



# HEALTHLINK

SPRING 2008

Check out  
our new  
look!



## Type 2 Diabetes:

## Reduce Your Child's Risk Now

**T**ype 2 diabetes is no longer considered an adult-only disease. Many children are developing this serious health problem.

### IS MY CHILD AT RISK?

Most children diagnosed with type 2 diabetes are considered severely overweight. Obesity is measured through body mass index (BMI). Your child's doctor can help determine BMI.

Experts also think inactivity is a common cause of type 2 diabetes in children. Other risks may include:

- Being Native American, Asian-American, Pacific Islander, African American, or Hispanic
- Having higher-than-normal blood sugar levels
- Having conditions linked to high

blood sugar levels, such as high blood pressure

- A family history of diabetes

Type 2 diabetes usually causes no symptoms in children. But some children with the disease may have dark, thick skin patches around the neck or in the underarm area.

### CAN IT BE PREVENTED?

Helping your child reach an appropriate body weight is the best defense against type 2 diabetes. These lifestyle measures also can help:

- Eating a low-fat diet that includes a lot of whole grains and 5 servings of fruits and veggies daily.
- Engaging in regular exercise for about 30 minutes on most, if not all, days of the week. ■

## How HIPAA Works for You

We often take our medical rights for granted. But they are guaranteed, thanks to the Health Insurance Portability and Accountability Act (HIPAA).

As a patient, HIPAA gives you rights over your personal health information and sets rules on who can see and access it. It allows you to:

- See and get a copy of your own medical record, including test results, information in your medical file, and notes jotted down by your doctor or nurse.
- Change your medical records if they are incorrect.



- Receive notification about how your health information will be used.

- Choose who can access your medical records.
- To learn more, visit [www.hhs.gov/ocr/hipaa](http://www.hhs.gov/ocr/hipaa).

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## Should Your Child Take a Sick Day?

It's almost time to leave for the bus, and your child is complaining of a headache and sore throat. What should you do? Knowing when to send your kids off to school and when to keep them home can be a tough judgment call—especially in the rush of a weekday morning. When you're wondering how sick is too sick for school, a few general guidelines can help. You may want to keep your child home if he or she has any of the following symptoms:

- Diarrhea
- Repeated vomiting
- Fever
- Severe sore throat
- Thick discharge from the eye
- Mouth sores accompanied by drooling
- Wheezing
- Uncontrolled or severe coughing
- Unusual fatigue
- Difficulty breathing
- Weakness
- Dry mouth
- Unexplained irritability
- Skin problems, including discolored skin, rashes, or itchiness
- Decreased appetite

### Need Help?

If you need help reading this information, please contact Primary Care+ Member Services at **1-800-424-7097** (Lincoln) or **402-392-4180** (Omaha).

Si necesita ayuda para leer esta información, póngase en contacto con el Servicio para Afiliados de Primary Care+ llamando al **1-800-424-7097** (Lincoln) o al **402-392-4180** (Omaha)

Nếu quý vị cần được giúp đỡ để đọc thông tin này, xin vui lòng liên lạc Ban Phục Vụ Thành Viên Chương Trình Primary Care+ ở số **1-800-424-7097** (Lincoln) hoặc **402-392-4180** (Omaha)



## Keep in Shape with Your Children

**B**eing active can prevent medical problems such as heart disease and diabetes. So, try to exercise most days of the week. Exercise 30 minutes at a time. Or break it up into shorter time periods that add up to 30 minutes daily.

Here are some activities you can do with your children to make exercise part of your daily routine:

- Listen to your favorite music and dance or jump rope to the beat.
- Do household chores together to music. Sweep and mop the floor, vacuum the carpet, or wash the windows.
- Count and see how long you and your child can stretch out and

strengthen your muscles. Your child should not hold the stretch for more than 30 seconds.

- Do sit-ups, pull-ups, push-ups, and jumping jacks. But be sure to warm your muscles up first with light activity or movement.
- Lift light weights of 1 to 2 pounds. This is best for children age 11 and older.
- Walk at a fast pace up and down an apartment hallway. Start slowly and build up your activity level gradually. Choose exercises that will make you sweat and breathe hard. But don't overdo it. You should be able to talk when you are exercising. ■

## How to Prepare an Advance Directive

An advance directive is a way for you to specify what kind of medical care you would like to have or not have should you be unable to speak for yourself. And the best time to communicate your end-of-life wishes is when you are feeling fine.

Talk with your doctor about your advance directive. He or she can fully explain the implications of accepting or rejecting various forms of medical care. You also may want to talk to a lawyer. If possible, have your advance directive notarized.

