

# MA/BC Newsletter

Volume 9, Issue 2

Summer 2007

## Health Tradition

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## Mammography Matters

All female members ages 40 and older. Please look at page 5 for details on how you could win a prize valued up to \$150.

## Facts for Life: Inflammatory Breast Cancer

### What is inflammatory breast cancer?

Inflammatory breast cancer (IBC) is the most aggressive form of breast cancer. It is called inflammatory breast cancer because its main symptoms are swelling and redness of the breast. It is a less common form of invasive ductal cancer. Unlike other forms of breast cancer, IBC often lacks a distinct lump or tumor.

Instead, it grows in nests or sheets that spread through the breast. IBC is not usually found by mammograms or ultrasounds unless there is a defined lump. If no lump is present, it can be hard to diagnose. Because IBC cells spread easily to other parts of the body, it requires prompt diagnosis and treatment.

### Who is at risk?

IBC accounts for about one to six percent of new



It's not just for you, but for your family.

cases of breast cancer.

- It is slightly more common in African American women. As  
*(Continued on page 2)*

## Where Lead is Likely to be a Hazard

Lead from paint chips (which you can see) and lead dust (which you can't always see) can be serious hazards.

Peeling, chipping, chalking, or cracking lead-based paint is a hazard and needs immediate attention.

Lead-based paint may also be a hazard when found on surfaces that children can chew or that get a lot of wear-and-tear.

These areas include:

- Windows and window sills.
- Doors and door frames.

- Stairs, railings, and banisters.
- Porches and fences.

Note: Lead-based paint that is in good condition is usually not a hazard.

Source: www.epa.gov

## Is Your Child Up-To-Date on Immunizations Required for School?

Routine childhood shots have made an impact on public health. They are one of the greatest medical successes of the 20th century. Vaccines prevent disease in people who receive them. They also protect those who come in contact with people who have not received them.

Before childhood shots, many children died from diseases. Many of these diseases are becoming rare in the United States, because of routine shots. The viruses and bacteria that cause them still exist, though. Shots are one of the best ways to put an end to the serious effects of certain diseases.

The following vaccines are the minimum required immunizations for each age/grade level.

### Pre K (2 years through 4 years)

- 4 DTP/DTaP/DT
- 3 Polio
- 1 MMR
- 3 Hep B
- 1 Var

### Grades K through 12

- 4 DTP/DTaP/DT/Td
- 4 Polio
- 2 MMR
- 3 Hep B
- 1 Var

Source: [www.dhfs.wisconsin.gov](http://www.dhfs.wisconsin.gov)



If you have a child in your household, we have included an immunization brochure and WIR card to keep track of their immunizations. Please call us if you would like us to mail you more WIR cards.

## Facts for Life: Inflammatory Breast Cancer (continued)

*(Continued from page 1)*

many as ten percent of new breast cancer cases in African American women are IBC, compared to six percent of breast cancer cases in Caucasians and five percent in women of other races.

- It is more common in younger women than other forms of breast cancer. It has been seen in women who are pregnant and in women who are breastfeeding.
- Like other forms of breast cancer, it has been seen in men.

### **Symptoms of inflammatory breast cancer**

There are many symptoms of inflammatory breast cancer. It is important to see your doctor if you have any of these symptoms:

- one breast becomes much larger than the other one (often sudden)
- warmth and swelling in the breast (often sudden)
- redness or pinkness that may look like an infection
- itching or pain in the breast that won't go away
- dimpling of the skin that may look like the skin of an orange

(called peau d' orange)

- ridges or thickened areas of skin
- nipple discharge
- nipple retraction or flattening
- change in the color of the areola (the dark skin around the nipple)
- a bruise that does not go away
- swollen lymph nodes on the neck or under the arm
- a lump (although often there is no lump)

Source: [www.komen.org](http://www.komen.org)

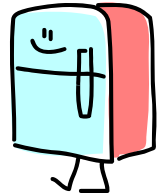
# Health Tips

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## 10 Tips for a Heart-Healthy Refrigerator

