

Healthy TOGETHER

FALL 2016



Provided as a benefit
to Oregon Health Plan
Care Coordination
Program clients

1-800-562-4620

www.OHPCC.org



Prenatal Care: Your Baby's Best Bet for a Healthy Start

Prenatal care is the healthcare you and your baby need before he or she is born. You should start prenatal care visits with your doctor as soon as you find out or think you are pregnant. Research shows that babies of mothers who received prenatal care were less likely to be born underweight and more likely to survive than infants born to mothers who did not get care.

The first prenatal visit is usually the longest. Your doctor will examine you and ask you about your health. The doctor also may perform tests to be sure you and your baby are healthy.

At other visits, your doctor will check to see how you are doing and how your baby is growing.

Besides seeing your doctor regularly, there are other steps you can take to help your unborn baby grow and be healthy:

- Do not smoke! If you smoke, ask your doctor to help you quit now.
- Do not spend time with people who are smoking. Their smoke hurts your unborn baby, too.
- Do not drink alcohol or take illegal drugs.
- Do not take any medicine unless your doctor says it is

safe. Even aspirin or cough syrup might hurt your baby.

- Eat healthy foods. Ask your doctor what you need to eat to help your baby grow.
- Take vitamins if your doctor tells you to.
- Ask your doctor how much weight you should gain to have a healthy baby. Follow the doctor's advice.

Ready to Quit Tobacco? There Is Help.

The Oregon Tobacco Quit Line is **free, staffed by real people and available to all Oregonians, regardless of income or insurance status.** The program offers tips and information, 1-on-1 telephone counseling and tools for anyone looking to quit tobacco.

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Call a Quit Coach
**24 hours a day,
7 days a week,
in 170+ languages:**

- **1-800-QUIT-NOW**
(1-800-784-8669)
- **1-855-DÉJELO-YA**
(1-855-335-3569)

Online:

www.quitnow.net/oregon
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Cancer Screenings: Key to Early Detection

More and more people are surviving cancer. This is largely due to early detection of the disease. Screening tests are used to spot cancer early. Usually, the sooner cancer is found, the better the chance it can be treated before it has spread.

Common Cancer Screenings

Below are the American Cancer Society's screening recommendations for certain cancers. Which cancer screenings should you have and when? Your doctor can answer those questions. He or she may suggest that you be screened more or less often.

He or she will take into account your medical history and your family health history. Your doctor will also consider other risk factors you may have.

Cancer Type	Sex	Screening Test	How Often
Breast	F	Mammogram	Every year, starting at age 45 until age 54. Women ages 55 and older should have a mammogram every other year.*
Cervical	F	Pap test Human papillomavirus (HPV) test	Women ages 21 to 65 need Pap tests. Talk with your doctor about how often you need one. Also ask if you should have a human papillomavirus (HPV) test. Women older than 65 who have had normal screenings and do not have a high risk for cervical cancer do not need Pap tests.
Colorectal (One of the tests at right will be done.)	M/F	Guaiac-based fecal occult blood test (gFOBT) Fecal immunochemical test (FIT) Flexible sigmoidoscopy** Double contrast barium enema (DCBE) Colonoscopy** Stool DNA Test	Every year, starting at age 50. Every year, starting at age 50. Every 5 years, starting at age 50. Every 5 years, starting at age 50. Every 10 years, starting at age 50. Every 3 years, starting at age 50.
Prostate	M	Prostate-specific antigen (PSA) blood test	Men 50 and older should talk with their doctor each year about the benefits and limits of these 2 tests. Men at high risk should talk with their doctor starting at age 45.
Skin (melanoma and nonmelanoma)	M/F	Clinical skin exam	Regularly as part of a cancer-related checkup, starting at age 20.

*Women should talk with their doctor about their risk factors. That will help them decide when to start getting mammograms and how often they should get them. The American Cancer Society no longer recommends clinical breast exams and breast self-exams.

**This should come with a digital rectal exam (DRE).

Immunizations: Is Your Child Up-To-Date?

Vaccines can protect your child from serious diseases. They may even save his or her life. Check the chart below with recommended ages for childhood vaccines to make sure your child's shots are up-to-date.

