

# health sense



Spring/Summer 2016



## As kids grow up

### TRANSITIONING FROM PEDIATRIC TO ADULT CARE

**A**s kids grow up, they'll switch from seeing a pediatrician to a doctor who sees adult patients. And children with chronic diseases will need even more attention in this transition.

When should planning begin? Usually when kids are about 12 to 14 years old. Around this time, providers often start to spend time one-on-one with their patients, without the parents. But each child is different.

Children seen in the County Health Centers generally make this change at age 18. The age varies for children who see providers in the Community Provider Network, but it is generally around 18. This

age can vary for several reasons, depending on the patients' maturity and chronic conditions.

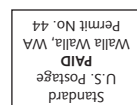
Kids seen by family practice providers will not need to switch. They can continue with the same provider as they become adults. If they see any pediatric specialists,

they will need to switch to specialists who see adults.

We want to make this process simple for our members. When you need a new PCP, please visit [www.cchealth.org/healthplan/provider-directory.php](http://www.cchealth.org/healthplan/provider-directory.php). There you can search for a new doctor.

Our Member Services Department is happy to help too. Call **877-661-6230** and choose **option 2**.

Sources: Journal of the American Medical Association; Journal of Adolescent Health



## Drink up

What's the must-have piece of gear for every exerciser? A water bottle.

Your body needs plenty of fluid to get the most out of a workout. Water helps to cool you down—from the inside out. It also transports nutrients, eliminates waste, and maintains blood pressure and circulation.

If you don't take in enough liquid, you may notice that your muscles get tired or feel cramped. Or you might lose energy and become a bit uncoordinated. Worse yet, you could end up with a dangerous case of heat exhaustion or heat stroke.

### HOW MUCH IS ENOUGH?

■ **Two hours before exercise:** 17 to 20 ounces of fluid. Eight ounces is equal to 1 cup.

■ **During exercise:** 7 to 10 ounces of fluid every 10 to 20 minutes.

■ **After exercise:** 16 to 24 ounces of fluid for every pound of body weight lost. You might weigh yourself before and after exercise. Your weight should be about the same or a little less. If your weight drops more than 1%, you're starting to become dehydrated and need to drink enough water to replace the amount you've lost.

Don't wait to drink until you're thirsty. Thirst is not a good way to monitor fluid status.

You can also check your urine to see if you're well-hydrated. It should be plentiful and a pale yellow color.

Sources: American College of Sports Medicine; American Council on Exercise



# What type of exerciser are you?

## FIND YOUR FITNESS MATCH

**S**imilar to clothes, shoes, music and books, not all types of exercise are to every individual's tastes. But if you can find a style you enjoy, you're more likely to stick with it.

Think of it as your fitness personality. For instance, some people go to a gym. Others are happy exercising at home. You might crave heart-pounding workouts or extended bike rides.

Here are 4 main types:

**Planner.** These exercisers tend to like familiar activities within their comfort zone. Often that means exercising solo. You might enjoy taking brisk walks, riding a bike, working with hand weights and fitness DVDs, or doing pushups and lunges at home.

**Social butterfly.** Does exercising with others sound like fun? Perhaps a partner or a group workout would keep you moving.

If you like to socialize:

- Join a community sports league.
- Sign up for an exercise class or two.
- Go on regular walks or bike rides with family or friends.

**Go-getter.** Do you like to set goals and track your progress? If so, here are a few ways to stay motivated:

- Aim to increase your walking or cycling distance a little at a time.
- Train for a 5K race.
- Set a goal for weights or pushups—and then work toward it.

**Adventurer.** Do you love the outdoors? Look into hiking trips or bike tours in your area. Stepping out of your routine—and into some gorgeous scenery—might be your motivation to move.

You may relate to more than one style. But these ideas can be a good starting point.

Sources: American College of Sports Medicine; American Council on Exercise

LONG LIFE

# 5 ways to better health

**G**etting older isn't what it used to be. Today people live longer than ever before. Better yet, those extra years can be healthier too.

