



The Beacon

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Med-Cert Medical Management Resources

“Guiding your way to better health management”

Lyme Disease

How do I know if I have Lyme disease?

The bull's-eye rash of Lyme disease is distinctive. If you have been exposed to a tick this is enough to make the diagnosis. But if you have no such rash, Lyme disease is hard to diagnose. It mimics other diseases, such as the flu and arthritis, and there is often a long time lapse between symptoms.

Your doctor will check for flu-like symptoms and take a sample of blood to check for a high antibody response to Lyme disease. However, blood testing is not completely reliable. It is also not accurate in the early weeks of infection, when treatment should really begin.

People who have been cured often have positive blood tests for Lyme disease for many years, raising the risk of misdiagnosis.

What is the treatment for Lyme disease?

The treatment of choice for early-stage Lyme disease is a 21-day course of oral antibiotics, usually doxycycline or amoxicillin, which

usually kills the bacteria and prevents later symptoms. People treated early in the infection usually recover rapidly and completely.

Even if not diagnosed in the early stages, Lyme disease can still be successfully treated with antibiotics. In some cases, the disease doesn't seem to fully respond to antibiotics; these people should consult a specialized Lyme disease clinic.

In some cases, antibiotics have been prescribed for people who have only vague symptoms or fear they may have had a tick bite. Some people who have a lot of anxiety and worry after a tick bite may be given antibiotics to try to prevent Lyme disease. The use of antibiotics in this case are controversial, and should only be given when the tick has been attached for at least 36 hours in a region with high risk of Lyme disease.

Med-Cert News

The Med-Cert office will be closed on Monday, July 5th in observance of Independence Day. We wish you a safe and happy holiday!

TRANSPLANT, the most worrisome word for a TPA to hear.

Med-Cert is here to assist with this process through their case management program.

Mickey Underwood RN, CCM, Debbie Farley RN, BSN and Linda White RN, CCM have taken a specialized transplant course offered by Interlink Health Services. They have completed all course requirements for Advanced Achievement in transplant Management (AATMC). Congratulations to all!

As enrollees in the program Mickey, Debbie and Linda advanced their education in the process of transplant. The information and knowledge which they have gained will assist them in helping the TPA's obtain the best possible care for their enrollees as well as providing significant cost savings to the groups. The benefit of a great outcome transplant verses a bad outcome transplant can be millions for a health care plan. Our goal is to obtain both the best for the patient and the best for the plan. We are here to help.



Ask A Nurse

Q: How come I'm less regular on the weekends and when I'm on vacation?

A: Are you eating fewer veggies and exercising less? Exercise helps keep your bowels moving; not getting enough fiber can also contribute to constipation. Another factor is dehydration, which is common when you fly and when you consume too much alcohol. Keep up your healthy weekday routine to get your digestion back on track.

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Q: Because coffee is a diuretic, am I losing essential vitamins and minerals when I drink it? Should I abstain from coffee while taking any prescription meds?

A: A moderate intake of 2 to 3 cups a day makes you urinate just a little more--no cause for concern. Under normal circumstances, your kidneys readily adapt to this caffeine-induced effect and maintain proper levels of body water, essential minerals, and vitamins. But caffeine is a stimulant: Moderate your coffee intake if you take other stimulants, including prescription or OTC medications.

April is National Alcohol Awareness Month

To recognize the serious problem of alcohol abuse, April is designated "Alcohol Awareness Month."

If you suspect that you might have a drinking problem, or you know someone who abuses alcohol, please contact SAMHSA's Health Information Network at 1-877-SAMHSA-7.

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



Shrimp Fettuccine with Roasted Garlic Sauce

Roasting tames down garlic, so don't worry about the large amount used here.

Ingredients

- 1 whole bulb Garlic
- 1 pound Shrimp, large, peeled, and de-veined
- 3 cups Half and Half (half milk, half cream)
- 1 cup Chicken broth
- 1 Tablespoon Cornstarch
- 6 cups Fettuccine, cooked
- 3 Tablespoons Olive oil
- ¼ cup Parmesan
- Parsley, chopped

Directions

Pre-heat the oven to 350. Place the whole garlic bulb in a small roasting pan. Just cover with water. Bake about one hour or until about half the water has evaporated and the garlic is soft. Set aside. Put the half and half in a large saucepan. Add the chicken broth. Bring to a simmer over medium heat. Mix together the cornstarch and one Tablespoon cold water. Whisk into the sauce. Squeeze the garlic gently from its skin. Whisk into the sauce. Simmer for 10 minutes. Heat the oil in a large skillet. Add the shrimp and cook until just pink. Add the sauce and the cooked pasta. Heat well. Place in bowls. Garnish with the Parmesan and parsley. *Serves 4.*



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