

Fall 2009

Women's Health Connection

A Grand Valley Health Plan Publication
Serving the Grand Rapids Community Since 1982

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Back to School

Childhood Obesity is a growing problem in the United States. 17.1% of children between the ages of 2 and 19 are overweight. Skipping meals and eating unhealthy foods are two of the major causes. Helping your children to eat healthy and understand why it's important is half the battle.

Importance of Eating Breakfast

With the start of a new school year, it's more important than ever to make sure your children start the day off right by eating breakfast before they head to school. You have probably heard the saying "Breakfast is the most important meal of the day". It's true. Breakfast doesn't have to be a gourmet meal. But look at some of the reasons why children need breakfast:

- Breakfast improves overall nutrition.
- Breakfast helps prevent your children from becoming overweight (research has shown that children who skip breakfast have a higher chance of becoming overweight.)
- Breakfast gives children more energy.
- Breakfast helps children concentrate and learn better in school.
- Breakfast increases children's test scores.
- Breakfast improves children's moods.

Quick and Healthy Breakfast Ideas

- Peanut butter toast
- Yogurt with Granola
- Bowl of low sugar cereal, such as Cheerios
- Fruit and bran muffins or whole wheat English muffins with *low fat* butter

Quick and Healthy Lunch Ideas

- Whole wheat bread with turkey or ham, cheese and lettuce, plus a fruit and vegetable
- A whole wheat tortilla wrap sandwich, yogurt, and Ants-on-a-Log (celery topped with peanut butter and raisins)
- Whole wheat pita bread with Humus, vegetables (carrots, broccoli, cauliflower) with low fat vegetable dip, and string cheese

Drinks: milk, water, or juice—avoid drinks with a high sugar content

Quick and Healthy Snack Ideas

- String cheese and fresh fruit
- Vegetables with low-fat veggie dip
- Smoothies made with yogurt and fruit
- Cottage cheese
- Ants-on-a-log
- Trail mix with nuts and dried fruit
- Apple slices with fat-free caramel sauce
- Whole-grain crackers with cheese or peanut butter



Beckwith Members, Sadie and Quinn, are enjoying a healthy breakfast before heading out for their first day of school.

What can sports do for your children?

Children who play sports or are actively involved in extra curricular activities have higher self-esteem and success in school.



Kyle is a Grand Valley Wyoming Family Health Center Member. He has been playing sports since he was 5 years old.

Benefits include:

- Learning how to manage time
- Exhibiting a higher attention span in the classroom
- Sleeping better at night
- Demonstrating more energy
- Showing increased motivation and responsibility
- Learning how to be social and work on a team
- Practicing good sportsmanship on and off the field
- Are more physically fit so there is less chance of obesity, even as an adult
- Developing a sense of self-worth
- Avoiding getting involved in drugs or trouble

Learning how to play fair is perhaps the most important lesson a child can glean from participating in youth sports. According to the American Academy of Child and Adolescent Psychiatry, parents need to be actively involved to insure their children have a positive experience. You can do this by:

- Giving your children emotional support and positive feedback
- Attending some games and talking about them afterwards. Modeling respectful spectator behavior
- Having realistic expectations for your children
- Learning about the sport and supporting your children's involvement
- Allowing your children to talk with you about their experiences with the coach and other team members
- Helping your children handle disappointment and losing

If your student athlete has not received his/her sports physical for the 2009-2010 season, please call your Family Health Center and schedule it today.

OCTOBER

Breast Cancer Awareness Month

Did you know that breast cancer is the most diagnosed cancer among women in the United States? A new diagnosis is made every 3 minutes and a life is lost every 14. There are many risk factors associated with breast cancer. Some factors, such as gender and age can not be changed. However, other lifestyle factors, such as diet, smoking and alcohol use can. Knowing what risk factors increase or decrease your chances of having breast cancer is an important way for you and your doctor to manage your overall health.

