



SUMMACARE

TouchBase

FALL 2009

TOOLS FOR SCHOOL:

Help Kids **FOCUS**

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your child has
ADHD

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for good with a quit plan

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TouchBase is a biannual publication of SummaCare, Inc. We welcome your ideas and suggestions for future issues. Please contact our Marketing Department at (330) 996-8705 or (800) 509-2147.

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A Word From the President

At SummaCare, we know it takes personal commitment to lead a healthy lifestyle. Throughout this issue of *TouchBase* you'll find ways to improve your health so you can live a happier, healthier tomorrow. Take a minute to read through this issue to discover steps you can take to stop smoking, the importance of annual mammograms, how being thankful can improve your health and more.

In addition to our commitment to improving your health, we strive to provide the best service to you, our members, while respecting the environment. You may have noticed that you are receiving less mail from SummaCare now that your Explanation of Benefits (EOB) are being grouped together and mailed monthly, a more efficient way to provide printed information for your records. Keep in mind, you have 24/7 online access to your Explanation of Benefits through SummaCare's Plan Central at www.summacare.com.

We've developed many useful online tools to make managing your healthcare simple. Review your benefit descriptions and look up your claims status, find your out-of-pocket cost for prescription drugs, request a new ID card, submit questions and track your health goals.

Have you misplaced the plan documents you received upon enrollment? You can always call SummaCare Customer Service to request new copies. Questions about what preventive services your plan covers? Representatives are available to assist you with all your questions. Reach a Customer Service representative by calling the number on the back of your ID card Monday through Friday, 8:30 a.m. to 5 p.m., or send an e-mail by visiting www.summacare.com.

In good health,

Marty Hauser
President, SummaCare

Flee the Flu

Should your family get flu shots this year? The Centers for Disease Control and Prevention (CDC) recommends that any adult who wants to reduce the risk of becoming ill with or transmitting influenza to others should be vaccinated. In addition, children ages 6 months to 4 years should be vaccinated. The same is true for people with chronic health conditions, especially those like asthma and COPD, both of which affect your lungs.

In addition to the flu shot, seniors should get a pneumococcal vaccine (which protects them against pneumonia) at age 65. Unlike the flu shot, the pneumococcal vaccine isn't needed every year. Speak with your doctor if you think you or someone in your family might benefit from it.

As a SummaCare member, you can receive a free flu shot at any participating provider listed below. Please call the location to confirm flu shot clinic dates and any age restrictions that may apply. Remember to have your member ID card available at the time of the vaccination.

- Acme Pharmacies
- Akron Public Health Department
- Barberton Health District
- Buehler Food Markets
- Health Link (Fremont Memorial Hospital)
- Maxim Health System (www.findaflushot.com)
- Medicine Shoppe
- Sand Run Pharmacy
- Summit County Health Department
- Walgreens (www.walgreens.com/flu)
- Any contracted physician/practitioner that offers the flu vaccine
- Any contracted hospital or urgent care center that offers the flu vaccine

A Troubling Teen Trend

Most U.S. children and teenagers ages **10 to 17 do not receive proper preventive health services**, despite the fact that annual physical exams, health screenings and necessary shots can help establish positive lifelong health habits.

A University of California, San Francisco, survey published in the journal *Pediatrics* found that only **38 percent of 8,500 adolescents had a preventive health visit in the past year**. And even those who visited the doctor did not necessarily receive counseling about critical health issues such as dental care, healthy diet, exercise, using a seat belt, wearing a bicycle helmet and avoiding secondhand smoke. Only 10 percent of those polled were counseled about all six health concerns. **Teenagers who may have sensitive questions about sex and drugs also did not benefit from time alone with the doctor, which is recommended beginning at age 12.**

Instilling good health routines in adolescence, when many habits are established, helps pave the road for a healthy adulthood. By scheduling appointments for your child's preventive health checks, you can help teach him or her that a visit to the doctor can help prevent illness and injury.