These 5 tips can help you live both longer and better:

**1. Eat smart.** Start with colorful fruits and vegetables. They are rich in nutrients and low in calories. Fish rich in omega-3 fatty acids are also a good choice—aim for 2 servings a week. Choose whole-grain breads and pastas. Go light on red meat and processed meat. Stick to low-fat or nonfat milk, yogurt, cheese and other dairy products.

**2. Get enough sleep.** You still need 7 to 8 hours each night. Lack of sleep can make it harder for you to learn and remember. It also may raise your risk for heart disease. What's more, healthy sleep

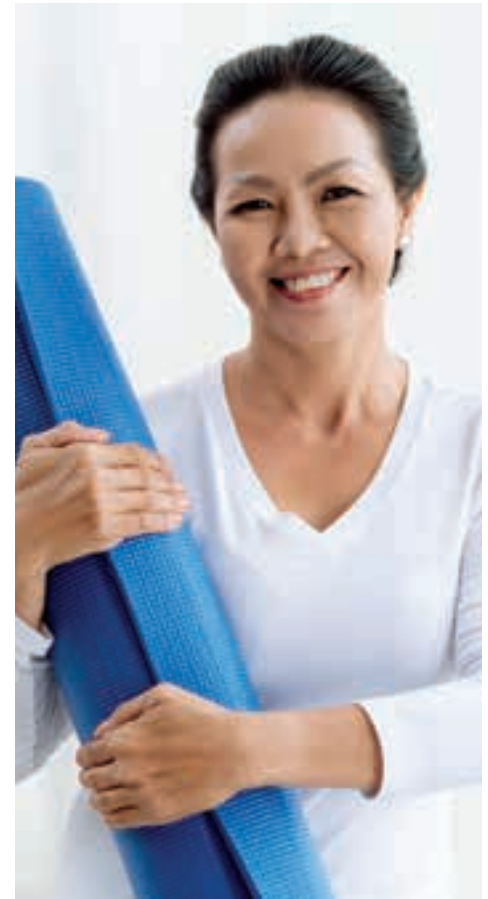
can help you stay well and avoid getting sick.

**3. Move more.** Exercise strengthens muscles and bones. It also helps improve your balance, which can lower your risk for falls. Active people tend to weigh less and have better heart and lung function. Ask your provider what's best for you. Most people should be active 4 to 6 days a week. Walking is a good way to start. Aim for 30 to 60 minutes a day. More is generally better.

**4. Take your medicine the right way.** Make sure your provider knows about all your medicines. That includes vitamins and supplements.

Take them just as your provider tells you. And remember to get a flu shot every year.

**5. Don't smoke.** Stay away from other people's smoke too. Smoking



leads to lung disease, heart disease and cancer. If you smoke, ask your provider about help with quitting.

Sources: American Geriatrics Society; National Institutes of Health

## Exercise for strong bones

Two types of exercises help build and maintain bone density.

### WEIGHT-BEARING EXERCISES.

These exercises make you move against gravity while staying upright.

**High-impact.** These help build bones and keep them strong.

Examples include:

- Dancing.
- Doing high-impact aerobics.
- Hiking.
- Jogging/running.
- Jumping rope.

- Stair climbing.

- Tennis.

**Low-impact.** These help keep bones strong and are an option to high-impact exercises. Examples include:

- Using elliptical training machines.
- Doing low-impact aerobics.
- Using stair-step machines.
- Fast walking on a treadmill.

### MUSCLE-STRENGTHENING EXERCISES.

These exercises include activities where you move your body,

a weight or some other resistance against gravity. Also known as resistance exercises, they include:

- Lifting weights.
- Using elastic exercise bands.
- Using weight machines.
- Lifting your own body weight.
- Functional movements, such as standing and rising up on your toes.

### STARTING A NEW EXERCISE PROGRAM.

Always check with your health care provider before beginning a new exercise program.

