



HealthyView

Summer 2013

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OF THE GREEN BAY PACKERS

stepping on starts soon!

Stepping On is a falls prevention program for people ages 60 and up who have fallen or have a fear of falling. It offers:

- Mutual support
- Information about the many aspects of falls prevention
- An introduction to simple exercises designed to improve your balance
- Strategies you need to prevent falls

Upcoming *Stepping On* workshops will start in September and October in Green Bay and De Pere. For specific locations, times, or to register, call **920-448-4300**.

workshop: living well with chronic conditions

Are you an adult with an ongoing health condition? At a Living Well with Chronic Conditions Workshop, you'll get the support you need to:

- Find practical ways to deal with pain and fatigue
- Learn and practice techniques to break the symptom cycle
- Have better nutrition and exercise choices
- Understand how to evaluate new treatment choices

- Learn better ways to talk with your doctor and family about your health

Call **920-448-4300** to learn more or register for a workshop. Enrollment is limited to Brown County residents. Cost is \$20 and includes the book "Living a Healthy Life with Chronic Conditions." Next workshop will be Tuesdays, September 10 through October 15, 9 a.m. to 11:30 a.m., at the Aurora Health Center on 1881 Chicago Street in De Pere.

promoting healthy habits in your child

Learning how to be healthy from a young age will help your children get the most out of their school years and set them up for success in the future. Read on for tips on four key ways to help your child stay healthy.

Children + Exercise = Alert, Confident Students

Of course, regular physical activity helps kids build healthy bones and muscles and maintain a healthy weight. But exercise also promotes self-esteem, lessens depression and anxiety, and helps kids stay alert in school.

How much does a kid need? At least 60 minutes a day, experts say. There are simple ways to sneak in this time. Take a longer walking route to the school bus in the morning. After school, visit the park and shoot some hoops. Or go for a family bike ride after dinner.

Electronic Amusements, Unplugged

Most pediatricians believe that too much screen time—time spent watching TV and playing video and computer games—can harm a child's academic performance. School-age kids shouldn't get more than one to two hours of screen time a day.

To help pull your child away from the screen, offer some options. Crafts, hobbies, and books are all worthy distractions. Another hint: Keep TVs out of your kids' bedrooms, and keep the tube off during homework time.

Fuel Efficiency

Breakfast is the "most important meal of the day" for good reason. Eating a good breakfast can sharpen a child's memory and improve school test scores.

Children also need help making healthy food choices beyond breakfast. Try these tactics at home:

- Avoid junk food in the house, and skip the soda. Also, limit juice intake!
- Practice healthy snacking. Good snacks include low-fat yogurt, veggies and low-fat dip, and dried or fresh fruit.
- Keep offering finicky eaters nutritious items. Children may need to be exposed to a new food up to 10 times or more before they accept it.

Role Models

Most important, remember that setting a good example by eating healthily and getting plenty of exercise is key to getting your kids to adopt healthy lifestyles. ☺



enjoy safe food this summer

Outdoor picnics and barbecues are fun at this time of year—but the rising temperature warns of a rising risk for food-borne illness.

Fortunately, following some simple steps can keep you and your guests from becoming sick due to contaminated or undercooked food:

- Wash your hands before, while, and after preparing food. Use a gel hand sanitizer if soap and water are unavailable.
- Keep coolers cool. Refrigerated foods should stay below 40 degrees, so load your cooler with enough ice or ice packs to maintain this temperature. Transport coolers in an air-conditioned car, not in a hot trunk. Be sure to clean coolers thoroughly before and after use.
- Keep raw meat away from ready-to-eat foods at all times. Use a different set of utensils for each.

