



The Beacon

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Med-Cert Medical Management Resources

“Guiding your way to better health management”

MED-CERT'S WELLNESS DISEASE MANAGEMENT PROGRAM

The purpose of Disease Management is to increase an individual's knowledge about his or her disease process so they become empowered through education and guidance to appropriately manage their health care. Our nurse case managers utilize national clinical guidelines in educating and guiding clients to maximize their understanding of their disease. By using a nurse case manager to personally lead a person through the guidelines, patients can change their behavior to manage chronic diseases. Med-Cert's nurse case managers use appropriate resources and support to encourage compliance and follow through. The goals of Disease Management are to enhance disease prevention, increase overall quality of life, decrease lost time from work, reduce health care dollars spent on hospitalizations, emergency room visits, multiple physician visits and complications.

Med-Cert's Wellness Disease Management targets the following disease process for all eligible covered insureds and dependents:

- ◆ Diabetes
- ◆ Asthma/Chronic Obstructive Pulmonary Disease (COPD)
- ◆ Hypertension
- ◆ Congestive Heart Failure (CHF)
- ◆ Coronary Artery Disease (CAD)
- ◆ Hyperlipidemia (High Cholesterol)

The profile of diseases contributing most heavily to death, illness, and disability among Americans changed dramatically during the last century. Today, chronic diseases—such as cardiovascular disease (primarily heart disease and stroke), cancer, and diabetes—are among the most prevalent, costly, and preventable of all health problems. Seven of every 10 Americans who die each year, die of a chronic disease. The prolonged course of illness and disability from such chronic diseases as diabetes and arthritis results in extended pain and suffering and decreased quality of life for millions of Americans. Chronic, disabling conditions cause major limitations in activity for more than one of every 10 Americans, or 25 million people.

Take Control of your Disease

Chronic illness has a profound effect on the physical, emotional and mental well being of individuals, often making it difficult to carry on with daily routines and relationships. However, in many cases, deterioration in health can be minimized by good care. This often depends upon individual choices made on a daily basis. Health care can be delivered more effectively and efficiently if patients with chronic diseases take an active role in their own care.

**For more information on
MED-CERT'S WDM program,
contact Mickey Underwood at
866-633-2378 (toll free).**

Did You Know...



A large percentage of the calcium added to orange juice, soy drinks, and rice milk may settle at the bottom of the carton, a recent study concluded. This could mean less of the bone-building mineral ends up in your glass until the end of the carton. Keep the calcium coming steadily by shaking calcium-fortified beverages well before each serving.

Spring: Tips for Allergy Relief

With spring rains, there is more mold growth inside and outside your home. Flowers, trees, weeds, and grasses also begin to blossom. In addition, spring-cleaning will stir up dust mites throughout the house.

- **Keep pollen under control.**
Wash bedding every week in hot water. Wash your hair and shower before going to bed, since pollen can accumulate in hair.
- **Clean every surface.**
Wear a mask and gloves when cleaning, vacuuming, or painting to limit dust and chemical exposure. Vacuum twice a week.
- **Wash rugs.**
Limit throw rugs to reduce dust and mold. If you do have rugs, make sure they are washable.
- **Keep indoor air clean.**
Change filters in air conditioning units and vents frequently this time of year.



INCREDIBLE ONIONS

The stronger an onion tastes, the better it probably is for your health.

Pungent shallots and certain varieties of yellow and red onions are highest in flavonoids that have potent antioxidant and cancer-fighting abilities, a new study determined. Sweet onions have lower concentrations of flavonoids. Try adding onions to soups, salads, and sandwiches for an antioxidant boost.

Benefit: Getting the right amount of antioxidants through diet or supplements can make your RealAge 6 years younger.

