



# The Beacon

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Med-Cert, Inc.  
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## Med-Cert Medical Management Resources

*“Guiding your way to better health management”*



### 4<sup>TH</sup> OF JULY FIREWORKS SAFETY

*The safest way to enjoy the splendor and excitement of fireworks is at a professional display.*

According to the U.S. Consumer Product Safety Commission, fireworks accounted for approximately 11,000 injuries treated in U.S. hospital emergency rooms in the year 2000. Thirty percent were eye-related. These figures do not include those treated in non-emergency room settings or those left untreated. Almost half (48%) of the injuries were to children under age 15. There were 10 deaths from fireworks in 2000. Did you know that Sparklers can heat up to 1800 degrees Fahrenheit, hot enough to melt gold? **Please don't let your children play with fireworks!!**

*To learn more about the dangers of fireworks, contact Prevent Blindness America at 1-800-331-2020 or visit their web site at [www.preventblindness.org](http://www.preventblindness.org)*

### Did you Know...



Research shows that the plaque-busting power of your toothbrush can decrease significantly with normal wear. In one comparison study, a worn toothbrush removed about 15% less plaque compared to a new one. For efficient and effective plaque-removal, replace your toothbrush every three months.

### August is National Immunization Awareness Month

Since the start of widespread vaccinations in the United States, the numbers of cases of some formerly common childhood illnesses like measles and pertussis (whooping cough) have dropped by 95% or more. Immunizations have protected millions of children from potentially deadly diseases and saved thousands of lives. In fact, certain diseases crop up so rarely now that parents sometimes ask if vaccines are even necessary anymore.

This mistaken impression is just one common misconception about immunizations. The truth is, most vaccine-preventable diseases still exist in the world, even in the United States, although they occur rarely. The reality is that vaccinations still play a crucial role in keeping children healthy.

### What Immunizations Do

Vaccines work by preparing your child's body to fight illness. Each immunization (given through a shot your child receives) contains either a dead or a weakened germ, or parts of it, that causes a particular disease. Your child's body "practices" fighting the disease by making antibodies that recognize specific parts of that germ. This permanent or long-standing response means that if your child is ever exposed to the actual disease, the

antibodies are already in place and his body knows how to combat it, so he does not get sick. This is called **immunity**.

Unfortunately, misinformation about vaccines could make some parents decide not to immunize their child, putting him and others at a greater risk for illness.

Clearly, vaccines are one of the best tools we have to keep children healthy, but the effectiveness of immunization programs depends on availability. You can receive inexpensive or free vaccines through many local public health clinics and community health centers. Campaigns to vaccinate children often hold free vaccination days.

*To better understand the benefits and risks of vaccines, visit the CDC's National Vaccine Program Office web site at [www.cdc.gov/od/nvpo](http://www.cdc.gov/od/nvpo) or call 1-800-311-3435*

### Med-Cert provides:

*Utilization Management, Maternity Management, Large Case and Wellness Disease Management and Transplant Coordination.*

**For information on any of our services, please call 866-261-5657 (toll free).**

**Our web site is almost complete. We will be contacting your employer group soon to let them know how you can visit us on the Internet.**

## CHOLESTEROL EDUCATION

Your blood cholesterol level has a lot to do with your chances of getting heart related disease. The higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack. Heart disease is the number one killer of women and men in the US. Each year more than a million Americans have heart attacks and about half a million die from heart disease.

When there is too much cholesterol (a fat-like substance) in your blood, it builds up in the walls of your arteries, which over time causes “hardening of the arteries”. The arteries become narrowed and blood flow to the heart is slowed down or blocked. The blood carries oxygen to the heart, and if enough blood and oxygen cannot reach your heart, you may suffer chest pain. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack. High blood cholesterol itself does not cause symptoms; so many people are unaware that their cholesterol level is too high. Cholesterol lowering is important for everyone—younger, middle age, and older adults; women and men; and people with or without heart disease. Everyone 20 years and older should have their cholesterol measured at least once every 5 years. It is best to have a blood test called a “lipoprotein profile” to find out your cholesterol numbers.

