

Healthy TOGETHER

WINTER 2016



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

1-800-562-4620

www.OHPCC.org



Mind Your Meds Over the Holidays

During the holiday season, your days may be packed with parties, family gatherings, shopping and more. Extra activities make it easy to let go of your routine. This could cause you to forget to take your medicine. But skipping a dose can put your health on the line.

You Are in Control

These steps will help you remember to take your medicine:

- **Use a weekly pillbox.** If you take multiple medications daily, get a pillbox with separate sections for the time of day that you need to take them.
- **Take your medicine at the same time each day.** Pair it with brushing your teeth or another routine task.
- **Set a reminder.** Use an email or cellphone calendar reminder. Set an alarm on your watch or

smartphone. Or try a smartphone app that alerts you to take your medicine.

- **Ask your pharmacist about timer caps.** These pill bottle caps remind you it is time to take your dose.
- **If you can, order a 90-day supply of your medicines** so that you always have them on hand.
- **When you travel, pack enough medicine to last your whole trip.** Better yet, pack more than you will need so you will not run out. Keep pills in your carry-on bag in case your checked bags get lost.

Get Your Medicine at Home

If it is hard to find the time to visit your local pharmacy, think about using a mail-order pharmacy. That way, your medicine arrives at your door on time so you never miss a dose.

If you have questions about your prescriptions or a hard time remembering to take them, talk with your doctor or pharmacist. They can help you better manage your medicines and tell you what to do if you skip a dose by accident.



**24/7 Nurse
Advice Line**

1-800-562-4620

Call ANYTIME you want
to talk to a nurse.

Do You Know the Symptoms of Hepatitis C?

Not sure about the symptoms of hepatitis C? There may be a good reason: many people have none. In fact, up to 80 percent of people who have hepatitis C show no symptoms at all. This is why you can have hepatitis C for many years without knowing it—and why you should get tested if you are at risk.

Early Symptoms

Some people with hepatitis C do have symptoms soon after getting the virus. The most common time period for symptoms is 6 to 7 weeks after you are exposed. But you can have symptoms at any time from 2 weeks to 6 months after exposure.

The symptoms can be mild or severe. Many are similar to those of the flu. They include:

- Bowel movements that are clay-colored or gray-colored
- Dark-colored urine
- Fatigue
- Fever
- Jaundice (a yellow color in your eyes or skin)
- Joint pain
- Loss of appetite
- Muscle pain
- Nausea
- Stomach pain
- Vomiting

If you have any of these symptoms and you think you may have been exposed to hepatitis C, see your doctor. He or she can do a blood test to check for hepatitis C.

Long-Term Symptoms

If you have hepatitis C for many years, it is called chronic hepatitis C. With time, it can damage your liver, causing scarring of the liver, liver cancer and liver failure. You may not have any symptoms until your liver is already damaged. Or you may start to have some of the early symptoms of liver failure. They are often the same as the flu-like early symptoms of hepatitis C listed.

It is important to remember that even if you do not have symptoms, you can still have hepatitis C and spread it to others. So do not wait for symptoms to appear. If you think you are at risk, the best thing to do is to get tested.



Treatment for Cystic Fibrosis

If your child has cystic fibrosis, the goals of his or her treatment plan are to ease severity of symptoms and slow the progress of the disease. Your child's healthcare provider will figure out the best treatment for your child based on:

- His or her age
- His or her overall health and medical history
- How sick your child is
- Whether or not your child can have certain medicines and procedures
- What you prefer

The plan may help him or her:

Manage problems that cause blocked airways in the lungs.

Options include:

- **Chest physical therapy.** This helps loosen and clear mucus in the lungs. It may include doing positions that make it easier for mucus to drain. You can also use a device, such as a percussor or flutter, to vibrate the chest wall and loosen mucus. This therapy can be done by hand or using a vest.
- **Exercise.** This helps loosen mucus, promote coughing and improve overall fitness.
- **Medicine.** Some drugs reduce swelling, thin the mucus, open airways and help your child breathe. Others fight infection.

Manage problems with processing food and taking in their nutrients.