Below is a list of common risk factors that can play a part in whether or not a person develops breast cancer.

Gender—Being a woman is the main risk factor for developing breast cancer. Women have more breast cells than men.

Age—The risk of developing breast cancer increases as a woman gets older.

Genetics—Breast cancer risk is higher among women whose close blood relatives have the disease. A woman's risk nearly doubles by having one close relative, such as a mother, daughter or sister with breast cancer.

Menstrual periods—Women who menstruate longer in their lifetime (i.e. started menstruating before age 12 and/or went through menopause after age 55) have a slightly higher risk of breast cancer.

Not having children, or having them later in life—A woman's risk of breast cancer is slightly higher if she never had children or if she had her first child after age 30. Having multiple pregnancies, especially at an early age, reduces a woman's total number of lifetime menstrual cycles.

Alcohol Consumption—There is a clear link to the use of alcohol and the increased risk of developing breast cancer. Women who consume 1 alcoholic drink a day have a very small increase in risk as compared to non-drinkers. However, those who have 2 to 5 drinks daily have a risk 1.5 times higher than risk of women who do not drink alcohol.

Weight—Being overweight, especially after menopause, increases a woman's risk of breast cancer.

Lack of physical activity—There is growing evidence that physical exercise reduces a woman's breast cancer risk. Therefore, the American Cancer Society recommends 45 to 60 minutes of intentional physical activity 5 or more days a week.

According to the health care professionals at Grand Valley Health Plan, we recommend the following:

- Between the ages of 35-40, one baseline mammogram should be done.
- Between the ages of 40-50, a mammogram should be done every other year unless medically necessary, then once a year.
- Starting at age 50, a mammogram should be done every year.

Recommendation:

If you have sensitive breasts, take a mild over-the-counter pain reliever about an hour before your mammogram. You can buy over-the-counter medications at GVHP's pharmacies at a discounted price.

Grand Valley's Diagnostic Radiology Center is open for mammograms the second Saturday of each month from 10:30 to 1:30 pm. During Breast Cancer Awareness month, we have added an additional Saturday—Open October 10 & 24.

Please call your Family Health Center to schedule an appointment.

Join GVHP's Team in the Fight to Find a Cure and get a free T-shirt!

***Make Strides Against Breast Cancer*—October 17 at the Calder Plaza in downtown Grand Rapids**

To sign up for this walk you can pick up a registration form at your Family Health Center's front desk or register online at <http://makingstrides.acevents.org>. Once you log onto the site:

1. Click on the State of Michigan
2. Click on the Grand Rapids date
3. Click on "Join a Team" and look for Grand Valley Health Plan.

***Juvenile Diabetes Walk*—September 19 at the Ah-Nab-Awen Park in downtown Grand Rapids**

To sign up for this walk, you can pick up a registration form at your Family Health Center's front desk or register online at www.jdrf.org. If you register online, look for the Grand Valley Health Plan team.

If you have additional questions regarding the above walks, please email cichonk@gvhp.com and type "Walk" in the subject line.

10ⁱⁿ 2010

If you would like to lose 10 pounds or more, then we have the challenge for you!

Starting in January 2010, our GVHP Health Coaches and Providers will be helping Members who want to take the challenge, lose 10 pounds or more, and keep it off. Along the way, participants will receive support from their health care team, tools for success, and incentives to keep them motivated.

Don't miss out on this exciting opportunity to start the New Year right. Maximize your health. More details about this challenge will be released in late October.

Do you know your numbers?

