



The Beacon

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Med-Cert Medical Management Resources

“Guiding your way to better health management”

Sarcoidosis

Sarcoidosis is a rare disease that creates tiny lumps of cells throughout the body. These lumps, called granulomas, are too small to see or feel. They can form anywhere on the inside or outside of the body and can cause permanent scar tissue. They often form in the lungs, lymph nodes, liver, skin, or eyes.

No one can predict how sarcoidosis might affect you. Some people don't have any symptoms at all. For more than half of the people who get it, sarcoidosis appears for a short time and then heals itself without requiring treatment.

What causes sarcoidosis?

No one knows for sure what causes sarcoidosis but medical experts say that sarcoidosis is most likely a disease of the body's immune system.

It might also be a respiratory infection that happens when someone with certain genes comes into contact with things in the environment, like bacteria, viruses, chemicals, toxins, or allergens.

What are the symptoms?

For some people, sarcoidosis may cause no symptoms at all. For others, it can cause a variety of

symptoms depending on which part of the body or which organs it affects. Some of the most common symptoms include:

- Fever.
- Body aches.
- Skin problems.
- Swollen lymph glands.
- Shortness of breath.
- Painful joints.
- Numbness.

Sarcoidosis may lead to lung or heart problems as well.

How is sarcoidosis diagnosed?

Sarcoidosis is often found in patients who don't have any symptoms of sarcoidosis but who have abnormal chest X-ray results.

Sometimes doctors can diagnose the disease after a physical or eye exam or by looking at a chest X-ray. Different tests like lab tests and lung tests can also help doctors make a correct diagnosis.

How is it treated?

Sometimes the disease goes away on its own requiring no treatment. If the disease affects certain organs—such as your eyes, heart, or brain—you'll need treatment even if you don't have any symptoms.

Prednisone, an oral corticosteroid is one of the most common ways to

treat sarcoidosis. It works by reducing the inflammation caused by the disease.

Other medicines used to treat sarcoidosis include:

- Methotrexate, which works best if the disease affects your lungs, eyes, skin or joints.
- Hydroxychloroquine, which works best if the disease affects your skin or brain or if you have a high level of calcium in your blood from sarcoidosis.

Even if you don't have any symptoms, keep seeing your doctor for ongoing care. He or she will want to check to make sure that the disease isn't damaging your organs. You may need routine tests to make sure that your lungs are working well. And you should get your eyes examined regularly, even if you don't have vision problems.

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

Music Therapy

Music therapy is the use of music to gain physical and emotional healing and wellness. A trained and certified music therapist, dance/movement therapist, or creative arts/expressive therapist can provide music therapy. Therapy sessions can involve listening to music, music-making, or both.

Research is beginning to reveal how music works to heal the body and mind.

- ❖ The rhythm and tone of music can excite you or relax you. Music therapy can help reduce your heart rate and blood pressure and increase your ability to think, learn, reason, and remember.
- ❖ Music-making is a healthy way of expressing yourself.

Why is music therapy used?

Music therapy is used to help your mental and physical health. It helps people express themselves, find new memories, and calm the body and mind through its rhythm, order, and predictability. Music therapy can be combined with movement therapies, such as dance.

Music therapy:

- ❖ May improve forgetfulness (dementia) by:
 - Improving your connection to others.
 - Helping the brain produce a calming substance (melatonin).
 - Improving how well you speak.
 - Improving long-term and medium-term memory.
- ❖ May help babies born too early to deal with necessary but painful procedures. Crying is often affected by music.
- ❖ Is used to reduce the pain of cancer treatment.

How safe is music therapy?

Music therapy is considered very safe.

If you are using an alternative therapy or if you are thinking about combining an alternative therapy with your conventional medical treatment be sure to discuss it with your doctor. It may not be safe to forgo your conventional medical treatment and rely only on an alternative therapy.

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*

Did you know??

The length from your wrist to your elbow is the same as the length of your foot....

Recipe Corner

Basil Chicken over Angel Hair Pasta



Ingredients

- 1 (8oz) package angel hair pasta
- 2 teaspoon of olive oil
- 1/2 cup finely chopped onion
- 1 clove garlic, chopped
- 2 1/2 cups chopped tomatoes
- 2 cups boneless chicken breast halves, cooked and cubed
- 1/4 cup chopped fresh basil
- 1/2 teaspoon salt
- 1/8 teaspoon hot pepper sauce
- 1/4 cup Parmesan cheese

Directions

1. In a large pot of salted boiling water, cook angel hair pasta until it is al dente, about 8 to 10 minutes. Drain, and set aside.
2. In a large skillet, heat oil over medium-high heat. Sauté the onions and garlic. Stir in the tomatoes, chicken, basil, salt and hot pepper sauce. Reduce heat to medium, and cover skillet. Simmer for about 5 minutes, stirring frequently, until mixture is hot and tomatoes are soft.
3. Toss sauce with hot cooked angel hair pasta to coat. Serve with Parmesan cheese. Serves four.



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