- ♥ **Take stock of what's inside.** Once a month, pull everything out and separate the better-for-you foods from the rest.
- ♥ **Hide desserts.** Place desserts and other indulgent foods in the crisper, so they're "out of sight, out of mind."
- ♥ **Organize by "more" and "less."** Divide your refrigerator into different sections. Keep healthier foods up front and less-healthy foods at the back.
- ♥ **Substitute lower-fat foods for higher-fat ones.** Some examples include skim or 1% milk for whole milk; soft margarine for butter; and lean meats, chicken and fish for ribs, ground meat and other fattier meats.
- ♥ **Make healthy eating fun for the family by color-coding foods with stickers - use green for heart-healthy, and red for less healthy.**
- ♥ **Make healthy food appealing.** Place mixed nuts next to the low-fat yogurt, or the chocolate syrup beside the skim milk, ready to be mixed together.
- ♥ **Prepare leftovers as a meal for the next day.** Put on a plate and cover for the next day's lunch or dinner.
- ♥ **Prepare foods as "ready to eat" meals.** Cut up vegetables and fruits and store them in containers, so they are easy to grab.
- ♥ **Freeze foods in portion sizes** to make healthy eating easier.
- ♥ **Freeze fruit for fun.** Freeze fruits such as bananas, grapes and orange slices to make them more fun to eat for children.



Source: [www.healthyfridge.org](http://www.healthyfridge.org)

## 12 Ways to Make Reading Fun

Just 15 minutes of fun spent with a story each day has benefits that can last a lifetime.

*Follow these tips to get your child hooked on books.*

1. **Set aside a special "story time."**
2. **Choose books that you'll enjoy reading.**
3. **Remember when choosing books that children often listen on a higher level than they read.** A 1st-grader might enjoy hearing a 4th-grader story.
4. **Always announce the title and author of the book you're going to read.**
5. **Picture the story that you're reading.** Seeing scenes in your mind will help storytelling be more vivid.
6. **Use variety when you read.** Different gestures, tones, and volumes all add to the experience.
7. **Many children enjoy "repeat readings."**
8. **Encourage your child to turn the pages** or read parts they know.
9. **Read slowly,** and be willing to ask or answer related questions. Ask your child, "What do you think is going to happen next?"
10. **Think of related activities,** such as cooking or an art project, that fits with your particular story.
11. **Be patient but firm with your child during story time.** Allow young children or reluctant readers to draw or doodle while you read. Maybe they can even illustrate the story!
12. **Talk to your child's teacher or visit your local library for suggestions from the children's and young adult librarians.**



Source: [www.healthykids.com](http://www.healthykids.com)

## A Little Exercise Goes a Long Way



You don't have to spend hours exercising to look and feel better! Just 30 minutes a day will do. You can even split it up into 2 or 3 parts. Try a 10-minute walk after every meal. Or think of ways to build extra activity into your day. You don't have to go to a gym. Walk, wash the car, weed the garden, or clean the house. The choice is all yours.

Exercise helps in a lot of ways.

- It helps you deal with stress.
- It lowers your blood pressure

and cholesterol.

- It makes your heart and bones strong.
- It helps blood flow and tones muscles.
- It keeps your body and your joints flexible.

### Activities Count!

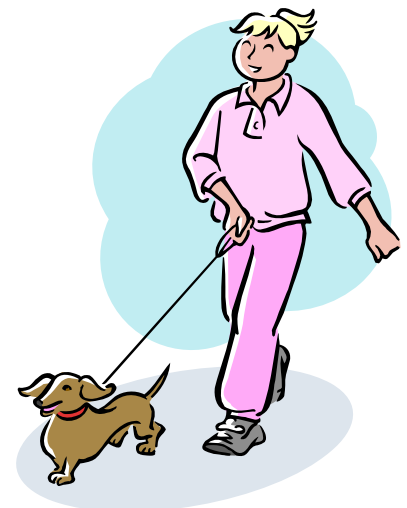
- Use **stairs** when you can.
- Fold **laundry** or do small tasks when sitting.
- Walk around while talking on the **telephone**.
- **Vacuum** your home.
- **Sweeping** or **mopping** keeps the floors clean and gets you moving.
- **Walk** the dog.
- Lift small **weights** while watching TV.
- Want to change **TV** stations? Get up and move around a little instead of using the remote control every time.
- **Play** with children.

- **Mow** the lawn.
- **Gardening**.
- **Wash** your car.
- Take a walk through your **neighborhood**.
- **Clean** the house.
- **Cook** a healthy meal.

### News Flash

*Just 30 minutes a day of being active will help you look and feel better.*

Source: [www.diabetes.org](http://www.diabetes.org)



## Fruit 'n Pudding Bites

### Ingredients

- 2 Tbsp. JELL-O Chocolate Pudding Snack
- 6 RITZ Crackers
- 6 banana slices (or fruit of your choice)

### Directions

1. SPOON pudding evenly onto crackers.
2. TOP each with 1 banana slice.
3. SERVE immediately.

Source: [www.kraftfoods.com](http://www.kraftfoods.com)



## Mammography Matters—It's Worth YOUR Time!



Health Tradition wants to remind you that we are going to be rewarding 3 female members ages 40 and older, who receive their annual mammogram during calendar year 2007. Just a few weeks ago, Health Tradition mailed out brochures regarding the Franciscan Skemp Healthcare and Health Tradition "Mammography Matters" program, a self-breast examination shower card, and a voucher that

when completed, is your entry into the drawing for one of three grand prizes, valued at \$150.00 each.