REFLECTING ON THE SUN



Just because you are in an upright position or you are spending time outside late in the day, do not assume your skin is safe. A new UV index -- the first index to thoroughly measure sun exposure to vertical surfaces -- revealed that people who are standing or who are outside when the sun is low are getting much more UV exposure than originally estimated. Keep your summer skin protection habits up year round, regardless of the angle between your body and the sun.

Benefit: Safely getting enough sun can make your RealAge as much as 1.7 years younger.

"Quotable Quote"

As long as you keep your mind clearly focused on the goal you want to accomplish, you will accomplish that goal.

Brian Tracey

Med-Cert provides:

Utilization Management, Maternity Management, Large Case and Wellness Disease Management, Transplant Coordination and Stop Loss Assessments

For information on any of our services, please call

866-261-5657 (toll free).

We are on the Internet. Visit us at:

www.medcertinc.com

Medical Myths Debunked

You don't want to be an April fool -- or any kind of fool -- when it comes to your health. Yes, those old wives knew a thing or two, but they never went to medical school or conducted a scientific study. Are you sure you know the answers to the following?

1. Chewing gum takes seven years to pass through your digestive system.

Answer: False. The gum component itself is indigestible, but will "pass" in a mass and will not stick your insides together, either.

2. Cutting salt intake can help your high blood pressure.

Answer: True. Americans are not in love with the idea of tossing the salty snacks and tend to ignore this advice.

3. Cracking your knuckles will cause arthritis in later life.

Answer: False. There is no evidence that cracking your knuckles inflames the joints and leads to arthritis.

4. Staring at an eclipse can blind you.

Answer: True. Never view the sun directly with the naked eye or with any unfiltered optical device, such as binoculars or a telescope!

5. Staying out in the cold and wind will give you a cold.

Answer: False. Colds are caused by viruses, with enough variations to give you a choice of 200 versions of a cold (which is why you get them over and over again).

6. Drinking warm milk puts you to sleep.

Answer: True. Milk contains a chemical known as tryptophan.

7. Chocolate causes acne.

Answer: False. The link between chocolate intake and acne outbreaks has been broken.

8. Teething causes a fever.

Answer: False. Studies have shown that symptoms such as fever and diarrhea may make teething babies more miserable, but have not been triggered by the teething.



ASK A NURSE

QUESTION: About four days ago I felt a small lump (cysts) on my thigh (it's about pea sized). It is located on the outside and towards the upper end. It is not too deep, and it only causes discomfort when I touch it. There is no skin discoloration. I run everyday (5 to 7 miles) and it seems that running might aggravate it. Have you heard of this before and if so, do you have any suggestions on getting rid of it?

ANSWER: The small lump could represent several things: a bug bite, skin or hair follicle infection, sebaceous cyst, boil or carbuncle and much less likely a skin neoplasm (cancer). This will likely resolve in time, but if it becomes painful and is truly cystic (fluid filled), it can be incised and drained.

Recipe Corner



VEGGIE PIZZA

1 cup very warm water
1 pkg. active dry yeast
1 cup whole wheat flour
1 tsp. Extra virgin oil
½ tsp. Sugar
½ tsp. Salt
Unbleached flour

Mix yeast into water to dissolve. Add sugar and oil. Beat in whole wheat flour. Add enough white flour to make a very stiff dough. Cover and put in warm place to rise until double.

Oil a large baking sheet or pizza pan and spread dough with oiled hands. Let rise 20 minutes. Bake 8 minutes at 375 degrees. Take out of oven and QUICKLY top with your favorite thick LOW FAT spaghetti sauce. Sprinkle lightly with oregano. Add veggie pepperoni slices (a lot of them), any lightly sautéed vegetables you want, and top with grated mozzarella (low fat or veggie). Use 8 oz. for a large pizza. Bake 8 more minutes, until done



This newsletter is brought to you courtesy of Med-Cert, Inc. Our sources for this edition were the Web MD, Real Age - Health Tools and Tips for Living Younger, eCureme, and the Happy Day Cards (fishing for a healthy recipe) web sites.