Why a Mammogram Really Matters

If you've ever wondered why there's such a fuss about getting a mammogram routinely beginning at age 40, take a look at this. Drawn from real-life imaging statistics, the representations below show the average sizes at which tumors are found using different techniques. If you haven't scheduled your mammogram yet this year, it's time to make the call.

0.43 INCHES
(diameter)

Average lump detected with a routine mammogram



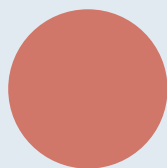
0.59 INCHES

Average lump detected with first mammogram



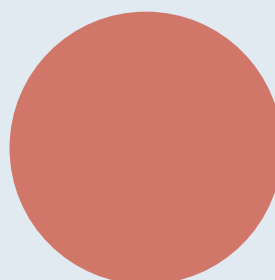
0.83 INCHES

Average lump found during a routine manual breast check by a doctor



1.42 INCHES

Average lump found accidentally ("something feels different")



For Women: Your Rights To Cancer Coverage

In 1998, Congress passed legislation called the Women's Health and Cancer Rights Act, which outlines specific coverage that all group health plans and health insurance carriers offering medical and surgical benefits for mastectomies must offer to patients. This coverage is for:

- ➔ Reconstruction of the breast on which the mastectomy was performed.
- ➔ Surgery and reconstruction of the other breast to provide a symmetrical appearance.
- ➔ Prostheses and the treatment of physical complications during all stages of the mastectomy, including lymphedemas, in a manner determined in consultation with the attending physician and the member.

Coverage of these services is subject to the same copayments, deductibles and coinsurance percentages, if any, as other services covered under your plan. Please refer to your plan and policy documents for more specific information.

Centering Around Mothers-To-Be

Can you imagine not waiting in appointment rooms for your exam? Or what about time for relaxed discussion, questions and even a little fun at your visits? All this is possible through Centering programs for mothers-to-be.

Centering is a group healthcare delivery model that's changing the way people think about their health and preventive care. In a pregnancy Centering program, women spend more time with their provider and with other pregnant women, giving them an opportunity to learn together and from each other. Participants use their regular appointment time to meet with their provider, review their charts, take their own blood pressure and heart rate and participate in a facilitated discussion with group members.

"Centering programs combine medical appointments with education and support—it's not a separate class or support group," explained Kelli Viscounte, director of Centering for Summa Wadsworth-Rittman Hospital. "The healthcare provider is always there, so they learn more about the families they are caring for. Participating in a Centering program gives you quantity of time, as well as quality of time."

Outcomes of participants include longer pregnancies and heavier babies—two main goals of pregnancy.



If you are interested in joining a pregnancy Centering program, inquire with your healthcare provider or for more information, contact Kelli Viscounte at (330) 331-1340 or by e-mail at kviscounte@wrhs.org.

PREVENTION POINTER

\$AVE A LIFE

Women in abusive relationships spend about 42 percent more annually on healthcare services than women in healthy relationships do. Those who suffer psychological abuse spend 33 percent more. And even five years after the abuse stops, formerly abused women spend 19 percent more than women who were never abused.

So say researchers from Ohio State University, the Group Health Cooperative and the University of Washington in Seattle, who followed 3,300 women in the Pacific Northwest from 1992 to 2002. Victims of abuse used speciality care, prescription services and radiology more than other women did—and called on mental health assistance more than twice as often.

If you face domestic abuse, contact the National Domestic Violence Hotline at (800) 799-SAFE (7233) or www.ndvh.org for help.

LUNG DISEASE

What if You Keep Smoking

For people who don't stop smoking, chronic obstructive pulmonary disease (COPD, a collection of lung health problems) is a very real possibility. Here are the early symptoms you or those around you may notice:

- Changes in the amount, thickness or color of your sputum, or the presence of blood.
- Increasingly severe coughing, wheezing, headaches or dizziness.
- Increasing and persistent fatigue, shortness of breath and sense of ill health.
- Forgetfulness and confusion.
- Difficulty sleeping, or sleeping propped up to avoid trouble breathing.
- Unexplained weight gain or loss.
- Ankle swelling.

If your doctor suspects that you may have COPD, he or she will likely ask you to take a deep breath and blow into a spirometer. This simple tool measures the amount and speed of the air that you inhale and exhale. The result is an accurate indicator of your lung health.

