

Winter 2010

# Women's Health Connection

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

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**Grand Valley's Beckwith Member, Sydney, enjoys a short ride in her new sled on a warm, winter day.**



# TOP 10 New Year's Resolutions



1. Lose weight
2. Start exercising
3. Eat healthier
4. Quit smoking
5. Get more sleep
6. Reduce Stress
7. Spend more quality time with friends and family
8. Stick to a budget
9. Get organized
10. Volunteer and help others

## What are Grand Valley's Women Health Coaches New Year's Resolutions?

**GVHP Health Coach—Erica Wojcik, L.M.S.W.**

*"My resolution is to reach my goal weight by exercising and eating healthy. I've also already begun training to run in the River Bank run on May 8 with other Wyoming Family Health Center Providers."*

**GVHP Health Coach—Lisa Verschueren, R.D.**

*"My family and I are working on making exercise more a part of our regular routine. We are scheduling exercise time each day and everything else will be scheduled around that time. This way, over time, exercise will become "the norm" for us."*

**GVHP Health Coach—Wendy Brookhouse, R.D.**

*"I resolve to be more active with my family most days of the week. I'd like to: Compete in some jump rope competitions with my boys, Go running, while my son rides his bike, Go biking as a family with attachments for the kids, and swimming at local beaches.*

*These activities will all be great ways to keep us active and outside most months of the year."*

**GVHP Health Coach—Terri Eudy, M.A. in Exercise Science & Education**

*"My resolution is to be physically active with my family at least one day a week and a minimum of 4 days a week for myself. I am also going to provide healthier meals for my family and monitor my own calorie intake."*

## Have you made a New Year's Resolution?

*Does your resolution involve losing weight?*

As we remove our holiday decorations, we often wish this time of year that our weight would be just as easy to take off. The good news is, there is a plan in place to help you lose those unwanted holiday pounds. Unlike taking down the decorations, you won't have to do it by yourself. Stop by your Grand Valley Family Health Center this month and ask about the **10 in 2010 Challenge!** It's free to participate and there are great prizes for those who succeed.



# January

Family Fitness, Fiber Focus, and Cervical Cancer Awareness Month

## There are lots of ways your family can get exercise this winter without sacrificing the fun!

- Build a snow fort or have a snowball fight
- Go sledding and make it a race back up the hill
- Go ice skating or take a nature hike and discover different animal tracks
- Schedule a day to go swimming during an open swim at either your local high school, athletic club or aquatic center
- Take advantage of our local ski resorts and go skiing or snowboarding
- Enjoy the winter scenery by taking walks
- Play a game of tag, hide-and-seek, or football in the snow
- Find an open gym night at a local school and play some basket ball, dodge ball, or tennis

### How much exercise should your child be getting?

Children and adolescents should be getting at least 1 hour or more of physical activity each day. One hour may sound like a lot, but they are getting exercise by just walking to school, playing outside during recess, and having fun in the snow at home during the weekends. According to the *Physical Activity Guidelines for Americans*, children should be doing three types of exercises:

- **Aerobic Activity:** running, skiing, ice hockey or ice skating, swimming, dancing...
- **Muscle Strengthening:** building snow forts, building a snowman, sledding (walking or running back up the hill)...
- **Bone Strengthening:** hopping, skipping, jumping rope, running (playing tag), gymnastics, basketball, tennis...

*If you need advice on how to get your family more active, call your Grand Valley Family Health Center and schedule a meeting with a Health Coach.*



Grand Valley Wyoming Family Health Center Members, Dylan and Mason, are having fun in the snow building a snow fort.

# Are you getting enough fiber in your diet?

The American Dietetic Association and the National Cancer Institute recommend eating 20-35 grams of fiber per day.

## Importance of Fiber:

Fiber acts as an internal scrub brush for your body. Fiber comes from the structural part of plants and cannot be digested. There are both soluble and insoluble fibers in all fiber-containing foods. These fibers work differently, but both contribute to your health in the following areas of your body:

- Lower intestine: *insoluble fiber*, the type of fiber in whole grains, wheat bran and many vegetables, helps prevent hemorrhoids and other bowel problems.
- Blood sugar: *soluble fiber* can help control blood sugar in people with diabetes. This fiber is found in peas and beans. It is also found in oats, barley, apples, oranges and carrots.
- Blood cholesterol: *soluble fiber* may lower some people's blood cholesterol.
- Waistline: high fiber foods are also lower calorie foods. By eating a high fiber, low fat diet, it is possible to lose weight.

## Phasing in Fiber:

- Gradually add fiber to your diet over several weeks. Your body will adjust more smoothly.
- Don't over do it! A very high fiber diet, 50-60 grams per day, can rob your body of valuable vitamins and minerals.
- Drink more fluids as you add more fiber. Fiber holds water, so to get the best "cleansing" value from fiber, remember to drink plenty of fluids (at least eight cups of glasses each day).
- Choose whole-grain breads, cereals, crackers, etc. instead of white breads or refined cereals and crackers.
- Try adding 1 or 2 tablespoons of wheat bran to your breakfast and slowly increase this to 1/3 to 1/2 cup per day.
- Give brown rice a try.
- Enjoy whole fruits at mealtime or snacks instead of relying on fruit juices which lack fiber.
- If you experience gas or bloating from eating dried beans, try this cooking method: when preparing dried beans, soak them in water, discard the soaking water and cook the beans in fresh water. The soaking water contains some of the carbohydrates that produce gas.
- At mealtime, include a cooked vegetable and a raw salad.
- For young children, a diet too high in fiber may fill them up too quickly, making it difficult for them to get enough calories and nutrients.