- **Total Cholesterol**
- **LDL (bad) cholesterol** – the main source of cholesterol build up and blockage in the arteries
- **HDL (good) cholesterol** – helps keep cholesterol from building up in the arteries
- **Triglycerides** – another form of fat in your blood

**Things you can control that effect cholesterol levels are:**

Diet  
Weight  
Physical Activity

**Things you cannot control are:**

Age

Gender  
Heredity

Visit the national Heart Lung and Blood Institute web site at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) for more information or e-mail the NHBLI Information Center at [NHLBInfo@rover.nhlbi.nih.gov](mailto:NHLBInfo@rover.nhlbi.nih.gov) for questions or copies of publications

### **Extra, Extra**

Are you satisfied with 100%? When it comes to the recommended dietary allowance (RDA) of vitamin C, you probably should not be.

A serving of orange juice may deliver 100% of the RDA of vitamin C, but the RDA is only 75-90 milligrams. You need much more vitamin C than that for optimum health. Increase your intake by



adding a vitamin C supplement to your diet, or by eating more vitamin C-rich



fruits and vegetables, such as strawberries and red bell peppers.

**Benefit:** Getting up to 1,200 milligrams of vitamin C per day from food and supplements can make your RealAge as much as 1 year younger

## **NATIONAL OBSERVANCES**

### July

Fireworks Safety Month  
Hemochromatosis Screening Awareness Month  
Nat'l Therapeutic Recreation Week (July 14-20)

### August

Amblyopia Awareness  
Cataract Awareness Month  
National Immunization Awareness Month  
Spinal Muscular Atrophy Awareness Month  
World Breastfeeding Week (August 1-7)

### September

Baby Safety Month  
Children's Eye Health and Safety Month  
Cold and Flu Campaign  
Gynecologic Cancer Awareness Month  
Healthy Aging Month  
Leukemia & Lymphoma Awareness Month  
National Alcohol and Drug Addiction Recovery Month  
National Cholesterol Education Month  
National Food Safety Education Month  
National Pediculosis Prevention Month  
National Head Lice Prevention Month  
National Sickle Cell Month  
Ovarian Cancer Awareness Month  
Prostate Cancer Awareness Month  
National 5 A Day Week (Sept. 9-15)  
National Rehabilitation Week (Sept. 15-21)  
National Rey's Syndrome Week (Sept. 16-23)  
Ulcer Awareness Week (Sept. 23-30)  
Family Health and Fitness Days USA (Sept. 29-30)  
Walk a Child to School Week (Sept. 30-Oct. 4)



## **Meditation Primer**

Studies show that practicing mindfulness meditation may significantly reduce stress, anxiety, and depression.

One way to practice mindfulness meditation is to merely sit quietly for 10 to 20 minutes while concentrating on a single object or on the flow of your breath. When your mind begins to wander, note the new thought or sensation and then gently bring your concentration back to your original focus.

**Benefit:** Taking care of your emotional health and well-being can make your RealAge up to 16 years younger.

## **Recipe Corner**



### **Coleslaw**

- 1/2 head green cabbage
- 1/2 head red cabbage
- 2 large carrots, peeled
- 1/2 cup water
- 1/3 cup low-fat silken tofu (about 2 1/2 ounces)
- 3 tablespoons maple or natural cane sugar
- 3 tablespoons granulated onion
- 2 shallots, peeled
- 2 tablespoons white or brown rice vinegar
- 2 teaspoons Dijon mustard
- 1/8 teaspoon sea salt
- Ground black pepper to taste
- 1/4 teaspoon celery seed

1. Thinly slice red and green cabbage. Transfer to a large bowl.
2. Shred carrots in a food processor or with a hand grater. Add to the bowl with the cabbage.
3. Place water, tofu, sugar, granulated onion, shallots, vinegar, mustard, salt and black pepper in a food processor and process until smooth.
4. Sprinkle celery seed over cabbage and carrots.
5. Pour on dressing and toss vegetables to coat.
6. Allow coleslaw to marinate for at least 20 minutes.



This newsletter is brought to you courtesy of Med-Cert, Inc. Our sources for this edition were the Nat'l Health Information Center, Real Age - Health Tools and Tips for Living Younger and the National Health Observances web sites.