It's important to know your numbers in order to help you maintain good health! Here are the national guidelines:

Blood Pressure—120/80 mm/hg or less

Total Cholesterol—200 mg/dl or less

Waist Circumference:

Men \leq 40 inches

Women \leq 35 inches

BMI (Body Mass Index)—19 to 24.9

BMI is a measurement tool used by your health care provider to determine if you might be at an increased risk for certain health problems such as diabetes, heart disease or high blood pressure. (See the chart to the right for your BMI)

Body Mass Index Table

BMI	Normal						Overweight					Obesity Class I				
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34
Height (Inches)	Body Weight (pounds)															
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279

BMI	Obesity Class II					Obesity Class III										
	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
Height (Inches)	Body Weight (pounds)															
58	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239
59	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247
60	176	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255
61	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264
62	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273
63	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282
64	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291
65	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300
66	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309
67	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319
68	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328
69	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338
70	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348
71	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358
72	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368
73	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378
74	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389
75	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399
76	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410

The different classes of obesity help GVHP Providers give the correct care and education to patients. A Member with a BMI of 32 may receive somewhat different medical treatment or options than a Member with a BMI of 48. For questions regarding your BMI or to find out ways to lower your BMI, call your Family Health Center and ask to schedule an appointment with a Health Coach.

What You Should Know About the Common Flu. . .

Seasonal flu shots are now available to Members at all Grand Valley Family Health Center locations. These vaccinations become active within 2 weeks of receipt and are effective for up to a year. Grand Valley Family Health Centers are distributing flu shots early this year.

- Influenza (known as the flu) is a highly contagious disease caused by the influenza virus. It attacks the respiratory system (lungs, nose and throat) and can cause serious, even deadly complications.
- Many people believe or have heard that a flu shot will give you the flu. This is not true. Studies done on millions of people show that the flu shot will not give you the flu. The flu shot is made from a dead virus that will prevent you from getting sick.
- The flu virus is mainly spread by coughs and sneezes. When an infected person coughs and sneezes, tiny respiratory droplets are sent through the air (up to 3 feet) and land on the mouth or nose of anyone nearby. The virus can also be spread by touching the respiratory droplets on another person or object and then touching your own mouth or nose before washing your hands (although this is not as common).
- A person may be contagious and spread the flu 1 day before symptoms start and up to 7 days after getting sick. Children can be contagious for longer than 7 days.

- Symptoms of the flu include high fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Children may have stomach problems like nausea, vomiting, and diarrhea. Adults do not usually get these symptoms. The flu is a respiratory disease, not a stomach or intestinal disease. When people say they have the “flu” or “have a touch of the flu,” they are usually suffering from one of the hundreds of other viruses that can cause stomach problems.
- Flu viruses change from year to year. Each year the vaccine is updated to include the viruses that are most likely to be around in the next flu season. This is why it’s necessary to get a flu vaccine every year!

Who should receive a flu vaccination?

- **Children/teens 6 months to 18 years old**
- **Pregnant women**
- **Adults ages 50 or older**
- **Anyone with long term health problems**
(heart disease, kidney disease, diabetes, or asthma)

There is no charge for members in the above categories. Your best protection against contracting the flu is vaccination, so call today!



What You Should Know About the H1N1 Flu...

The standard flu shot is unlikely to provide protection against H1N1 virus (sometimes called "Swine Flu"). Another vaccine, specifically targeted at helping to prevent H1N1 is currently in production and is expected to be available in the fall. The H1N1 vaccine is not intended to replace the seasonal flu vaccine, particularly for those in high-risk groups. These two separate vaccinations should be used together.

Who should receive a H1N1 flu vaccination?

- Pregnant Women
- Household contacts and caregivers for children younger than 6 months of age
- Health care and emergency medical services personnel
- All those from 6 months – 24 years of age
- Persons aged 25-64 with health conditions which indicate a risk of complications from influenza

It is also important to recognize that the H1N1 flu vaccine is intended to prevent onset of the disease and is not a recommended treatment for existing flu symptoms.

The symptoms of H1N1 are similar to those found with seasonal flu and include:

- runny or stuffy nose
- cough
- sore throat
- upset stomach
- fever
- diarrhea
- nausea
- vomiting
- chills
- fatigue
- body and head aches

If you are sick, you may be ill for a week or more. It is recommended that those who believe they have the flu stay home and keep away from others as much as possible; including no travel, work, or school for at least 24 hours after your fever is gone. If it is necessary to leave the house to receive medical care, the CDC recommends wearing a face mask and covering sneezes and coughs with a tissue.