Source: National Osteoporosis Foundation



## Manage your weight the healthy way

It may be tempting to try something exotic for fast weight loss. An all-kumquat diet, or a 1-weekend exercise marathon, but that would not be healthy. And any weight you lost would likely come back.

If you want to lose weight, a long-term healthy plan for eating and exercising is still best. It's not new or trendy. But it works for most people.

### What's on your plate? A

healthy diet combines fewer calories with more nutrition. You can get both with a diet that:

- Has mostly fruits, vegetables, whole grains, and low-fat or nonfat dairy products.
- Includes lean meats, fish, eggs, beans and nuts.
- Limits unhealthy fats, cholesterol, salt and added sugars.

Aim to lose between 1 and 2 pounds per week. It's a healthy goal and one you can meet. That usually means eating 500 to 1,000 fewer calories each day. Try keeping a record of everything you eat. It may help you spot problems in your diet.

**Time to get active.** Exercise is good for you in so many ways. It helps you manage your weight by burning calories. It also:

- Lowers your risk for heart disease, diabetes and other long-term health problems.

- Makes your lungs and muscles stronger.

- Helps you sleep better.

Aim for 150 minutes of exercise spread out over the week. But the more you exercise, the better. It is always a good idea to talk with your doctor if you have questions

about how much exercise is right for you.

**Is medicine an option?** If you have tried to lose weight without success, ask your doctor about weight-loss medicine. It won't make you lose weight on its own. But it can help when added to a diet and exercise plan.

Many of these drugs have side effects. So ask your doctor about the risks and benefits.

Sources: Academy of Nutrition and Dietetics; National Institutes of Health

## THE 4 TYPES OF EXERCISE

The infographic is a 2x2 grid. The top-left quadrant is red and shows a person walking, labeled 'AEROBIC'. The top-right quadrant is green and shows a person lifting weights, labeled 'STRENGTH'. The bottom-left quadrant is purple and shows a person standing on a chair, labeled 'BALANCE'. The bottom-right quadrant is orange and shows a person stretching against a chair, labeled 'FLEXIBILITY'. Each quadrant includes a brief description of the exercise type.

Type	Description
AEROBIC	Keeps heart, lungs and circulatory system healthy—improving overall fitness.
STRENGTH	Builds stronger muscles to support body movement.
BALANCE	Improves posture and stability and helps prevent falls.
FLEXIBILITY	Stretches muscles to help the body stay limber.

Sources: American Council on Exercise; National Institutes of Health



# Help young bones grow strong

**D**o you give your bones the credit they deserve? After all, your bones let you stand and move, and they protect organs, like the heart and brain.

But your bones can grow and get stronger only up to about age 20. And around age 30, you start to lose bone faster than your body can make it.

So kids need help to build strong bones while they can. And adults need to keep their bones strong as they get older.

For healthy bones, be sure your child and you get lots of:

■ **Calcium.** This mineral helps bones grow. From ages 9 to 18, kids need 1,300 milligrams each day. Sources include dairy products; dark-green, leafy vegetables; and orange juice and whole-grain bread with calcium added.

■ **Vitamin D.** This helps the body use calcium. Kids need 600 international units (IU) a day. Vitamin D is added to many foods that contain calcium, such as milk, orange juice and yogurt. Other good sources are tuna, liver and egg yolks.

## Exercise for kids

*SHOW, DON'T TELL*

Exercise is more fun with family and friends. So instead of telling your kids to go outside and play, head out and join them! Kids need 60 minutes of activity each day. And those 60 minutes are a perfect time to bond—and get your own heart pumping too.

Need some inspiration? Together, you and your kids can:

- Shoot hoops.
- Play hopscotch.
- Jump rope—try double Dutch.
- Make up a cheerleading routine.
- Rake a pile of leaves and jump in.
- Embark on a neighborhood scavenger hunt.

Your kids are always watching, so show them how to move!

