



# 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”*

### Sudden Infant Death Syndrome (SIDS)

#### What is sudden infant death syndrome (SIDS)?

Sometimes a baby who seems healthy dies during sleep. This is called sudden infant death syndrome or SIDS.

In most cases, a parent or caregiver places the baby down to sleep and later return to find the baby has died. It's no one's fault. SIDS can happen even when you do everything right.

Although SIDS is rare, it is one of the most common causes of death in babies between 1 and 12 months of age. Most babies who die of SIDS are between the ages of 2 and 4 months.

#### What causes SIDS?

Doctors don't know what causes SIDS. It seems to happen more often in premature and low-birth-weight babies. It also is seen more often in babies whose mothers did not get medical care during the pregnancy and in babies whose mothers smoke. SIDS may also be more likely in babies who were part of a multiple pregnancy (for example, twins or

triplets) or born to mothers younger than 20 years old. When babies sleep on their bellies, they may not breathe well.

#### What are the symptoms?

SIDS has no symptoms or warning signs. Babies who die of SIDS seem healthy before being put to bed. They show no signs of struggle and are often found in the same position as when they were placed in the bed.

#### How is SIDS diagnosed?

SIDS is named the cause of death only when no other cause is found. To find out why a baby died, medical experts review the baby's and parents' medical histories, study the area where the baby died, and do an autopsy.

#### What can you do to reduce the risk of SIDS?

There is no sure way to prevent SIDS, but doing certain things may help protect a baby:

- The most important thing you can do is to **always** place your baby to sleep on his or her back rather than on the stomach or side.
- Don't smoke while you are pregnant.

- For the first 6 months, have your baby sleep in a crib in the same room where you sleep.
- Make sure the baby sleeps on a firm mattress (with a fitted sheet).
- Don't put anything in the crib that a baby can pull over his or her head, such as blankets, comforters, stuffed toys, or pillows.
- If you use bumper pads, use ones that are thin and firm, and make sure they are attached tightly to the crib.
- Keep the room warm enough so that your baby can sleep in lightweight clothes without a blanket.

Make sure your baby's caregivers know what to do to help reduce the risks of SIDS as well.

## Med-Cert News

The Med-Cert office will be closed on Thursday 11/25 and Friday 11/26 for the Thanksgiving holiday.

We wish you a safe and happy holiday!

## Did you know??

If the amount of water in your body is reduced by just 1%, you'll feel thirsty.



## Ask A Nurse

### Q: Should I clean cuts and scrapes with hydrogen peroxide?

**A:** No. Hydrogen peroxide will kill bacteria in skin wounds but it's very caustic and will damage healthy tissue at the same time. Rinse cuts and scrapes gently with soap and water, then dab with an antibiotic ointment and cover with a bandage.

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### Q: Can stress really give you an ulcer?

**A:** No, Most ulcers – sores in the lining of your esophagus, stomach, or small intestine – are caused by *H. Pylori* bacteria. Another common cause is regular use of NSAID drugs, which can irritate your stomach lining. Stress can make your symptoms worse, though – one reason doctors often recommend stress-lowering lifestyle changes along with meds such as antibiotics or acid-reducing drugs.

## October is National Breast Cancer Awareness Month

The NBCAM organizations web site is a year-round resource for breast cancer patients, survivors, caregivers, and the general public.

For more information go to <http://www.NBCAM.org>

## DON'T FORGET TO PRECERTIFY

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 precertify.

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 Precertification 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 precertification 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](http://www.medcertinc.com)

## Recipe Corner



## Pumpkin Brulee

### Ingredients

- 1 can (15 ounces) solid-pack pumpkin
- 1/2 cup brown sugar
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger add to shopping list
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt
- 2 eggs
- 1 cup fat-free evaporated milk
- 2 tablespoons turbinado sugar
- 1 tablespoon orange zest

### Directions

1. Preheat oven to 325°F. Coat eight 4-ounce ramekins with cooking spray and set aside.
2. Combine the pumpkin and brown sugar in a large bowl. Add the cinnamon, ginger, nutmeg, cloves, and salt, and stir until well combined. Add the eggs and milk and mix until thoroughly combined. Divide pumpkin mixture equally among ramekins.
3. Arrange ramekins on a baking sheet and bake for 30 minutes. Remove from oven and sprinkle 3/4 teaspoon turbinado sugar over each dish. Broil for 2 to 4 minutes until sugar melts. Serve warm. Garnish with orange zest.



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