It is expected that most people will recover from the flu without the need of medical care. However, if the illness is severe, lasts more than a week to ten days, or if there is a risk of complications, contact your Grand Valley Health Provider immediately. Your provider can determine what testing or treatment is needed. A Grand Valley nurse is available by phone 24 hours a day, seven days a week.



Pharmacist, Lori, can answer questions you may have regarding a prescription or over-the-counter medication.

This fall and winter, keep in mind that Grand Valley Pharmacies stock a number of cough and cold, analgesic and other nonprescription products at discounted prices.

Product (generic equivalent)	Retail Price	GVHP Pharmacy
Advil	\$14.93	\$3.00
Advil Suspension	\$7.80	\$5.25
Afrin Nasal Spray	\$11.97	\$2.00
Bayer Aspirin	\$10.04	\$2.00
Bayer Low Dose Aspirin	\$10.04	\$2.00
Benadryl	\$4.56	\$1.50
Benadryl Liquid	\$6.18	\$1.50
Claritin	\$33.54	\$2.00
Cortisone 10 Cream	\$6.24	\$1.50
Iron	\$5.22	\$2.50
Milk of Magnesia	\$6.63	\$2.50
Mucinex	\$14.07	\$4.75
Neosporin	\$6.06	\$3.00
Ocean Nasal Spray	\$4.65	\$1.50
Robitussin	\$7.62	\$1.50
Robitussin - DM	\$7.62	\$1.50
Tylenol Regular Strength	\$10.63	\$2.00
Tylenol Extra Strength	\$14.40	\$1.75
Tylenol Chewable	\$4.98	\$2.25
Tylenol Liquid	\$8.66	\$2.00
Tylenol Infant Drops	\$7.20	\$2.25
Zantac	\$10.97	\$4.00
Zyrtec	\$24.99	\$10.00

Please note: Prices listed above are as of September 2009. All prices are subject to change without notice.

For questions or more information on the availability and requirements for receiving a seasonal or H1N1 flu shot, please contact your Grand Valley Family Health Center or call Grand Valley's Customer Service at (616) 949-2410. Updated information will also be posted to the News page on our website at www.gvhp.com.

WOMEN'S HEALTH QUIZ

Circle the correct answer below. Please clip and mail this questionnaire with your name and phone number to: GVHP, Attn: Kristen, 829 Forest Hill Ave. SE, Grand Rapids, MI 49546 by October 1. If all your answers are correct, your name will be entered into a prize drawing.

1. Skipping meals and eating unhealthy are two of the major causes of overweight children. T or F
2. Skipping breakfast has no impact academics. T or F
3. Playing sports or extracurricular activities can improve your child's self esteem, motivation and concentration in school. T or F
4. Women have an increased risk of Breast Cancer over men because they have more breast cells. T or F
5. Women who menstruate longer in their lifetime have a lower risk of breast cancer. T or F
6. Alcohol and lack of exercise can increase your risk for Breast Cancer. T or F
7. BMI stands for_____.
8. If someone is 5' 3" (63 inches) and weighs 130 pounds, what is their BMI? _____
9. With the common flu, a person may be contagious and spread the flu 1 day before symptoms start and up to 7 days after getting sick. T or F
10. Flu vaccinations become active within 2 weeks of inoculation and are effective for up to a year. T or F
11. The H1N1 flu vaccination is different than the common flu vaccination . T or F
12. Extra Strength Tylenol is only \$1.50 at Grand Valley Pharmacies. T or F
They carry many different over-the-counter medications at a discount price.

Name: _____ Daytime Phone #: _____



Grand Valley Health Plan
829 Forest Hill Avenue SE
Grand Rapids, MI 49546

RETURN SERVICE REQUESTED