	Birth to age 4 months	Ages 6 to 18 months	Ages 4 to 6 years	Ages 11 to 18 years
Hepatitis B	X	X*	X**	X**
Diphtheria, tetanus, pertussis (DTaP/Tdap)	X (DTap)	X (DTap)	X* (DTap)	X** (Tdap)
Haemophilus influenzae type b (Hib)	X	X*		
Polio (IPV)	X	X	X*	
Measles, mumps, rubella (MMR)		X§	X*	X**
Varicella (chicken pox)		X	X*	X**
Pneumococcal conjugate (PCV)	X	X*	X***	X†
Influenza		X	X	X
Rotavirus	X‡	X‡		
Human papillomavirus (HPV)‡				X
Meningococcal, meningitis (MCV4)		X‡‡	X†	X***
Hepatitis A		X	X***	X***

* Final dose.

** If not completed earlier.

*** Recommended for 11-year-olds.

A booster shot should also be given at 16 years old.

§ Recommended for children ages 6 to 11 months if they will be traveling or living abroad. If not, first dose should be given between ages 12 to 15 months.

† Recommended for certain children at high risk.

‡ Depending on vaccine used, a third and final dose at 6 months may or may not be needed.

‡‡ Recommended for both girls and boys ages 11 and 12. Also recommended for young women and men ages 13 to 26 who have not been vaccinated.

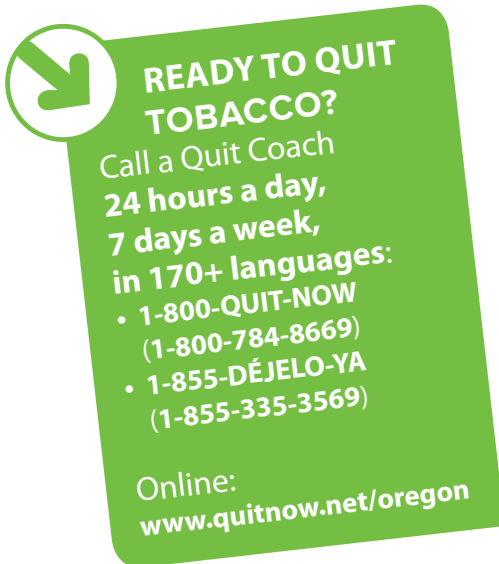
‡‡‡ Recommended for children ages 9 to 23 months who have certain risk factors.



Ask Your Child's Doctor

There are times when a child should not get a vaccination. This can be true if the child has an illness or takes certain medicines. Be sure to review this chart with your child's pediatrician and talk about any concerns you may have. You might want to ask about:

- New vaccines.
- Special vaccines, such as flu shots for children with certain risk factors, including heart disease, diabetes and asthma.
- Catch-up vaccines if your child has skipped certain immunizations.
- Booster shots for older children.
- Possible side effects, such as mild pain and swelling where the needle was given or a low fever. Severe reactions are rare.



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Call **1-800-562-4620** to discuss any of the topics in this newsletter or any other health issues. Visit our Web site at **www.OHPCC.org**.

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Developed by StayWell

Brush Up on Better Dental Care

A healthy mouth is important for more than a just smile that sparkles. Good dental habits can protect your overall well-being, too.

Healthy Mouth, Healthy Body

Brushing, flossing and visiting your dentist regularly can help prevent gingivitis, or gum disease. With gingivitis, your gums become red and swollen, and they bleed. If it is not treated, gingivitis can get much worse. It can cause your teeth to fall out and can raise your risk for heart disease or stroke.

Protect Your Pearly Whites

The path toward a healthier mouth requires just a few simple steps:

- **Brush your teeth twice a day with a soft-bristled toothbrush.** Use toothpaste that contains fluoride. Remember to brush the insides of your teeth and your tongue, too. Replace your toothbrush every 3 to 4 months.
- **Floss once a day.** Flossing helps prevent gum disease and cavities. Holding the floss between 2 fingers, curve it in a C-shape around each side of the tooth. Rub the floss gently up and down.
- **Visit your dentist at least once a year.** Some people may need to visit the dentist more often. Talk with your dentist about how often you should go.



**24/7 Nurse
Advice Line**
1-800-562-4620
Call ANYTIME you want
to talk to a nurse.