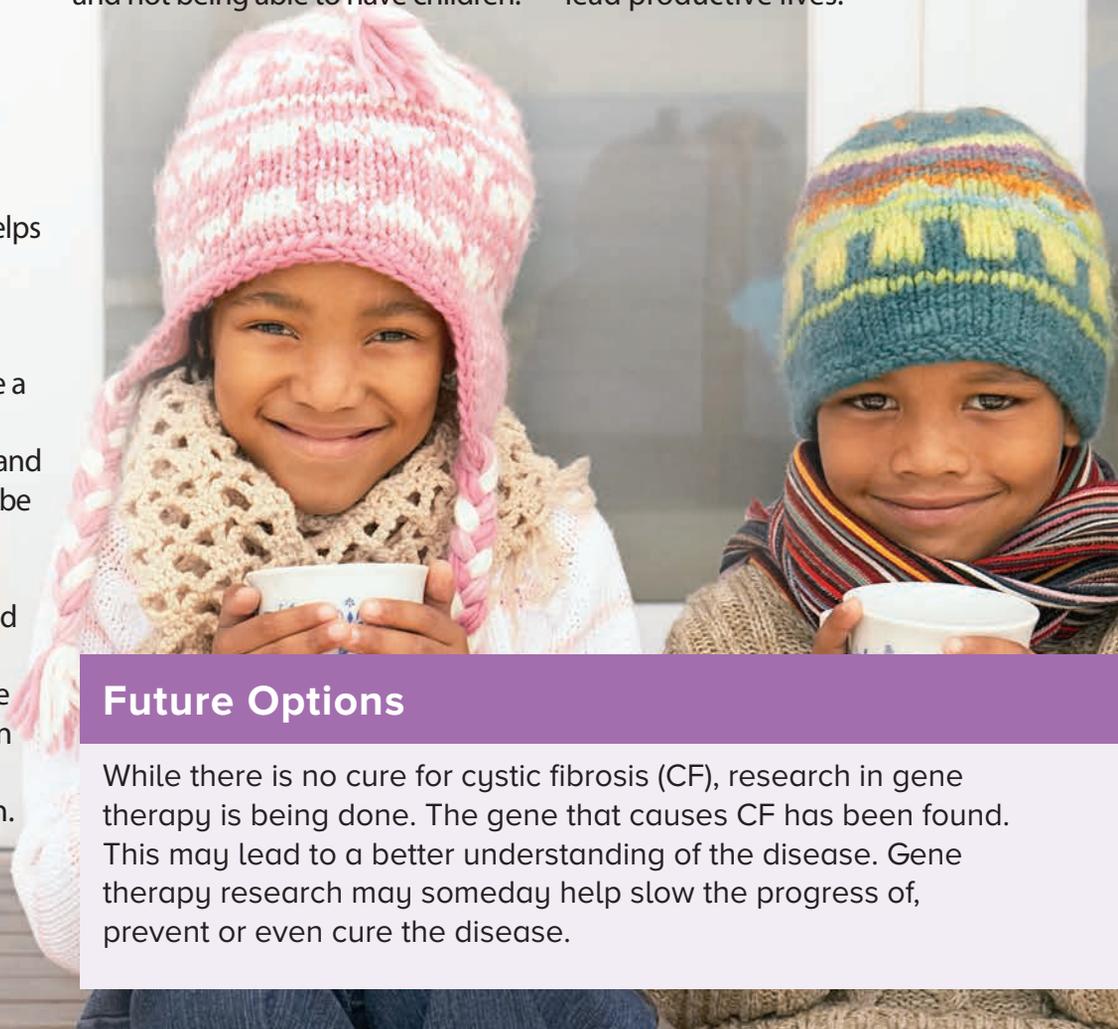
This may involve:

- Changing your child's diet
- Pancreatic enzymes that help the body take in nutrients
- Vitamins
- Care for blockage in your child's intestines

Mental health and social support are also important. This can help your child deal with issues related to independence, money, relationships and not being able to have children.

As lung disease gets near the end stage, a lung transplant may be an option. Often both lungs are replaced with lungs from a donor. This is because leaving 1 sicker lung in place puts it at risk for infection and damage. Not everyone can have a lung transplant. Ask your child's healthcare provider for more information.

With medical, mental health and social support, many children with cystic fibrosis can cope well and lead productive lives.



Future Options

While there is no cure for cystic fibrosis (CF), research in gene therapy is being done. The gene that causes CF has been found. This may lead to a better understanding of the disease. Gene therapy research may someday help slow the progress of, prevent or even cure the disease.



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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Developed by StayWell

Living with a Smoker? Help Him or Her Quit

Secondhand smoke is a deadly weapon. Chronic exposure can cause cancer, heart disease, stroke and lung infections. A study in *Tobacco Control* shows living with someone who smokes exposes nonsmokers to air pollution 10 times higher than what is found in homes where no one smokes.

Here are 4 steps you can take to encourage a family member or friend to quit smoking:

- 1 Do not nag, scold or lecture.** Doing so is more likely to put the person off than make him or her quit.
- 2 Help the person adopt a smoke-free lifestyle.** Ask your loved one what his or her triggers are, and help him or her avoid them.
- 3 Plan for slips.** Many smokers who are trying to quit give in to cravings and have a cigarette. Show support by not overreacting. Offer more encouragement.
- 4 Stick with your loved one.** Let him or her know you are in it for the long haul and that he or she will have your support for as long as it is needed.

Need Help?

For free resources to help a smoker quit, visit **www.smokefree.gov**. Search for "free resources."