Clear the Air

Join the Great American Smokeout and get rid of cigarettes for good.

Every year since 1977, the American Cancer Society has asked smokers across the country to quit smoking for 24 hours. The idea behind the annual event, held the third Thursday of November (this year, that's Nov. 19), is that moral support from fellow smokers, friends and family will help you quit completely. That, in turn, will do your body a world of good, put money in your pocket and improve the lives of those close to you.

In a matter of minutes, your body reaps the benefits of kicking the habit. Research shared by the American Cancer Society shows that 20 minutes after your last cigarette, your blood pressure and heart rate drop. Twelve hours after quitting, the level of carbon monoxide in your blood is the same as a nonsmoker's. Within three months, your lung function and circulation improve. Within nine months, the lung's cilia, whose ability to remove mucus is impaired by smoking, recover normal performance, reducing your risk of developing a chronic cough, bronchitis, chronic obstructive pulmonary disease and lung cancer.

A year after you quit, your risk for heart disease is half what it was when you smoked. In 10 years, your risk for lung cancer reaches that milestone. And after 15 years, both your heart disease and stroke risk are the same as a nonsmoker's.

The Cost of Smoking

Passing on the cigarettes and cigars also cuts a major expense from your budget. In New York City, for example, taxes have pushed the cost of a pack to \$9. A pack-a-day habit costs \$252 a month there, or \$3,285 a year.

Overcoming the habit also improves the health of those around you. Secondhand smoke, or cigarette smoke that is involuntarily inhaled by nonsmokers, has been shown to cause serious health problems, from middle ear and lung infections in children to 35,000 annual heart disease deaths among nonsmokers.

The bottom line? The ill effects of smoking can be reversible and preventable. Make a positive change to your life and the lives of those around you.



Ready, Set, Quit

You've decided to quit. Now it's time to make a quit plan. Follow the American Cancer Society's START hints for the best chance of success:

- S=** Set a quit date within the next month. You'll have time to prepare but not change your mind. This year's Great American Smokeout is a good quit date.
- T=** Tell family, friends and colleagues about your plans to gain support.
- A=** Anticipate challenges. Keep a journal to figure out smoking triggers. Learn how to avoid them and withdrawal feelings.
- R=** Remove all tobacco products from your home, car and workplace.
- T=** Talk to your doctor to get help quitting.

As a SummaCare member, you have access to OhioQuits. Dial 1-800-Quit-Now to enroll in the free OhioQuits counseling program and receive a free supply of Nicoderm® patches. Take advantage of this great opportunity while it lasts! Call OhioQuits today.

What do you do when your child is diagnosed with ADHD?

Caring for Kids

Your son has always been “active,” but now his teacher believes he may have attention deficit hyperactivity disorder (ADHD). While you’ve heard of it, you may not be sure how the condition will affect your child and the rest of your family. You’re not alone.

About 8 to 10 percent of school-age children are diagnosed with ADHD, and three times as many boys than girls have it. ADHD is marked by hyperactivity, inattention and impulsive behavior. All children, particularly young ones, demonstrate these actions, but they are more pronounced and universal in kids with ADHD. To be diagnosed, the symptoms need to be present for at least six months and be more severe than they are in other children. Most kids are diagnosed before age 7 after experiencing problems at school and home.

Follow a Plan

There is no cure for ADHD, but it can be managed. The key is individualized treatment. Your doctor will work with you to determine a combination of drug and behavior therapies best suited to your child.

Virtually every treatment program for a child with ADHD includes some amount of medication to boost the ability to focus and dampen the urge to act on impulse. There are two groups of medications: stimulants and non-stimulants. The former, which last about four hours and have some recognized side effects, have been successfully used for 50 years and are still favored. The latter, introduced in 2003, last for up to 24 hours, with fewer side effects.

Behavioral strategies teach children how to control their reactions. Structured schedules and routines, organizational plans, avoiding distractions and using methods to rein in inappropriate anger are reinforced at home and school. As a parent, you’ll learn how to use positive reinforcement to reward good behaviors and how to redirect negative behaviors. Frequent follow-ups with your doctor will make sure your child is responding to his or her specific therapy.