Sources: American Academy of Orthopaedic Surgeons; Letsmove.gov

Your child can also take calcium and vitamin D in pill form if he or she can't have milk.

■ **Exercise.** For strong bones, kids need at least an hour of exercise each day where they are on their feet. They might walk or jog, jump rope, or play soccer or basketball. Lifting weights also builds bone. Things like swimming or biking are not as good at building bones, but they are good in other ways.

**Bad for bones.** Smoking makes bones weaker. For that and many other reasons, make your home tobacco-free.

Sources: Eunice Kennedy Shriver National Institute of Child Health and Human Development; National Institute of Arthritis and Musculoskeletal and Skin Diseases

## On the trail to safety

**N**ow that the weather is nice, you might be tempted to take a hike. But before you set off to explore the great outdoors, keep these 5 safety tips in mind:

**1. Have a plan.** And don't keep it to yourself. Let someone know where you're going and when you expect to return. If you're hiking with a group, decide where you're going to meet if you get separated. This could be back at the trailhead, at the car or at a big rock.

**2. Dress for success.** Wear clothing and footwear appropriate for the terrain and season. If ticks are running rampant, wear a long-sleeved shirt, long pants



and shoes—not sandals. Use insect repellent that includes the ingredient DEET.

Bringing the kids along? Be sure to dress them in bright colors so they can be easily seen.

**3. Educate yourself.** If poison oak, sumac or ivy grow where you'll be hiking, learn how to recognize them so you can avoid them—and

the nasty, itchy rashes they can give you.

**4. Pack appropriately.** Bring water, food, a cellphone, a map or compass, a whistle, a headlamp, and a flashlight.

**5. Choose wisely.** Hike on an established trail, and stay out of areas declared off limits to hikers.

Sources: American College of Emergency Physicians; National Park Service; Recreation.gov

## Member alert: Zika virus

**A**s of Feb. 23, 2 more places have been added to Zika travel notices:

- Trinidad and Tobago.
- The Marshall Islands.

Mosquitoes that spread Zika are aggressive biters. They bite during the day and also at night. There is no vaccine or medicine available for the Zika virus. The best way to avoid it is to prevent mosquito bites.

### For pregnant women.

Consider postponing travel to any area where the Zika virus is ongoing.



If you must travel to or live in 1 of these areas, talk to your health care provider first and strictly follow steps to prevent mosquito bites.

If you have a male partner who lives in or has traveled to an

area where Zika is, either abstain from sex or use condoms for the duration of your pregnancy.

### For women trying to get pregnant.

Before you or your male partner travels, talk to your health care provider about your plans to become pregnant and the risk of Zika.

You and your male partner should strictly follow steps to prevent mosquito bites.

You can learn more about Zika at these websites:

- [www.cchealth.org/mosquito-borne-illnesses](http://www.cchealth.org/mosquito-borne-illnesses)
- [www.cdc.gov/zika/prevention/index.html](http://www.cdc.gov/zika/prevention/index.html)

Source: Centers for Disease Control and Prevention



# Healthy lunches on the go!

By Otilia Tiutin, MNM, Master in Natural Medicine

**A**re you one of those people who buy lunch on the go? Do you get fast food for lunch?

Do you think that a healthy lunch will cost too much?

Are you unsure how to pack or store a healthy lunch?

Here are some simple solutions.

**Eating raw food daily, local and organic when possible, can help:**

- Keep your immune system healthy.
- Prevent cancer.
- Prevent colds.
- Aid proper digestion.
- Improve your mood.
- Give you energy.

Aim to eat a fresh salad each day. Some people think salads are hard to make and not filling enough.

**Here are some tips that may change your mind and get you on the way to vibrant health.**

- Include 2 to 3 types of greens to change it up. Mix cabbage with spinach. Or romaine lettuce with kale.
- Add a variety of color-rich options. Consider shredded carrots, pickled beets, radishes, olives, peppers and red onions.
- Add protein to keep you full, such as turkey, chicken, fish, lentils, avocado, boiled eggs, feta cheese, hummus or beans.
- Add fresh herbs, such as parsley,



basil or cilantro.