Barbecue Basics

Deadly bacteria such as E. coli and salmonella can be present in undercooked meat. To grill meat, poultry, and seafood safely:

- Use hot, soapy water to scrub the grill and rinse it well before and after cooking.
- Marinate food in a refrigerator or cooler. Don't use marinade again once it has touched raw meat.
- Use a thermometer to check the temperature inside meat as you cook. Food often turns brown fast on the grill but stays red inside. Push the thermometer into the center of the meat. When you check hot dogs, go from the end to the center. The USDA recommends that hamburgers should be cooked to 160 degrees, and hot dogs should reach 165 degrees. Chicken breasts should reach 165 degrees. Steaks and lamb or pork chops should be cooked to 145 degrees, and then allowed to sit for three minutes before serving. This three-minute rest time kills any remaining bacteria.
- Don't grill meat or poultry partway with plans to finish cooking it later.

- Don't place cooked meat on platters that held raw meat. Use clean utensils to handle cooked meat.

Serving Safely

Prepared foods must be kept at safe temperatures. To do so:

- Serve the first-cooked meats first. Make sure the meat is eaten before the temperature falls below 140 degrees.
- Keep foods that need to stay cold in coolers kept at 40 degrees.
- Wash your hands thoroughly before serving prepared food.
- Refrigerate leftovers promptly after serving. Food left unrefrigerated at room temperature for more than two hours (or just one hour in 90-degree heat) may not be safe to eat.
- Cover plates, utensils, cups, and food until it's time to use them. ☉



lime shrimp kebabs

Ingredients

3 large limes
2 cloves garlic, crushed and peeled
¼ tsp. black pepper
2 tsp. olive oil

2 tbsp. fresh cilantro, cleaned and chopped
16 large shrimp, uncooked, deveined
10 medium cherry tomatoes, rinsed and dried
10 small white-button mushrooms, wiped clean and stems removed

Directions

In a glass measuring cup, squeeze limes, yielding ¼ cup of juice. Add the garlic, pepper, olive oil, and cilantro and stir. Place the shrimp in a medium bowl and pour the cilantro lime marinade over the shrimp. Let the shrimp marinate for 10 to 15 minutes in the refrigerator. Alternate cherry tomatoes, mushrooms, and shrimp on four skewers. Preheat the grill to medium heat. Grill the skewers for three to four minutes on each side until the shrimp are just cooked through. Serves two.

Nutrition Facts

Per serving calories 160, Fat 6 g, Calories from fat 33%, Cholesterol 85 mg, Sodium 95 mg, Carbohydrates 17 g

tips to stay safe this summer

Summer is the time to make memories of sunshine, walks along the beach, and dips in the lake that will get you through chilly winter months. Here are some tips to help you and your family to enjoy the warmer weather safely.

Stay Cool to Beat Heat Illness

Summer fun activity: Hiking, biking, jogging—anything to be in the great outdoors.

Hidden dangers: If the temperature is above 70 degrees and the humidity above 70 percent, your body's cooling system doesn't work as well, which puts you at risk for dehydration, heat exhaustion, and heat stroke.

Emergency warning signs: Stomach, arm, and leg cramps are often the first sign of heat illness, followed by thirst, fatigue, and weakness. Stop your activity, drink water, and move to the shade to gently stretch. If you don't feel better within 30 minutes, call your doctor.

Seek immediate help if you or a family member has the following symptoms:

- Skin that's hot and dry, but not sweating
- Confusion
- Fainting
- Vomiting
- Trouble breathing

Safety secrets: Drink plenty of fluids before, during, and after outdoor exercise. Avoid caffeine, which contributes to dehydration.

Wear loose-fitting, light-colored clothing. Schedule outdoor activities for early morning or after sunset.

Keep Your Water Baby Safe

Summer fun activity: Splish, splash—as summer heats up, cool pools and beautiful beaches beckon. In fact, nine of 10 families with small children will enjoy aquatic activities this summer.

Hidden dangers: Some less happy statistics: One in four adults knows someone who has drowned, and more than one-fourth of fatal drowning victims are children. Other swimming risks include brain and spinal cord injuries from diving into shallow water.

Emergency warning signs: Call for help if you can't get a child out of the water alone. If he or she has stopped breathing, administer rescue breathing or CPR if you're trained. Watch for the following signs of near drowning:

- Chest pain
- Confusion
- Cough with pink, frothy mucus
- Bluish skin on the face

Even if the child revives quickly, call **911**. Lung problems and other complications may still have occurred.

