



# The Beacon

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## Med-Cert Medical Management Resources

*“Guiding your way to better health management”*

### What is a Urinary Tract Infection?

Your urinary tract is the system that makes urine and carries it out of your body. It includes your bladder and kidneys and the tubes that connect them. When germs get into this system, they can cause an infection.

Most urinary tract infections are bladder infections. A bladder infection usually is not serious if it is treated right away. If you do not take care of a bladder infection, it can spread to your kidneys. A kidney infection is serious and can cause permanent damage.

#### What causes them?

Usually, germs get into your system through your urethra, the tube that carries urine from your bladder to the outside of your body. The germs that usually cause these infections live in your large intestine and are found in your stool. If these germs get inside your urethra, they can travel up into your bladder and kidneys and cause an infection.

Women tend to get more bladder infections than men. This is probably because women have shorter urethras, so it is easier for the germs to move up to their bladders. Having sex can make it easier for germs to get into your urethra.

You may be more likely to get an infection if you do not drink enough fluids, you have diabetes, or you are

pregnant. The chance that you will get a bladder infection is higher if you have any problem that blocks the flow of urine from your bladder. Examples are kidney stones or an enlarged prostate gland.

#### What are the symptoms?

You may have an infection if you have any of these symptoms:

- You feel pain or burning when you urinate.
- You feel like you have to urinate often, but not much urine comes out when you do.
- Your belly feels tender or heavy.
- Your urine is cloudy or smells bad.
- You have pain on one side of your back under your ribs. This is where your kidneys are.
- You have fever and chills.
- You have nausea and vomiting.

Call your doctor right away if you think you have an infection and:

- You have a fever, nausea and vomiting, or pain in one side of your back under your ribs.
- You have diabetes, kidney problems, or a weak immune system.
- You are older than 65.
- You are pregnant.

#### How are they diagnosed?

Your doctor will ask for a sample of your urine. It is tested to see if it has germs that cause bladder infections.

If you have infections often, you may need extra testing to find out why.

#### How are they treated?

Antibiotics prescribed by your doctor will usually cure a bladder infection. It may help to drink lots of water and other fluids and to urinate often, emptying your bladder each time.

If your doctor prescribes antibiotics, take the pills exactly as you are told. Do not stop taking them just because you feel better. You need to finish taking them all so that you do not get sick again.

#### Can they be prevented?

You can help prevent these infections by:

- Drinking lots of water every day.
- Urinating often. Do not hold it.
- If you are a woman, urinate right after having sex.

## Med-Cert News

**The Med-Cert office will be closed,  
Thursday November 22<sup>nd</sup> and  
Friday November 23<sup>rd</sup> in  
observance of Thanksgiving.**

## Did you know??

The liver is the largest of the body's internal organs. The skin is the body's largest organ....



## Ask A Nurse

### Q: Why can't I control my frequent burping?

**A:** You're probably just swallowing too much air. We all suck in some when we eat or drink and then body heat makes it expand, creating the perfect set-up for a belch. You can dial back on air intake by cutting out a few habits: sucking on hard candy, chewing gum, smoking, drinking soda or gulping your food.

### Q: My hair has gotten so thin that I can see my scalp in certain places. Do hair implants make sense?

**A:** Hair transplants aren't just for men and if you've got lots of sparse areas, the treatment might indeed make sense for you. Today's implants look more like your own fresh-grown hair, sprinkled naturally around the scalp.

## October is National Bullying Prevention Month

Bullying is everyone's issue, and when we're united, the cause is strong. For more information call PACER's National Bullying Prevention Center 1-888-248-0822 or go to:

<http://www.pacer.org/bullying/get-involved.asp>

## 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



### Fresh Citrus and Cranberry Salad

#### Ingredients

- 2 cups fresh or frozen cranberries, thawed
- 4 oranges
- 2 stalks celery, thinly sliced (1 cup)
- ½ small red onion, finely chopped (1/3 cup)
- ¼ cup sugar
- 2 Tbsp. fresh lemon juice
- 1 tsp. grated fresh ginger
- 1 5-oz pkg. baby arugula
- ¼ cup fresh mint leaves, chopped
- 2 Tbsp. walnut oil or olive oil

#### Directions

1. For Cranberry Topper: in food processor cover and pulse cranberries 5 times to coarsely chop (or coarsely chop by hand). Transfer to bowl.
2. Cut peel from oranges. Section oranges over bowl to catch juice. Add sections and juice to cranberries. Stir in celery, onion, sugar, lemon juice, and ginger. Cover and refrigerate at least 1 hour or up to 2 days.
3. Toss arugula with mint and oil. Top with cranberry mixture. Serves 8.



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