‘Look at Me’

If your child has been diagnosed with ADHD, here are some tips you can try at home to help him or her succeed in the focused, structured school environment.

Communicate

- + Make direct eye contact with your child when you give instructions.
- + Consider a hand on the arm or other gentle physical contact to help your child focus.
- + Give instructions one at a time, not in a long list.
- + Ask your child to repeat the instruction to you.
- + Create a chore chart or other visual reminder of instructions you give often.

Maintain Structure

- + Follow set routines each morning and evening.
- + Schedule predictable activities to keep your child busy but not overwhelmed.
- + Make sure your child goes to bed at a regular time nightly and gets enough sleep.
- + Keep snacks on hand during outings, and avoid allowing your child to get too tired.
- + Share routines and behavioral expectations with other caregivers so they can support your efforts.

Stay Organized

- + Create a specific place where your child always does homework.
- + Keep your house organized so your child knows everything is where it should be.
- + With your child, lay out clothes and pack school gear for the next day before bed.
- + Keep kid-visible clocks throughout the house, with a large one in your child’s room.
- + Plan and observe regular breaks during homework time.

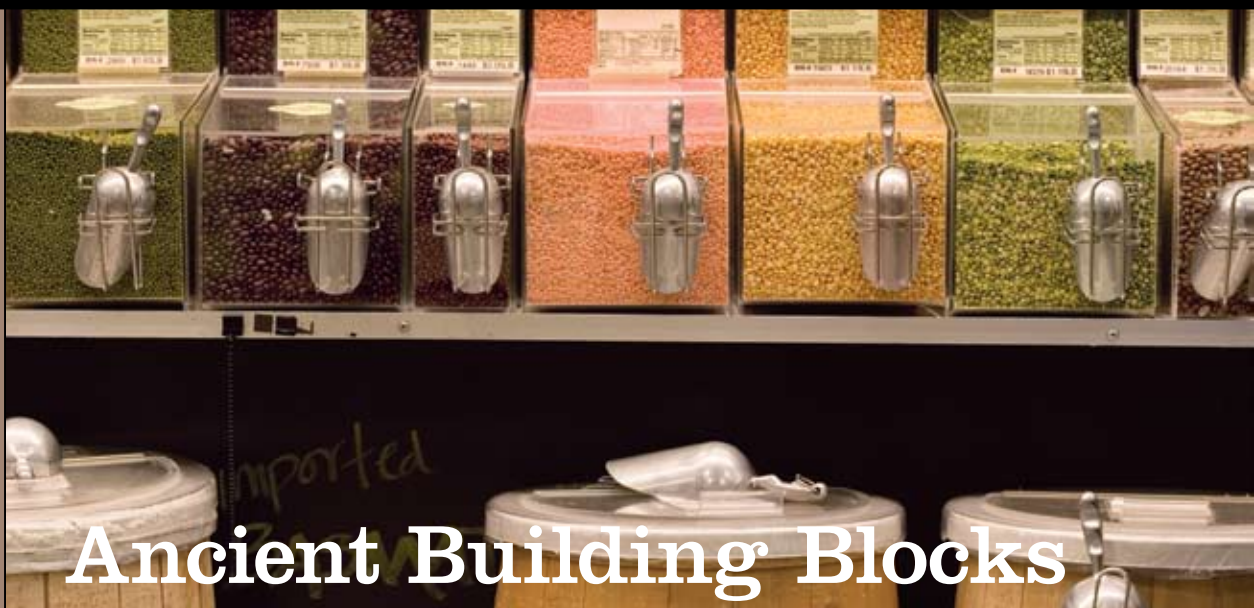
FIBER

The Cardiac Connection

Proper diet helps combat numerous conditions, but fiber plays an especially important role in lowering cholesterol and reducing other risks. When University of Minnesota scientists analyzed the results of 10 large, long-term studies, they found that for every 10 grams of fiber eaten daily, there was an average heart-disease risk reduction of 12 percent and a coronary death reduction of 19 percent.