# Cervical Cancer

*A conversation worth having with your closest friend.*

Cervical cancer was once one of the most common causes of cancer death for American women. But since 1955 the number of deaths from cervical cancer has gone down significantly. The main reason for this change is the use of the Pap test to find cervical cancer early.

Cervical cancer is the easiest female cancer to prevent with regular screening tests and follow-up. The Pap test (or Pap smear) looks for cell changes on the cervix that might become cervical cancer if they are not treated appropriately. The Pap test is one of the most reliable and effective cancer screening tests available. It also can find other conditions that might need treatment, such as infection or inflammation.

You should start getting Pap tests every one to two years at age 21. If you are 30 or older, and your screening tests have been normal, your chance of getting cervical cancer in the next few years is very low. For that reason, your provider may tell you that you will not need another screening test for up to three years, but you should still be seen regularly for a check-up that may include a pelvic exam. If you are older than 65 and have had normal Pap test results for several years, or if you have had your cervix removed (during an operation called a hysterectomy) for reasons other than recurrent abnormal Pap tests, your doctor may tell you it is okay to stop getting regular Pap tests.

If your Pap test results show cells that are not normal and may become cancer, your provider will let you know if you need an additional test (colposcopy), or another treatment. In most cases, treatment prevents cervical cancer from developing. It is important to follow up with your provider to learn more about your test results and receive any treatment that may be needed.

Almost all cervical cancers are caused by human papillomavirus (HPV), a common virus that can be passed from one person to another during sex. There are many types of HPV. Some HPV types can cause changes on a woman's cervix that can lead to cervical cancer over time, while other types will never cause any problems.

HPV is so common that most people get it at some time in their lives, but HPV usually causes no symptoms so you can't tell that you have it. For most women, HPV will go away on its own; however, if it does not, there is



a chance that, over time, it may cause cervical cancer. If you are 11–26 years old, you can help prevent cervical cancer by getting the HPV vaccine. It protects against the types of HPV that most often cause cervical, vaginal, and vulvar cancers, and is given in a series of three shots.

In addition to HPV, other things can increase your risk of cervical cancer such as:

- Multiple sexual partners
- Not having regular Pap tests
- Not following up with your doctor if you had a Pap test result that is not normal
- Having HIV, the virus that causes AIDS, or another condition that weakens your immune system
- Smoking
- If your mother took a medication called DES while she was pregnant with you

Even if you feel fine, it is still important to see your health care provider regularly to check for potential problems. Cervical cancer is almost always avoidable, however routine exams are necessary. At some time in the near future, we hope that cervical cancer will be eliminated, but it will require teamwork—you and your provider working together toward a healthier you. ***If you are due for a Pap test, call your Family Health Center today and schedule an appointment.***

# Are you and your family protected?

*If not, stop by your Grand Valley Family Health Center and request a H1N1 vaccination today.*



The standard flu vaccination will not protect you against the H1N1 virus (sometimes called “Swine Flu”). The H1N1 vaccine is also not intended to replace the seasonal flu vaccine, particularly for those in high-risk groups. These two separate vaccinations should be used together.

It is 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
- sore throat
- fever
- nausea
- chills
- body and head aches
- cough
- upset stomach
- diarrhea
- vomiting
- fatigue

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 also available by phone 24 hours a day, seven days a week to assist you.

# Prize Drawing

Answer the question or finish the statement by unscrambling the answers below. Then use the numbered letters, underlines in red, to unveil the hidden message! Please clip and mail in your completed puzzle with your name and phone number to: GVHP, Attn: Kristen, 829 Forest Hill Ave. SE, Grand Rapids, MI 49546 by February 14. If all your words are unscrambled and you've discovered the hidden message, your name will be entered into a prize drawing.

## 1. Who Promises to:

- Promptly answer your health plan questions and get you the information you need.
- Provide you with written materials and information about your GVHP benefits. As well as to also suggest resources available to you, including the GVHP website: [www.gvhp.com](http://www.gvhp.com). Our website is full of information to help you get the most out of your health plan.
- Make forms easy to fill out. And if you don't understand something, we promise to explain it clearly and thoroughly.

