



The Beacon

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Med-Cert Medical Management Resources

“Guiding your way to better health management”

Could you have Fibromyalgia?

What is Fibromyalgia?

Fibromyalgia is widespread pain in the muscles and soft tissues above and below the waist and on both sides of the body. Fibromyalgia is a syndrome—a set of symptoms that happen together but do not have a known cause. In this syndrome, the nervous system (nerves, spinal cord, and brain) is not able to control what it feels, so ordinary feelings from your muscles, joints, and soft tissues are experienced as pain. People with fibromyalgia feel pain and/or tenderness even when there is no injury or inflammation.

Fibromyalgia does not harm your muscles, joints, or organs. And there are many things you can do to control it. When it is not controlled, you may not have any energy. Or you may feel depressed or have trouble sleeping. These and other symptoms can be bad enough to cause problems with your work and home life. With treatment, most people with fibromyalgia are able to continue working and participate in daily activities.

What Causes Fibromyalgia?

Experts have theories about what may cause fibromyalgia. But there is

not enough evidence to support any single cause. Some think that people with fibromyalgia may have nerve cells that are too sensitive. Others think that chemicals in the brain (neurotransmitters) may be out of balance.

What are the symptoms?

The main symptom of fibromyalgia is pain in the muscles, soft tissues, back, or neck. Also certain spots on the body hurt when you press directly on them. Experts call these tender points. But you may also hear them called trigger points.

Fibromyalgia also causes sleep problems and tiredness.

Less common symptoms include headaches, morning stiffness, trouble concentrating, and irritable bowel syndrome. As with many conditions that cause chronic pain, it is common for people with fibromyalgia to have anxiety and depression. These can make you feel worse.

Fibromyalgia is a long-lasting (chronic) condition with no cure. Symptoms tend to come and go. You may have times when you hurt more, followed by times when symptoms happen less often, hurt less, or are absent (remissions).

Some people find that their symptoms are worse in cold and damp weather, during times of

stress, or when they try to do too much.

How is it treated?

You may be able to control your symptoms with regular exercise and by finding better ways to handle stress. Good sleep habits are very important too. If you have trouble sleeping, changes to your routine, schedule and sleep surroundings can help. Counseling can help you cope with long-term (chronic) pain.

If your symptoms are troublesome, your doctor can prescribe medicines that help you feel better.

Symptoms of depression, such as a loss of interest in things you usually enjoy or changes in eating and sleeping habits, can often be successfully treated if you tell your doctor about them.

Some people with fibromyalgia also find complementary therapies helpful. These include tai chi, acupuncture, massage, behavioral therapy, and relaxation techniques.

Med-Cert News

The Med-Cert staff wishes you a
very Happy New Year!!!

Did you know??

Unless food is mixed with saliva you cannot taste it...



Ask A Nurse

Q: What is acetaminophen?

A: Acetaminophen is an active ingredient found in many over-the-counter medicines to help relieve pain and reduce fever.

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Q: Are chemical dyes bad for the hair?

A: Chemical damage is one of the most common culprits of hair damage, as processed hair loses its natural moisturizers and the protective lipid layer of fat on the outside of the cuticle (responsible for making the hair shiny) is removed. The result is dried-out, dull, frizzy hair.

January is National Thyroid Awareness Month

As many as 30 million Americans may be affected by thyroid disorders, although more than half remain undiagnosed. Contact the American Assoc. of Clinical Endocrinologists more information. 1-800-331-2020 or go to:
www.empoweryourhealth.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.medicertinc.com

Recipe Corner



Barbecue Bean Stew

Ingredients

- 1 large can (28 oz) barbecue beans.
- 1/2 to 1 pound ground turkey or ground beef
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper (1 medium pepper)
- 1/2 cup matchstick carrots, or use frozen or canned
- 1 can (8 ounces) tomato sauce
- 1 cup water
- 1/2 teaspoon garlic powder
- 1 can (approximately 14.5 ounces) tomatoes, diced
- 1 cup shredded cheese

Directions

Brown ground turkey or ground beef with onion and green bell pepper; combine with remaining ingredients in crock pot or slow cooker. Cover and cook on low 6 to 9 hours. Serve with a sprinkling of grated cheese and cornbread or crackers.

Stovetop: Brown ground turkey or ground beef with onion and green bell pepper; combine ingredients in a stock pot or Dutch oven. Cover and simmer for 45 minutes to 1 hour.



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