There are two kinds of fiber, which is the part of fruits and vegetables your body can't digest. Soluble fiber dissolves in water, turning into a gel. Soluble fiber mops up low-density lipoprotein (LDL) cholesterol from your bloodstream and flushes it from your system. Insoluble fiber helps move food through the intestines and keeps you regular. Experts recommend roughly 25 to 35 grams of both kinds of fiber daily.

Oatmeal is an excellent source of soluble fiber, with 4 grams of fiber per cup. Fruits, vegetables, nuts and legumes like beans and peas are other good fiber sources. Choose whole-grain breads and cereals, as well as salads, to add more insoluble fiber.



Ancient Building Blocks

Meet the 'heritage grains' that have been culinary staples around the world for generations.

With all of the talk about the health problems associated with a diet high in refined flour, it's easy to lose track of the alternatives. Free from genetic engineering, heritage grains and seeds are rich in nutrients, complex carbohydrates and fiber, and are often better tolerated by people with wheat sensitivities. Most can be cooked into porridges or baked into breads.

→ **AMARANTH**

With a mild, sweet and nutty flavor, this relative of Swiss chard and spinach is actually a seed and is a great source of protein, including an amino acid called lysine, which is not commonly found in whole grains. Lysine helps the body absorb calcium, among other functions. Compared with wheat, amaranth has about four times as much calcium and double the amount of iron and magnesium.

→ **BUCKWHEAT**

This seed with a tangy, nutty flavor is a good source of manganese, magnesium and fiber. It's probably best known as the main ingredient in Japanese soba noodles.

→ **CHIA**

With five times the amount of calcium than in whole milk, this nutty-flavored seed contains more fiber and protein than whole-grain wheat flour. Just two tablespoons gives you 7 grams of fiber. Chia also provides nutrients including copper, magnesium, manganese, niacin, phosphorous and zinc.

→ **KAMUT**

Related to wheat, Kamut (a trademarked name) contains 11 grams protein and 46 percent of your daily value of iron in a one-cup serving. It also provides nutrients such as vitamin E, thiamin and riboflavin.

→ **MILLET**

Nearly 15 percent protein, millet contains B-complex vitamins, vitamin E and several minerals. Mild-tasting millet tends to absorb the flavors of what it is cooked with and has a similar texture to rice, making it a good substitute.

→ **QUINOA**

Like amaranth, this seed has a crunchy yet creamy texture and a nutty flavor. Compared with wheat, it is richer in protein, calcium, iron, magnesium and other nutrients. It is considered a complete protein since it contains all eight essential amino acids.

→ **SPELT**

This nutty, sweet, wheat-like grain contains up to 21 percent more protein than wheat. It also beats wheat when it comes to iron, potassium, B vitamins and complex carbohydrates.

→ **TEFF**

The smallest grain in the world, teff contains essential amino acids like lysine as well as calcium, iron and minerals. It is the main ingredient in the fermented, crepe-like, Ethiopian bread called injera.

MENTAL HEALTH

Giving Thanks

Turkey—**check**. Parade on TV—**check**.
Expressing gratitude—**not on the list?**

Whether it's on Thanksgiving or any random Thursday, this simple act seems to bear real physical and mental health benefits, according to researchers.

Practicing gratitude appears to help people lower their blood pressure and succeed at undertaking healthy activities like smoking cessation and weight loss. A thankful attitude helps people under chronic pressure feel less stress and depression, and appears to foster a lower risk of developing alcoholism. Experts suggest that focusing on positive things retrains the brain to pick up on additional positives, rather than highlighting negative aspects of life.

To boost your gratitude quotient, try these techniques:

- ➔ **MAKE A LIST.** Periodically write down the things, people and situations for which you are grateful.
- ➔ **THINK IT OVER.** Spend a few minutes each day or week contemplating what you're grateful for.
- ➔ **SAY THANK YOU.** Call, e-mail or write a note to someone who did something for you in the past, like a friend or co-worker.