If you did not receive the items above, or if you have any questions regarding the Health Tradition Mammography Matters contest, please call the Member Advocate at 608-783-9507 or toll-free 1-800-545-8499.

## When Smokers Quit—The Health Benefits Increase Over Time

- **20 minutes after quitting:** Your heart rate and blood pressure drop.
- **12 hours after quitting:** The carbon monoxide level in your blood drops to normal.
- **2 weeks to 3 months after quitting:** Your circulation improves and your lung function increases.
- **1 to 9 months after quitting:** Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain

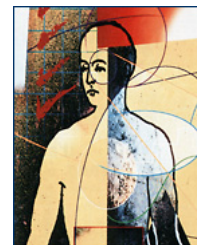
normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

- **1 year after quitting:** The additional risk of coronary heart disease is half that of a smoker's.
- **5 years after quitting:** Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.
- **10 years after quitting:** The lung cancer death rate is about half that of a continuing

smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease.

- **15 years after quitting:** The risk of coronary heart disease is that of a nonsmoker's.

Source: [www.cancer.org](http://www.cancer.org)



## Be Smart About Your Heart!

If you have diabetes, you are at high risk for heart attack and stroke. Don't wait, take action today! Talk to your provider about taking control of your health by

managing your diabetes. If you would like more information on how Health Tradition can help you fight back, call us at 608-781-9262 or toll-free 1-888-459-3020.

## Stay Informed

Health Tradition wants you to be informed! We now have available for members, A Guide to the Wisconsin Medicaid and BadgerCare HMO Program and the Wisconsin Medicaid Ombuds Brochure. Both are available in Hmong, Spanish and English. To get a copy, call the Member Advocate at 608-783-9507 or toll-free 1-800-545-8499. You can also visit our website at [www.healthtradition.com](http://www.healthtradition.com).

## Mayo Clinic Tobacco Quitline

Call the *Mayo Clinic Tobacco Quitline* and start living a tobacco-free life. Call toll-free at **1-888-642-5566** or TDD **1-866-257-2971**. The Mayo Tobacco Quitline is a service available to Health Tradition members at no cost.

## Ask Mayo Clinic

The 24-hour nurse line for Health Tradition members. Call toll-free at 1-877-341-1746 or TDD 1-877-728-3311 to talk with Mayo clinic nurses about medications, general health concerns, home remedies, or the need to see a doctor.

## Ask the Advocate

- Q. What do I do if don't have my own transportation to get care?
- A. Bus or Taxi rides to receive care can be arranged by your County Department of Social or Human Services. Please call the following for information.
- Buffalo: 608-685-4412
  - Crawford: 608-326-0248
  - La Crosse: 608-785-6050
  - Monroe: 608-269-8600
  - Trempealeau: 715-538-2311
  - Vernon: 608-637-5210

**English** – For help to translate or understand this, please call 1-800-545-8499.

**Spanish** – Si necesita ayuda para traducir o entender este texto, por favor llame al teléfono 1-800-545-8499.

**Russian** – Если вам не всё понятно в этом документе, позвоните по телефону 1-800-545-8499.

**Hmong** – Yog xav tau kev pab txhais cov ntaub ntawv no kom koj totaub, hu rau 1-800-545-8499.

**Laotian** – ເພື່ອຊ່ວຍໃນການແປ ຫລືເຂົ້າໃຈເນື້ອຫາໃນນີ້, ກະລຸນາ ໂທລະສັບຫາ 1-800-545-8499.

(TTY) 1-888-459-3020

## Provider Changes

### New Providers

#### Franciscan Skemp - La Crosse

- Don Kube, L.M.F.T.: Marriage and Family Therapy
- Jennifer Strangstalien, L.P.C.: Professional Counselor
- Eric Nygren, MD: Anesthesiology
- Susan Halter, MD: Physical Medicine and Rehab.
- Karen Cowan, MD: Family Medicine

### Providers Leaving

#### Family and Children's Center - La Crosse

- David Geske, MD: Psychiatry

#### Franciscan Skemp - La Crosse

- Ashok Nakhasi, MD: Neurology

#### Franciscan Skemp - Onalaska

- Greg Whiteman, MD: Family Medicine

#### Vernon Clinic of Chiropractic - Viroqua

- Kris Erlandson, DC: Chiropractic

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