Unscramble the answer:

ESCRUTMO VERSECI

-----#2-----#6-----

## 2. We provide you the care you need, when you need it by offering:

Unscramble the answer:

MESA ADY TSPINTMAONPE

-----#4-----#10-----

## 3. This center is open 365 days a year.

Unscramble the answer:

NUGETR ECRA

-----#14-----#9-----

## 4. At Grand Valley Health Plan, we make sure you are seen by the very best health professionals. That is why all of our Health Center Family Physicians are:

Unscramble the answer:

ORDBA IDETCFERI

-----#11-----#5-----

## 5. Grand Valley Health Plan has two full service:

Unscramble the answer:

SHPIRAMECA

-----#14-----#12-----

## 6. Grand Valley Health Plan's Specialty Care Coordinators assist you in scheduling appointments with:

Unscramble the answer:

LASESCPITSI

-----#1-----

## 7. We take the hassle out of claims payments. As a Grand Valley Health Plan Member, your claims are paid quickly and accurately. The national average for paying a medical claim for services provided by specialists or a hospital is 45 days. On average, GVHP processes your claims in less than:

Unscramble the answer:

ENIFEFT YSDA

-----#3-----#13-----

## 8. We respect your:

Unscramble the answer:

INONOIP

-----#7-----

## 9. Our goal is to exceed your:

Unscramble the answer:

PANSXTEOIETC

-----#8-----

## 10. Use the numbered letters underlined in red above to finish the message below.

In 2010,

-----#1#2#3#4#5#2#6#2#1#7#8#9#8#1#9#10#3#7#11#2#3#3#2#12#13#7#14#12#14#2#9#1#3#14-----

Name: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

(Please Print)

Mailing Address: \_\_\_\_\_

# Member Education & Fitness

To register for a class, either call your Family Health Center or register online at [www.gohp.com](http://www.gohp.com).

## L.E.A.R.N. Weight Management

Lifestyles, Exercise, Attitudes, Relationships and Nutrition all play a role in healthy, permanent weight loss. Learn skills for long-term weight management. This is a 12 week class and there is a \$20 fee for the cost of materials.

**Where:** Wyoming Center  
**When:** Every Wednesday  
Beginning January 20  
& Beginning April 14  
4:15-6:00 pm  
(4:15 - 5 pm is exercise time\*,  
5-6 is class time)

\* The exercise time is open to everyone for only \$2 a week. Anyone can come and "Walk Away the Pounds" with us. The exercise time is free to people who are signed up for the LEARN class.

## Physical Activity

Individuals interested in weight loss and/or weight management are encouraged to join other members in this physical activity program lasting 45 minutes each week.

**Where:** Beckwith Center  
**When:** Every Thursday  
January 14 - March 25  
5:30-6:15 p.m.

## Healthy Heart

This class is designed for anyone who wants to improve their cholesterol, blood pressure, blood sugar, and/or weight to numbers that are healthy for your heart.

**Where:** Beckwith Center or  
Corporate Office  
**When:** Thursday, February 4  
11:00-1:00p.m.

**Where:** Beckwith Center or  
Corporate Office  
**When:** Thursday, March 4  
6:00-8:00 p.m.

## Movin On Weight Management Support

This series is designed for members who have been involved in one on one health coaching for weight loss, have been/are participating in LEARN, Intuitive Eating or Weigh the Facts, or members who would benefit from support from others who are trying to lose and/or manage their weight. These members may have the skills for continued weight loss on their own, but want monthly support and accountability.

**Where:** Beckwith Center  
**When:** Every Other Thursday  
January 21 - March 18  
4:45-5:30 p.m.

## Freedom from Smoking

There are many ways to quit smoking, but this 7 session program is the "cold turkey" method. The program does not advocate cutting down or tapering off. Participants have opportunities to practice alternatives to smoking before "Quit Day". The material cost for this class is \$40. \$10 will be refunded at class completion.

**Where:** Beckwith Center  
**When:** Tuesday, January 19 -  
February 23, 6:00-8:00 p.m.

## Weigh the Facts

This is a bimonthly weight loss and/or management series focusing on nutrition and weight loss. Tips and tools are given in this every other week class. Members are encouraged to enroll in 3 sessions. This program is most appropriate for those who are thinking about losing weight, those who want to lose or manage weight, and family members who are supporting someone who is trying to lose/manage weight.

**Where:** Beckwith Center  
**When:** Every Other Thursday  
February 25, 4:45-5:30 p.m.

## Tai Chi

This Tai Chi program is every Monday evening starting January 18 through March 29 at the Beckwith Family Health Center. Beginners class starts at 6 p.m. If you have taken the class before, class starts at 7 p.m.

## Diabetes Workshop

This is a 3 session, comprehensive diabetes self-management education workshop. Open to members who are newly diagnosed, or who would like a refresher. To attend this workshop, you need a referral from your GVHP Provider.

**Where:** Beckwith Center or  
Corporate Office  
**When:** Wednesday, January 20  
& 27, 4:30-7:30 p.m.

**Where:** Beckwith Center or  
Corporate Office  
**When:** Wednesday, March 17  
& 24, 4:30-7:30 p.m.

## Intuitive Eating

Intuitive Eating is based on a non-diet approach to weight management. Participants learn to follow their cues for hunger and fullness and address emotional eating. The class uses a book called Intuitive Eating which can be purchased the first night of class for \$15

**Where:** Beckwith Center (*Begins*)  
**When:** Thursday, January 21  
6:15-8:00 p.m.

**Where:** Beckwith Center (*Begins*)  
**When:** Thursday, April 15  
6:15-8:00 p.m.



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

RETURN SERVICE REQUESTED