- Add nuts and seeds, such as sunflower seeds, pumpkin seeds, chia seeds, almonds or walnuts.
- Make your own healthy dressing by mixing lemon juice or red wine vinegar with healthy oils, such as olive oil or avocado oil. Add some fresh garlic, sea salt and some of your favorite herbs.

**Use these tips for healthy and fast:**

- Make more salads at one time to last you 3 or 4 days.
- Make more dressing at once and take a small amount in a little jar.
- Store your salad in glass or stainless steel containers to keep it fresh and avoid chemicals from plastic.
- Use a cold pack to keep it fresh in your lunch box.
- Buy organic in bulk and save.

## Mango lassi

*Makes 4 servings.*  
Total time: 10 minutes

### INGREDIENTS

- 2 ripe, sweet mangos
- 1½ cups plain nonfat yogurt (option: low-fat or greek yogurt)
- 2 tablespoons honey
- 2 cups ice (1 tray of ice)

### DIRECTIONS

- Peel and dice the mango and puree in the blender.
- Add the rest of the ingredients and puree until the ice is crushed and the drink is frothy.
- Serve in tall glasses with additional ice, if desired.

Source: www.foodnetwork.com

# Antioch Health Center has moved

**T**he Antioch Health Center has moved to a larger building. The new address is 2335 Country Hills Drive.

The new building has nearly twice as many exam rooms as the previous site on Lone Tree Way. The new facility will also provide primary care and children's behavioral health care under one roof. This is because East County Child and Adolescent Services will also be relocating to the new site.

Please note the following phone numbers when calling the new clinic:

- For appointments:  
**800-495-8885.**
- For information:  
**877-905-4545.**

## Hours of operation

### ■ Children's Behavioral Health

Monday through Friday, 8 a.m. to 5 p.m.

**925-608-8700**

### ■ Medical Services

Monday through Thursday,  
7:45 a.m. to 8:30 p.m.

Friday, 7:45 a.m. to 4:45 p.m.

**925-608-8500**

## Services available

- Primary care.
- Short-notice/same-day appointments.
- Family medicine.
- Pediatrics.
- Adult medicine.
- Prenatal care.

- Behavioral health.
- Group classes.
- Medical care for adults age 18 and over.
- Family medicine: routine and preventive health care service.
- Pediatrics: checkups for well children and treatment for ill children.
- Prenatal care: routine care for pregnant women.

## Other services

- Laboratory—by appointment only.
- Homeless Clinic—general ongoing health care,  
**925-313-6166.**
- Mammography and ultrasound coming soon.

## CCHP ADVICE NURSE

### 24/7 health advice

The Advice Nurse Unit is here to help Contra Costa Health Plan (CCHP) members. We are open 24/7, including holidays. Please call **877-661-6230, option 1**, to speak to an Advice Nurse.

When calling about your child, please make sure your child is with you at the time of your call. To give the best care, the Advice Nurse needs up-to-the-minute information. You may need to ask the child questions.

If your child is not with you when you call, the Advice Nurse will not be able to help you. That may delay getting care for your child.

We can help with:

- Emergencies.
- Serious medical issues.
- Advice when your provider is not available.

Depending on your symptoms, you may be eligible for the following:

- An urgent care appointment.
- A telephone appointment with a CCHP primary care provider.
- A standing order for medications

for many symptoms.

And Advice Nurses answer questions about:

- Health care and medications.
- Infectious disease exposure.
- Caring for yourself or a family member.
- If and when you need to be seen.
- If a visit to the emergency room is required.
- Current immunization information for you or your child.
- Health-related resources in your community.
- Contacting your provider.

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particular benefit plan, please see your Evidence of Coverage booklet or call Member Services at 877-661-6230.

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Si desea este folleto en español, llame al **877-661-6230 (oprima 2)**.