Retail 90-Day Supply of Low-Cost Generics

You can purchase a **90-day supply** of **generic** prescription drugs at a retail pharmacy by simply showing your SummaCare ID card along with your prescription (which must be written for a 90-day supply) at a participating retail pharmacy. This benefit allows you to take advantage of low retail prices being advertised in our area for certain generic prescription drugs and the convenience of a 90-day supply.

For your safety, it is important that you show your SummaCare ID card every time you fill a prescription, whether brand or generic, especially if you use more than one pharmacy (including mail service). Showing your card allows the pharmacist to check for potentially harmful drug interactions by reviewing all your prescriptions.

If you have questions regarding your prescription drug benefit, please call SummaCare Customer Service at the number on the back of your ID card.

FOLLOW-UP

Who's Your Doctor?

Patients are increasingly turning to specialists, instead of their primary care physicians, to provide routine care. The results of the National Ambulatory Medical Care Survey, published in the *Annals of Family Medicine*, show that 46 percent of patients' specialist visits were for follow-up care that can be provided by PCPs.

Experts are concerned that patients are asking their specialists for medical advice that may be out of the specialists' fields of experience. Before you see a specialist, speak with your PCP about what aftercare is normally provided—and then discuss the same information with your specialist. Often the PCP can handle follow-up care as effectively, or more so.

It's also important to ask yourself whether you've been seeking specialists because you distrust or do not feel comfortable with your PCP. If that's the case, it's time to find a new PCP.

We All Need Reminders!

Your health affects every aspect of your life, yet often busy lifestyles force us to make a choice between our health and other responsibilities and interests. Let's face it, you can't do it all. With so many demands on your time, it can be a challenge to remember all of life's appointments. Don't allow your health to take a back seat.

SummaCare can help you stay on track with health maintenance and preventive care services. If our records show you've missed an important routine health service (based on claims data), you'll receive a friendly reminder to talk to your doctor about scheduling the recommended service.

In addition to these helpful reminders, you should know that SummaCare has registered nurse case managers available to educate you regarding self-management of disease conditions, to assist in the coordination of services and to navigate the complex healthcare system. To learn more about our case management program, please call Health Services Management at (330) 996-8931.

Visit us online at www.summacare.com



A Note From The Bog

High on the list of antioxidant-rich fruits is the unassuming cranberry.

While imported goji berries have been getting plenty of press lately for their wide-ranging health benefits, another wonder fruit is available closer to home. The North American cranberry (*Vaccinium macrocarpon*) boasts vitamin C, antioxidants and other phytonutrients.

A study published in the *Journal of Agriculture and Food Chemistry* reported that cranberries contain more antioxidant phenols than 19 commonly eaten fruits. According to the study's author, these antioxidants may play a role in helping to prevent heart disease and certain cancers.

What's more, cranberries' vivid red color comes from a flavonoid that may help lower LDL ("bad") cholesterol and help prevent blood clots that cause heart attacks and strokes, according to the American Dietetic Association.

Along with these heart-protective benefits, cranberries live up to their reputation as a natural way to prevent urinary tract infections. Researchers at Worcester Polytechnic Institute have found that compounds in cranberries alter bacteria in ways that make them unable to cause infection.

The Cranberry Institute also reports that studies show cranberries may help protect the brain from neurological damage and prevent dental cavities. Preliminary research indicates that this super fruit's antibacterial properties may even help prevent peptic ulcers.



No-Cook Cranberry Relish

INGREDIENTS

- 12 oz. fresh cranberries
- 1 c. firmly packed brown sugar
- 1/2 c. orange juice
- 1 whole orange, peeled
- 1/4 c. maple syrup
- 1 Tbsp. grated orange peel
- 1/2 tsp. each grated lemon peel, ground cinnamon, ginger, cloves

Place all ingredients in a food processor. Using the metal chopping blade, process until the mixture is in small bits. Cover and refrigerate overnight to allow flavors to blend.
Serves 12.

Nutritional information per serving:

108 calories, 0.1g fat, 0mg cholesterol, 9mg sodium, 140mg potassium, 28g carbohydrates, 2g dietary fiber, 0.3g protein