Safety secrets: Never let children swim alone. Stay within reach at all times. Don't use toys such as water wings in place of life jackets. Allow diving only in designated areas, where the depth of the water is known.

Learn CPR, and consider enrolling your little one in swimming classes. Even children ages 1 to 4 may be less likely to drown if they've had formal instruction.

Sail Out of Harm's Way

Summer fun activity: Whether it's a motorboat, sailboat, or canoe, there's nothing like hitting the open water in your own vessel.

Hidden dangers: The U.S. Coast Guard reported nearly 5,000 boating accidents and more than 700 deaths in 2011 alone. Most of these victims drowned. Carbon monoxide from a boat's engine, generator, or space heater also poses a risk.

Emergency warning signs: Like children, adults who nearly drowned should see a doctor right away. Brain damage and other neurological problems may have occurred.

Also, seek emergency help if you or someone on your boat has these signs of carbon monoxide poisoning:

- Headache
- Nausea
- Weakness
- Irritated eyes

Safety secrets: Learn proper boating skills. Human error causes most accidents. Avoid alcohol; it contributes to one in five boating deaths. And always wear a life jacket.

To reduce the dangers of carbon monoxide, know the sources of carbon monoxide on your boat and be sure they're well-ventilated. ☉



shield yourself from skin cancer

Skin cancer is the most common cancer in the U.S. The odds of developing it increase with age. But the most preventable cause of skin cancer is excessive sun exposure. Here are 10 tips for saving your skin:

- 1 Limit your exposure to the sun when it's brightest, between 10 a.m. and 4 p.m.
- 2 Use sunscreen with a sun protection factor (SPF) of at least 15.
- 3 Apply sunscreen about 30 minutes before going outside. Reapply it every two hours.
- 4 Use sunscreen year-round.
- 5 Spread sunscreen on your nose, ears, neck, hands, and the tops of your feet. Also, cover any bald areas on your scalp. Don't forget to wear a lip balm that contains sunscreen, too.
- 6 Wear wrap-around sunglasses.
- 7 Choose tightly woven clothing that covers as much skin as possible.
- 8 Wear a hat that has at least a 6-inch brim all the way around.
- 9 Be especially mindful about sun protection if you take medications that boost sun sensitivity. These include many antibiotics, diuretics, antihistamines, and antidepressants.
- 10 Skip tanning booths, which also produce damaging ultraviolet rays.

the upside of downsizing your BMI

Body mass index, or BMI, is one calculation doctors use to determine if you are at a healthy weight. Besides measuring your weight, BMI takes height into account. This provides a reliable measure of your total body fat—and your possible health risks.

Defining BMI and Obesity

Here's how to determine your BMI:

- Multiply your weight in pounds by 703.
- Divide that number by your height in inches.
- Then divide that number by your height in inches again. The final number is your BMI.

If your BMI is:

- Below 18.5, you are underweight
- Between 18.5 and 24.9, you are at a normal weight
- Between 25 and 29.9, you are overweight
- At 30 and above, you are obese

In general, BMI increases as we get older, reaching its peak when we are in our 50s. After age 60, BMI dips slightly. Still, nearly one-third of Americans ages 60 and older are obese.

The Effects of Obesity

Obesity raises the risk for heart disease, cancer, and other chronic conditions. For example:

- A high BMI is linked to an increased risk for knee arthritis
- In men, obesity can cause sleep problems, specifically sleep apnea

Gaining from Weight Loss

Losing weight can have many benefits—even over the short-term. For example, weight loss:


- Improves cholesterol and blood pressure



- Reduces diabetes risk
- Is linked to a lower risk for breast cancer in post-menopausal women

Lowering Your BMI

Losing weight is a big task, but little changes can add up. Consider some of these strategies:

- Eat breakfast. People who eat a healthy breakfast are less likely to overeat later in the day.
- Aim to get at least 150 minutes of activity per week. 

text4baby

Are you pregnant or a new mom? If so, there's a new FREE service to help you out! Text4baby provides totally free text messages three times a week with info to help you through your pregnancy and baby's first year.