To help ensure that your wishes will be honored, try to be as specific as possible when preparing your advance directive. And be sure to keep it up-to-date.

# Prenatal and Postpartum Care: the Gift That Lasts a Lifetime

If you think you may be pregnant or you are expecting, it's important to make a doctor's appointment. Regular care protects you and your baby both during and after pregnancy.

## PRENATAL CARE PREVENTS POSSIBLE TROUBLES

Early and regular care during pregnancy increases your chance of having a healthy baby. But it also protects you from any problems that may develop. Some conditions that can affect expecting moms include diabetes and high blood pressure.

You may have to visit the doctor about 9 to 13 times before your baby is born. To get the most from visits, write down any questions you have beforehand. Your doctor will examine you and monitor your baby's growth. At these visits, your doctor also may check your:

- Blood sugar and blood pressure levels
- Weight
- Baby's position and heartbeat

Prenatal visits also may include childbirth education. This is a good time to ask about infant care, such as proper feeding techniques.

## POSTPARTUM CHECKUPS ENSURE A HEALTHY FUTURE

New moms need to stay healthy for their new family member. You should have a postpartum checkup about 4 to 6 weeks after delivery. This appointment makes sure that your body is healing correctly. You will probably receive a cervical and breast exam and a Pap smear. During this visit, talk about any emotions or feelings you are having.

It's important to take your baby to see the doctor during the postpartum period. These visits help your doctor monitor your child's development and ensure that your newborn gets the right vaccinations at the right age. ■



## fast facts

The typical child or teenager watches nearly 3 hours of television a day. Nearly 2 hours of that includes some kind of violence.

## Recipe: Two-Cheese Pizza

Whole-wheat flour	
1 can (10 oz)	refrigerated pizza crust
2 tbsp.	olive oil
½ c.	low-fat ricotta cheese
½ tsp.	dried basil
1	small onion, minced
2 cloves	garlic, minced
¼ tsp.	salt (optional)
4 oz	shredded part-skim mozzarella cheese
2 c.	chopped mushrooms
1	large red pepper, cut into strips

1. Preheat oven to 425°F.
2. Spread whole-wheat flour over working surface. Roll out dough with rolling pin to desired crust thickness.
3. Coat cookie sheet with cooking spray. Transfer pizza crust to cookie sheet. Brush olive oil over crust.
4. Mix the ricotta cheese with the dried basil, onion, garlic, and salt; spread this mixture over crust.
5. Sprinkle crust with mozzarella cheese. Top cheese with mushrooms and red pepper.
6. Bake at 425°F for 13 to 15 minutes until cheese melts and crust is deep golden brown.
7. Cut into 8 slices.

Yield: 4 servings

Serving size: 2 slices—¼ pie

Each serving provides:

Calories: 351, Carbohydrates: 34 g,

Protein: 18 g, Fat: 16 g

Source: National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health.

Postmaster: Please deliver  
between March 31-April 4.

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For more health and wellness tips  
visit our website: [www.bcbsne.com](http://www.bcbsne.com)

## Important Phone Numbers

**Primary Care+**  
402-392-4180 (Omaha)  
1-800-424-7097 (toll-free)

**Primary Care+ TDD**  
402-398-3859 (Omaha)  
1-800-821-4790 (toll-free)

For a complete physician list and  
practice limitations call Access  
Medicaid:  
**Douglas and Sarpy County**  
402-595-1000  
**Lancaster County**  
402-471-7715

## HEALTHLINK

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This information is intended to educate readers about subjects pertinent to their health, not as a substitute for consultation with a personal physician.

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## CULTURAL CORNER

### Q & A: How to Teach Empathy to Children and Teens

*Q. Why is empathy an important trait?*

A. Empathy is the ability to understand another person's situation or feelings. Children who are empathetic tend to be kind and caring—even toward those who are different than they are. Research also shows that empathy may reduce a child's risk of developing behavioral problems.

The ability to step into another's shoes helps children socially, too. It's easier to converse and relate to others when you understand their actions and objectives.

*Q. Can you teach your kids to be more caring?*

A. Experts believe so and recommend the following strategies:

- Set a good example by expressing kindness and caring toward your children and toward others.
- If your children do something cruel, let them know right away that what they did was wrong. Be firm and to the point.
- Volunteer as a family for a nursing home or other organization.
- Involve your child in small acts of kindness, such as helping a neighbor.
- Check out library books or videos that show children being caring and responding to conflict with words—not violence.
- Praise kids for sharing, taking turns, and being kind to others.

