



HEALTHLINK

FALL 2008



Keep Your Little Athlete Safe

Every year about 3 million injuries caused by sports affect children. But children love sports anyway. And sports help kids improve fitness and coordination, develop skills and self-esteem, and learn how to be a member of a team.

THE RIGHT SPORT

Choose a sport right for your child's age and ability. The American Academy of Pediatrics recommends that kids wait until at least age 8 to play contact sports, like basketball and soccer. Wait until age 10 for collision sports, like football and hockey.

WHAT PARENTS SHOULD DO

- Don't pressure your child to win at all costs. Like a good coach, you should focus on fun—and safety.
- Take your child's physical complaints seriously. Don't tell your child to "play through the pain."
- Watch for warning signs of pain in your child. These include:
 - A limp or other favoring of a part of the body.
 - A loss of enthusiasm for the sport.
 - A decline in performance.
 If your child gets hurt, call the doctor. ■

Know Your Doctor

Your doctor provides you with a medical home. This means that your doctor works with you to make sure you have the health care you need.

Get to know your doctor. Keep your scheduled visits for you and your children. Your doctor keeps track of your medical history. This includes any treatments you have had in the past. Your doctor can use this information to make good decisions about your health care.

Call Your Doctor When You Need Medical Care.

- Medical care is provided to you 24 hours a day, 7 days a week.
- If your doctor is not there, another doctor or your doctor's staff will help you.
- Your doctor may have someone else to help him or her. These staff members may provide care for all basic health problems.

Missed Appointments.

- It is important to keep your doctor appointments. If you miss too many appointments, your doctor can ask that your relationship end. If you can't make an appointment, please call to cancel it. You may reschedule it for a later date.

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Help Your Child Manage Asthma at School

Does your child have asthma? Preparing for the school year can involve more than just buying school supplies.

Take time now to complete this to-do list:

1. Visit the school or call the principal. Your child should be in a classroom with few or no asthma

triggers. If this is not possible, make sure your child sits far away from such triggers. These things can trigger asthma:

- Animals with fur or feathers.
- Mold.
- Dust mites from carpets or stuffed furniture.
- Cockroaches.
- Strong smells from pest sprays, paint, or cleaning supplies.

2. Learn how students at your child's school get their asthma medicines when needed. Find out if they may carry around medicines while in school and on the bus.

3. Talk to the school nurse. The nurse can help you and your child make a plan for storing and using medicine.

4. Be sure your child's teachers know what to do if your child has an asthma attack.

5. Find out how your child can safely participate in gym class. That may mean taking medicine before gym or choosing different exercises.

6. Test your child on how to use his or her inhaler. Research shows that fewer than 50 percent of children benefit from medicine taken through an inhaler. Why? Because they do not use the inhaler correctly.

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).

Your Child Is Protected By State Law

Nebraska Law allows children to self-manage his or her asthma at school.

These steps need to be followed:

1. Develop an asthma action plan with your child's doctor. Make sure the doctor signs it. The plan will list the health care services your child may

receive at school. These services include the names and dosages of any asthma medicine your child may use while at school.

2. Tell your child's school nurse that your child has asthma. Give the nurse a copy of the signed action plan.

Don't Let the Flu Bring Down Your Family

Picture it. You are battling body aches and the sniffles. Your oldest child has a cough. Your little one is fighting a fever. Sound like a bad dream? No, it is your family coping with its very own flu outbreak.

To help you and your children dodge the flu, consider a flu shot. All healthy children ages 6 to 59 months should get a yearly shot. If your children are older than age 4, ask their doctor if a flu shot

every year is necessary.

You may also need a shot if you:

- Are age 50 or older.
- Have a weakened immune system from a disease, such as cancer.
- Are pregnant or will be pregnant during flu season.
- Have heart, kidney, or lung disease.
- Parent a child younger than age 4.

It's best to get a flu shot in October or November.



fast facts

An orange or orange juice? They both contain a day's dose of vitamin C. But the orange has added benefits:

- The orange offers more fiber.
- An orange has fewer calories. Plus, drinking too much juice can cause cavities.



Crunchy Pumpkin Pie

Pie Crust:

- 1 c. quick-cooking oats
- ¼ c. whole-wheat flour
- ¼ c. ground almonds
- 2 tbsp. brown sugar
- ¼ tsp. salt
- 3 tbsp. vegetable oil
- 1 tbsp. water

Pie Filling:

- ¼ c. packed brown sugar
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¼ tsp. salt
- 1 egg, beaten
- 4 tsp. vanilla
- 1 c. canned pumpkin
- 2/3 c. evaporated skim milk

1. Preheat oven to 425° F.
 2. Get a small mixing bowl. Mix oats, flour, almonds, sugar, and salt together.
 3. Blend oil and water together in measuring cup with fork or small whisk.
 4. Add oil mixture to dry ingredients and mix well.
 5. Press into a 9-inch pie pan and bake for 8 to 10 minutes, or until light brown.
 6. Turn down oven to 350° F.
 7. Get another mixing bowl. Mix sugar, cinnamon, nutmeg, and salt together.
 8. Add egg and vanilla. Mix to blend well.
 9. Add pumpkin and milk. Stir to combine.
 10. Pour into pie shell.
 11. Bake for 45 minutes at 350° F.
- Yield: 9 servings.
Serving size: 1/9 of pie.

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Important Phone Numbers

Primary Care+
402-392-4180 (Omaha)
1-800-424-7097 (Lincoln)

Primary Care+ TDD
402-398-3859 (Omaha)
1-800-821-4790 (Lincoln)

For a complete physician list,
contact Primary Care+ Member
Services.

For practice limitations, call the
Medicaid Enrollment Center:

Omaha
1-888-255-2605


Lincoln
402-471-7715

HEALTHLINK

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CULTURAL CORNER

Doctor Dialogue: The Best Way to Communicate

You and your doctor have so much to talk about, but so little time. It pays to prepare before your next doctor visit.

WHAT YOU CAN DO

Notes can help you answer your doctor's questions. Start by making a list of all the medicines you take. Be sure to include over-the-counter drugs. Next, list your medical concerns.

Do your notes include printouts from the Internet? Keep in mind that not all online facts are created equal. Reliable sources include www.nlm.nih.gov/medlineplus and www.healthfinder.gov.

Find out before your visit whether it's OK to tape your talk or take notes. Or, invite a friend to come with you. They can help you speak up and understand what you hear.

GET THE FACTS ON MEDICINES

Your doctor may suggest a new medicine. Make sure you ask exactly how and when to take the drug. Other questions to ask include:

- What's this medicine for?
- When can I expect to feel better?
- Will the new drug replace any other medicines I take?
- Should I avoid any drinks or foods while using it?
- How should I store the medicine?

Speak up if a medication does not work or causes side effects. There's usually another medicine you can take.

