose weight. This is especially important if:

- **Your waist is more than 35 inches** (for women) or more than 40 inches (for men). Talk with your doctor about the best size for your waist.
- **You are overweight.**
- **You have a family history of certain diseases.** They include heart disease, diabetes, high blood pressure, stroke, sleep apnea, and high cholesterol.

Don't let those few pounds block your way to better health.



ALL MODELS ARE USED FOR ILLUSTRATIVE PURPOSES ONLY.



Pay Attention to Teen Depression

It's normal for most teens to feel moody at times. But if your teen is depressed or has lost interest in life, it is time to get help now.

Is your teen:

- Feeling sad, hopeless, or worthless?
- Doing things to harm himself or herself?
- Feeling anxious or panicked more than usual?
- Acting aggressive or angry most of the time?
- Eating or sleeping more or less than usual?
- Feeling worried or afraid most of the time?
- Having trouble at school?
- Doing risky things, like having sex or taking drugs?

There may be other reasons for these issues. But if you are worried about your child's mental health, tell your teen's doctor or nurse. Give details. And don't give up until you get help.

It's not normal for a teen to be depressed, and it is important that your child gets medical care. Without help, depression can put your teen's life in danger. You could save his or her life by speaking up.

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- for moms-to-be -



Things You Must Avoid When Pregnant

Many things can harm a growing baby. So you need to know what to avoid while pregnant. The list below does not include every risky or harmful thing. So talk with your doctor about your life and diet so that you know what to avoid.

- Alcohol
- Street drugs (including speed, marijuana, and crystal meth)
- Cigarettes and cigarette smoke
- Some prescription drugs
- Herbal cures
- Pet rodents (such as mice, guinea pigs, and hamsters)
- Raw eggs, fish, or meats
- Swordfish, shark, king mackerel, and tilefish
- Cold hot dogs or deli meats (Eat them only if you heat them until they are steaming hot.)
- Some soft cheeses (such as Brie, feta, queso blanco, queso fresco, and Panela)
- Raw vegetable sprouts (such as alfalfa, mung bean, and radish)



What Triggers Asthma at Home?

Pet dander, dust, mold, and even roaches can make asthma act up. Here are some tips to clean out the asthma triggers in your home.

Be sure to wear a mask with a filter when you clean. If you have asthma, see if you can get help with cleaning.

- **Clean floors, woodwork, and surfaces.** Use water and mild soap. Clean out closets. Keep shoes and other items off the floor and on shelves.
- **Get rid of carpets,** if you can.
- **Organize clothes and shoes** in boxes or zipped bags so that they do not collect dust.
- **Wash curtains, sheets, and**

towels in hot water. Make sure they dry fully.

- **Throw out old bathroom items,** such as shower curtains, that could have mold on them.
- **Do not leave food out** to help keep roaches away.
- **Vacuum rugs** and fabric furniture.
- **Scrub tile.** Open a window to allow drying and prevent mold growth.
- **Dust at least once a week,** including door frames and other nooks.

Your Bones Need Calcium Plus Vitamin D

Everyone needs both calcium and vitamin D for healthy bones. Calcium builds bones. Vitamin D helps your body absorb calcium.

- **Try good calcium sources such as skim milk and tofu.** Some orange juices and cereals have added calcium. It is also in dried figs, low-fat yogurt and cheese, and broccoli. Some beans, such as navy beans, have it, too.
- **Spend 15 minutes in the sunlight** a few times a week to get enough vitamin D. You can also get it from milk, saltwater fish, and egg yolks.
- **Take a multivitamin every day.** The vitamin is a backup to be sure you get enough of both nutrients. A pharmacist can help you choose one.



- protecting your rights -



Your Health Care Rights

Paramount Advantage™ is committed to protecting your rights. Once a year, we send you a notice about how we protect your privacy. This notice tells what your personal health information rights are. It also tells you when we can share your information and whom we can share it with. For a copy of your rights, please visit www.paramounthealthcare.com or call 1-800-462-3589 (TTY: 1-888-740-5670 or 1-419-887-2526).



Protect Kids from Lead Poisoning

Lead is very poisonous for kids. It slows the growth of both the body and mind. Lead used to be in house paint and other types of paint.

After 1977, lead was not put in paint. But homes older than this may still have lead paint. Old pipes and dirt may have lead, too. And in 2007, lead was found in some popular toys made in China and sold in the U.S. The toy makers recalled these dangerous toys.

- **Watch out for young kids.** Young children, especially ages 3 and younger, are at a bigger risk. They

tend to put things such as toys in their mouth. They may also get lead dust from the home or soil on their hands and put their hands in their mouth.

- **Protect your child.** Get him or her tested for lead by a doctor. Clean surfaces and dust at home often. Check the list of recalled toys at www.cpsc.gov. If you have any of the toys listed, throw them away.

- women's health -



I Found a Lump in My Breast. What Should I Do?

If you find a lump in your breast, do these 3 things:

- 1 Call the doctor.
- 2 Make an appointment.
- 3 Go to the appointment. Tell the doctor how your breast feels or looks different.

Many women get scared and ignore a lump rather than find out why it is there. But did you know that many lumps are not cancer?

Hormones and age can cause breast tissue to change. Even if a lump is serious, getting care early gives you a much better chance of curing the problem.

Men can get breast cancer, too. But it's rare. It mostly occurs in men ages 60 and older. Men should look for lumps in their breasts just like women. Tell your doctor if you find a lump.

To learn more, call the American Cancer Society at **1-800-ACS-2345 (1-800-227-2345)** or go to **www.cancer.org** on the Internet.



- take action -



Have You Had Your HEALTHCHEK Lately?

The HEALTHCHEK Program is a special health program for Paramount Advantage™ members from birth through age 20. This program can help you and your child stay healthy.

How often should my child or I see the doctor for a well visit?

You or your child should have the following number of checkups at these ages:

- 8 HEALTHCHEK well visits from newborn through 12 months
- 3 HEALTHCHEK well visits from 15 months through 24 months
- 1 HEALTHCHEK well visit per year through age 20

What will happen during the visit?

Depending on you or your child's age and sex, a complete HEALTHCHEK screen may include:

- Complete health and mental health history (including childhood growth measurement)
- Complete unclothed physical check

- Development (childhood skills)
- Nutrition check
- Vision check
- Hearing check
- Immunization check
- Lead poisoning screening check (blood lead test at age 1 and age 2 and any other time the doctor feels the test is necessary)
- Laboratory testing (sickle cell, Pap test, sexually transmitted diseases, tuberculin [TB] test, and others)
- Dental check
- Health education

Your Primary Care Physician (PCP) knows about HEALTHCHEK screenings. Call your doctor today to schedule a HEALTHCHEK appointment.

**Paramount
Advantage™**

Member Services Is Here to Help

Member Services can answer your questions about your health care benefits. We have a team of people ready to take your phone call.

How to Reach Us

The Member Services number is **1-419-887-2525** (TTY: **1-419-887-2526**). The toll-free number is **1-800-462-3589** (TTY: **1-888-740-5670**). You can call Monday through Friday, from 7 a.m. to 7 p.m.

How We Can Help

Call Member Services:

- When you want to change your doctor
- When you need a new ID card
- When you get a medical bill by mistake
- When you want to know how to get care
- Si usted necesita a un interprete (if you need an interpreter)

Member Service Numbers:

1-800-462-3589
1-419-887-2525

TTY:

1-888-740-5670
1-419-887-2526

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