



The Beacon

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Med-Cert Medical Management Resources

“Guiding your way to better health management”

Whooping Cough

Whooping cough (pertussis) is a disease that causes very severe coughing that may last for months. During bursts of violent coughing, you may make a noise that sounds like a “whoop” when you try to take a breath.

Whooping cough spreads easily from one person to another. Getting the pertussis vaccine can help you avoid the disease, make it less severe, and prevent you from spreading it to those who are at risk for more serious problems.

With good care, most people recover from whooping cough with no problems. The illness can be dangerous in older adults and young children, especially babies who aren't old enough to have had the pertussis vaccine.

What causes it?

Whooping cough is caused by bacteria that infect the top of the throat (pharynx). The bacteria bother the throat, which causes coughing.

When someone with whooping cough coughs, sneezes, or laughs, tiny drops of fluid holding the bacteria are put into the air. The bacteria can infect others when people breathe in the drops or get them on their hands and touch their mouth or nose. After the bacteria infect

someone, symptoms appear about 7 to 14 days later.

What are the symptoms?

Symptoms of whooping cough may occur in three stages, especially in young children.

Stage 1, symptoms are like those of a cold:

- You sneeze and have a runny nose, a mild cough, watery eyes, and sometimes a mild fever.
- The symptoms last from several days to 2 weeks.
- This is when you are most likely to spread the disease.

In stage 2, the cold symptoms get better, but the cough gets worse.

- The cough goes from a mild, dry, hacking cough to a severe cough that you can't control.
- You may cough so long and hard that you can't breathe. When you can take a breath of air, it may make a whooping noise.
- After a coughing fit, you may vomit and feel very tired.
- Between coughing fits, you feel normal.
- Symptoms are most severe in this stage. They usually last 2 to 4 weeks or longer.

In stage 3, you still have symptoms, but you feel better and grow stronger.

- The cough may get louder.
- Coughing fits may happen off and on for weeks.

- Coughing fits may flare up if you get a cold or have a similar illness.
- This stage may last longer if you have never had the vaccine.

Symptoms of whooping cough usually last 6 to 10 weeks, but they may last longer.

How is it treated?

Whooping cough is usually treated with antibiotics. These medicines make it less likely that you will spread the disease. Also, if you start taking the antibiotics when you first get whooping cough, the disease may not last as long. Family members and other close contacts may be prescribed antibiotics before they have any symptoms.

How can you prevent it?

Making sure that you and your children are immunized against whooping cough is the best way to prevent it.

Washing your hands often and staying away from people who have a bad cough may also help you avoid getting the disease.

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

The 8 Simple Rules Of Eating For All-Day Energy

1. Never go hungry

It's extremely difficult to exercise when you haven't eaten enough or at all, so to keep your blood sugar from getting low and to sustain your energy, you need to eat small amounts of carbohydrate-containing foods throughout the day.

2. Never go thirsty

Dehydration is a real downer. If you haven't had enough to drink, you can feel light-headed, headachy, dizzy, and confused and can have increased heart and breathing rates.

3. Save sports drinks for special occasions

Plain water is a fine hydrator, but if you fatigue quickly when you exercise or if you sweat a lot, a sports drink may be just the ticket. Sports drinks contain glucose, the sugar your body needs for energy, as well as electrolytes such as sodium and potassium, which are lost when you perspire.

4. Don't overdo the calories

Before you start exercising, drink 6 to 8 ounces of fluid (such as water) and have an energizing snack of 100 to 200 calories if it's been more than 2 hours since your last meal or snack.

5. Pick the perfect protein

Good sources of protein include poultry, fish, lean meats, low-fat dairy products, legumes, nuts, and nut butters.

6. Watch your nutrient intake

High energy comes from eating right every day. Nutrients you may need to get the most out of your exercise routine are: calcium, vitamin D, and magnesium.

7. Eat healthful fish

Research suggests that antioxidants can help reduce the inflammation and stress that exercise puts on your body. Aim for two weekly servings of fish rich in omega-3s, such as salmon, tuna, mackerel, and sardines

8. Limit fats

Fat is the last nutrient to leave the stomach, and it slows down digestion. When you eat anything, the act of digestion requires that your body increase circulation to your digestive tract.

Did you know??

Every person has a unique tongue print....

November is COPD Awareness Month

COPD, which includes chronic bronchitis and emphysema, is a chronic lung disease that makes it hard to breathe. The disease affects millions of Americans, and is the third leading cause of death in the U.S. For more information call: 800-LUNGUSA or visit:

<http://www.lung.org>

Med-Cert News

Our office will be closed on Thursday, November 26th and Friday, November 27th for the Thanksgiving holiday.

Recipe Corner



Turkey Croquettes

Ingredients

- 2 Tbsp olive oil
- 1 Tbsp unsalted butter
- 1 shallot, finely chopped
- ¼ cup all-purpose flour
- ¾ cup low-fat buttermilk
- 2 tsp fresh lemon juice
- 2 tsp dried thyme
- 2 ½ cup finely chopped cooked turkey (about 12 oz)
- 1 ¼ cup fresh whole wheat bread crumbs
- 1 cup lingonberry jam

Directions

1. HEAT oil and butter in pan over medium heat. Add shallot and cook 2 minutes. Add flour and cook, whisking, 2 minutes. Gradually pour in buttermilk, lemon juice, and thyme, whisking until well combined and thickened, about 1 minute.

2. TRANSFER to bowl and stir in turkey. With wet hands, shape mixture into 18 ovals (about 1 Tbsp each), then coat in bread crumbs.

3. HEAT broiler. Broil croquettes on oiled baking sheet 6" from heat, turning until golden brown, about 5 minutes. Serve with jam.

Cooking Tips: To save time, you can form the croquettes and chill up to 4 hours in advance. Tangy lingonberry jam, a Swedish specialty, makes a sensational sauce, but you can also use up leftover cranberry sauce in a pinch.



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