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Powered by Voxiva. Text4baby is a free service of the National Healthy Mothers, Healthy Babies Coalition.



the facts about your child's vaccines

Myth: Vaccines can cause harmful side effects.

Fact: VACCINES ARE VERY SAFE. Most side effects go away soon and are mild. These might include a sore arm or a slight fever.

Over the long term, the benefits are greater than any risks. Vaccines help the body fight off infections and diseases. Children who don't get their shots are at risk for serious illness.

Your child needs to have shots at certain ages to stay healthy. At your child's next doctor's visit, ask what shots are needed.

Myth: Vaccines will make my child sick in other ways.

Fact: VACCINES PREVENT DISEASES. They don't cause them.

There have been many myths that vaccines cause diseases and death. One myth is that the vaccine for diphtheria, tetanus, and pertussis (DTP) causes sudden infant death syndrome (SIDS). But research shows the DTP vaccine does not cause SIDS.

And, vaccines don't give you diabetes. Nor do they cause autism, a developmental disability. In early 2010, the *Lancet* article that first suggested a link between vaccines and autism was retracted by the journal after flaws in the study's research methods were revealed. There is no scientific evidence, therefore, that vaccines cause autism.

Myth: Getting several shots at the same time is risky.

Fact: GETTING SEVERAL VACCINES AT ONCE DOESN'T HARM A CHILD.

Today, many children get combination shots. This includes MMR, for measles, mumps, and rubella.

Your child will not get more side effects with combination shots. They also work just as well as single shots.

Myth: Vaccines can overpower my child's defenses against disease.

Fact: VACCINES CANNOT MAKE A HEALTHY IMMUNE SYSTEM WEAK.

The immune system is what protects your child against disease.

Myth: Vaccines only prevent rare diseases.

Fact: IF PEOPLE DON'T GET SHOTS, EVEN RARE DISEASES CAN REAPPEAR.

Many years ago, thousands of children died from diseases that now can be prevented. Vaccines have helped reduce these diseases in the United States.

By keeping up-to-date on shots, we protect ourselves—and others.

Myth: Vaccines have bad ingredients in them.

Fact: VACCINES MAY HAVE SMALL AMOUNTS OF CHEMICALS. These include mercury, aluminum, and formaldehyde. But in such small amounts, they aren't unsafe.

Some vaccines contain egg and gelatin. These may cause rare reactions in some people. Before getting a shot, tell your doctor if you or your child is allergic to any medicine or food. Ⓞ



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of preventive care!

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we care about your access to great doctors

Arise Health Plan is happy to welcome Aurora Health Care® and BayCare Clinic® into our family of quality health care providers.

When you or a loved one needs medical care, you want access to the area's best doctors. Now, our members* have access to more health care providers than ever with the addition of the Aurora Health Care System to the Arise Health Plan network.

With 15 hospitals, 172 clinics, and more than 1,500 doctors, Aurora offers a comprehensive range of health care services, from primary and specialty care to hospitals, pharmacies, and lab facilities.

To find a doctor in your network of top-quality health care providers, visit www.WeCareForWisconsin.com/members/find_a_doctor.

**The Aurora network addition may not apply to your group health plan. To verify your provider access, please call Member Services toll-free at 888-711-1444.*

Have questions about your health plan?

Call 888-711-1444 toll-free or visit www.WeCareForWisconsin.com.

Member services is available 8 a.m. to 4:30 p.m. Monday through Friday, Central Standard Time.

we want to hear from you!

We value your feedback and suggestions. How can we improve Arise Health Plan's services, the *Healthy View* newsletter, or our website? If you have questions, comments, or suggestions, please e-mail Michelle Asplund, R.N., B.S.N., Quality Improvement Specialist: michelle.asplund@arisehealthplan.com.

Visit the Arise Health Plan website today!

