



The Beacon

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Med-Cert Medical Management Resources

“Guiding your way to better health management”

ENDOMETRIOSIS

Endometriosis is a noncancerous condition that affects 10 to 15 percent of reproductive-age women who menstruate.

About 5.5 million women in the U.S. and Canada have been diagnosed with endometriosis.

Endometriosis develops when cells from the endometrium—or uterine lining—grow outside the uterus and stick to other structures, most commonly the ovaries, bowel, fallopian tubes or bladder.

Endometrial tissue may also migrate outside of the pelvic cavity to distant parts of the body. Researchers aren't sure what causes this condition.

Symptoms of endometriosis can range from mild pain to pain severe enough to interfere with a woman's ability to lead a normal life. Other symptoms include heavy menstrual bleeding, cramping, diarrhea and painful bowel movements during menstruation, and painful intercourse. However, you may have the disease and experience none of these symptoms.

A laparoscope is commonly used to diagnose and treat endometriosis. Laparoscopy allows a surgeon to view abnormalities in the pelvic region via a miniature telescope inserted through the abdominal wall, usually through the navel. While this is the best method of definitive diagnosis available, just because the doctor doesn't see any endometrial tissue doesn't rule out endometriosis.

Pregnancy can temporarily halt the painful symptoms of endometriosis since menstruation stops and estrogen levels drop due to hormonal changes that occur during pregnancy.

There is no cure for endometriosis. Treatment options include minor and major surgery and medical therapies, including hormonal contraceptives and other hormonal drugs, such as GnRH (gonadotropin releasing hormone) agonists, that limit the estrogen release that stimulates endometrial tissue growth.

A family history of endometriosis may contribute to your likelihood of developing this disease. If you have a mother or sister who is battling endometriosis or been diagnosed with it, your risk of developing the disease

is seven times higher than someone with no family history.

Medical research indicates that daughters of women who took the drug diethylstilbestrol (DES) anytime from 1938 to 1971 to prevent miscarriage have an increased risk of developing this disease.

Did you know??

The human head contains 22 bones, consisting the cranium and the facial bones. The cranium is formed by 8 bones: the frontal bone, two parietal bones, two temporal bones, the occipital bone in the back, the ethmoid bone behind the nose, and the sphenoid bone.

Doodle For Better Recall

British researchers say to remember more of what you hear during meetings, turn your notepad into a sketchbook. When played a monotonous phone call listing several names and places, a group of study participants who aimlessly shaded in printed shapes while listening recalled 29% more information on a surprise memory test than those who only took notes. Simple tasks, such as doodling, may block daydreaming, keeping the mind focused on the job at hand believe researchers.

Med-Cert News

Congratulations to Mickey Underwood, Linda White and Debbie Farley for successfully completing the Interlink class; Advanced Achievement in Transplant Management!



Ask A Nurse

Q: My doctor warned me that my high blood pressure might also put me at risk for uterine cancer. Why?

A: The relationship between hypertension and uterine cancer may be due to the fact that many women with hypertension are also obese, which is a very strong risk factor for uterine cancer

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Q: Isn't it true that once you have a urinary tract infection, you'll never have another one?

A: No. In fact, once you have a urinary tract infection, the more likely it is you'll have another.

January is National Glaucoma Awareness Month

More than 2 million Americans age 40 and older suffer from glaucoma. Nearly half do not know they have the disease—it causes no early symptoms. Prevent Blindness America will provide insightful information about this "Sneak Thief of Sight." For information, [contact us online](#), or call 1-800-331-2020.

DON'T FORGET TO PRE-CERTIFY

Med-Cert's Toll-free Precert Telephone Number is (800)-356-7126 and should be reflected on your health insurance ID cards.

It is ultimately the responsibility of the employee/participant/member to make sure precertification has been done. Many plans will reduce your benefit amount if you fail to pre-certify.

Group Health Plans vary from one employer to the next so it is important for you to know what your health plan requires. Call the customer service representative for your health plan if you have questions

Below is a list of some of the common Standard Pre-Certification Notification Requirements.

- *Inpatient Hospital Stays*
- *Inpatient Treatment for Mental and Emotional Conditions or Substance Abuse*
- *Inpatient Rehabilitation Therapy*
- *Skilled Nursing Care*
- *Outpatient Stays over 12 hours.*
- *Outpatient Surgeries*
- *Physical Therapy after first 6 visits*
- *Speech Therapy after first 6 visits*
- *Home Health Care*
- *Hospice Care*
- *Maternity – on confirmation of pregnancy (or at least 2 months prior to delivery) and again on admission for delivery.*
- *Outpatient Procedures – refer to your Employee Benefit Plan booklet as some plans require pre-certification for outpatient procedures*

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

Recipe Corner



Mediterranean Salad Pita

Ingredients

- 3 red radishes, chopped
- 1/2 small seedless cucumber, peeled and chopped
- 1/2 green bell pepper, chopped
- 1/2 small red onion, finely chopped
- 1/4 cup (2 oz) crumbled feta cheese
- 1/2 cup canned chickpeas, rinsed and drained
- 1 tbsp tahini
- 3 tbsp fat-free plain yogurt
- 1/4 tsp dried oregano
- 1/4 tsp ground cumin
- whole wheat pitas (6" diameter)
- romaine lettuce leaves

Directions

1. Combine radishes, cucumber, bell pepper, and onion in medium bowl. Mix in cheese.
2. Mix chickpeas, tahini, yogurt, oregano, and cumin in another bowl. Use fork to mash chickpeas. Mixture will be thick and coarse in texture.
3. Slice about 1 1/2" from top of each pita and open pocket. Line each pita with 1 leaf lettuce. Shred remaining lettuce leaves and tuck 1/2 cup into each pita.
4. Divide chopped vegetables evenly between pitas. Spoon chickpea mixture on top of vegetables.



This newsletter is brought to you courtesy of Med-Cert, Inc. Our sources for this edition Web MD and Prevention magazine.