

Healthy TOGETHER

SPRING 2017



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

1-800-562-4620

www.OHPCC.org

Take Control of Stress Today

When you are stressed, trying to do everything at once may only cause more stress. Here are tips to reduce your stress:

Make a list. Each day, write down what you need to do. Creating a to-do list at work can be especially helpful. Sixty-five percent of Americans see work as one of the most stressful things, according to a recent American

Psychological Association survey. Only 37 percent of Americans feel they are dealing with stress in a good way.

Sleep on it. When you are tired, you are more likely to feel stressed. Yet about 1/3 of Americans get less than 7 hours of sleep each night, according to the Centers for Disease Control and Prevention. If a racing mind keeps you awake, writing down any to-do items can take away the worries.

Get active. Exercising on a regular basis can help you release tension. It also releases good-mood chemicals in your brain. Experts recommend 30 minutes of physical activity every day.

Breathe easy. When you are feeling stressed, your breathing speeds up and becomes short. Your heart rate and blood pressure increase, and you may feel anxious. By taking a few minutes to breathe right, you can stop this reaction. Inhale through your nose, filling your belly, not your chest, with oxygen. Exhale slowly through your mouth.

As you do this, focus on the idea of relaxation. You can help reduce stress through deep breathing exercises, meditation and mindfulness (trying to think about what is happening now).

Rely on friends. Make sure you have a close circle of friends and family who can help you when you are stressed.

Remember, you cannot tackle everything at once. If you take things one task at a time, you will get better and feel less stress.



**24/7 Nurse
Advice Line**

1-800-562-4620

Call ANYTIME you want
to talk to a nurse.

What to Expect from Some Common Tests— Colonoscopy

Although a colonoscopy is one of the hardest cancer screening tests, it is one of the most important. A colonoscopy finds colorectal (colon and rectal) cancer early, when it can best be treated. Colorectal cancer is the second leading cancer killer of Americans.

Getting Ready for the Test

Getting your bowel (intestines) ready is the hardest part of the test. You will take laxatives to totally clean you out. This will likely cause diarrhea, so make sure you are near a toilet.

For the test to work best, you should listen to your doctor. For example, you may be asked to:

- Eat only liquids for 1 to 3 days.
- Take laxatives and have enemas, which clean you out.

You may need to drink about a gallon of liquid laxative the night before.

Having a Colonoscopy

During the test, you will lie on your side on a table. To keep you relaxed, you may be given pain medicine. When the test starts, your doctor will put in a flexible tube with a light and camera at the end. If the doctor finds a polyp (a small bump on the wall of the intestine), it will be cut out.

The test takes about 30 to 60 minutes. After it is over, you may have cramping, bloating or bleeding. Your doctor can tell you how the test went right away. If a biopsy (special look at a polyp) was taken, you will hear back in a few days.

When to Be Tested

People who have no symptoms of colorectal cancer, and no one in their family with the disease, should have their first colonoscopy at age 50. African Americans should have their first test at 45. If you have a family history of the disease, you should have your first test at 40. The test should be repeated every 10 years, or more often than that. It depends on how at risk you are.

More on Colorectal Cancer

To learn more about colorectal cancer, including prevention and treatment, visit the National Cancer Institute at www.cancer.gov. Search for “colorectal cancer.”



Allergies and Asthma Attacks: Controlling One May Prevent the Other

Allergies are one of the main causes of asthma attacks. Between 60 and 85 percent of people with asthma—and 60 to 80 percent of children with asthma—have allergies.

Try these tips to deal with these common allergens:

Dust Mites

- Put an airtight cover over mattresses and pillows.
- Choose polyester pillows instead of feather pillows.
- Remove all carpets from bedrooms.



- Use a dehumidifier. Set it at less than 50 percent humidity.
- Wear a dust mask while you clean or vacuum.
- Use a high-efficiency particulate air (HEPA) filter and vacuum.

Dogs and Cats

- Keep the pet out of the bedroom.
- Ask someone without allergies to wash the pet once a week.
- Close heating air ducts in the bedroom if you have forced-air heating.
- Use a HEPA air filter and vacuum.



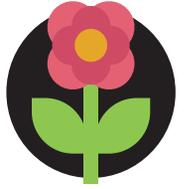
Cockroaches

- Ask a person without allergies to spray insecticide and put out roach traps.
- Keep a tidy kitchen.
- Plug any cracks in floors or walls.



Pollen

- Use air-conditioning and keep windows closed when the pollen count is high.
- Plan outdoor activities for early or late in the day, when the pollen count is lowest. Another good time of day is right after it has rained.
- Use a HEPA air filter and vacuum.



Mold

- Regularly open windows or turn on exhaust fans. This airs out bathrooms, kitchens and basements.
- If your basement is damp, use a dehumidifier. Set it for 35 to 45 percent humidity.
- Avoid raking wet leaves. Mold can lurk in damp materials.



 **READY TO QUIT TOBACCO?**
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

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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Cook This Way for **Good Health**

You have loaded your grocery cart with healthy fruits, veggies and lean proteins. But now it is time to actually put them together into a meal.

Do not harm your good-health efforts by frying, breading or salting. Preparing foods in a healthy way can help you get the most nutrients while cutting back on fat, calories and sodium. Here is how:

- **Value your veggies.** Cook them quickly to avoid letting their flavor, vitamins and minerals escape. Think steaming or stir-frying. Use a little splash of olive oil instead of butter or margarine.
- **Make the most of your meat.** Put the fryer away. Instead, try these methods to prepare

chicken, fish or meat: Broil or roast them in a pan in the oven so that fat drips away. Poach them in a simmering, low-fat liquid like wine or tomato juice, or stir-fry them in a high-temperature wok with vegetable stock or a small amount of oil.

- **Season wisely.** Herbs and spices add flavor without sodium, calories or fat. Skip the heavy sauces. Lemon juice, fresh hot peppers, citrus zest, nuts, and dried fruits and veggies like cherries and tomatoes add an extra punch.
- **Bake with benefits.** Making your own baked goods can help you avoid harmful trans fats, and you

can even add a healthy boost. When your cake or muffins call for yogurt or sour cream, use low-fat or nonfat versions, the American Heart Association recommends. Try substituting mashed bananas or applesauce for butter and oil, and replace half of the regular flour with whole wheat flour.

