

good health report

SPRING 2015

YOUR FAST TRACK TO LIVING WELL



ADHD Signs

How to recognize and cope with the condition

Do You Have Low Back Pain?

When you need treatment



Embrace better health.®

Good Health Report To Your Health



At AvMed, everything we do revolves around you, so it's in our DNA to help our Members find ways to live healthier. A great way to kick off spring is to find out exactly how healthy you are and discover paths toward improvement.

A great first step is completing AvMed's online Personal Health Assessment. This confidential, easy-to-use interactive tool helps to identify potential health risks and sets goals based on your personal needs.

Interested? Visit www.avmed.org and log into your AvMed account. On the left side of the screen, select **Health and Wellness**. Then, under **Tools for a Healthier You**, click on **Wellness Portal powered by Healthyroads®**.

Now, you're on your way.

To your good health!



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BREAK A SWEAT IN THE GREAT OUTDOORS

If you've been blaming the winter blahs for your lack of exercise, your excuse is gone! Spring, with its warmer weather and brighter days, is the perfect time to get moving in the fresh outdoor air. Increased physical activity can relieve stress and depression, improve heart function and even reverse damage to your health that disease may have caused. So, celebrate spring—and yourself—by starting an outdoor exercise routine.

RUNNING

Dress in layers for a comfortable jog. Choose a safe, scenic route, and be sure to watch out for traffic.

WALKING

Take a nature walk through a nearby state park, or enjoy a quick clip through town. Pick your pace up to burn more calories.

CYCLING

Get your feet spinning and your heart pumping, and enjoy the cool breeze as you move along. Remember your helmet!

HIKING

Lace up your boots and pack your water bottle. Choose a route that's well marked and suited to your ability level.

KAYAKING

Don't let the equipment intimidate you. You can rent kayaks, paddles and life vests and get a quick lesson from a guide.

Spring Cleaning for Your Health

An annual deep clean is good for your home—and it's also good for your health. Even if you're regularly wiping the counters and sweeping the floors, you're missing the dust mites, allergens, mold, bacteria and even chemicals that may be lurking in hidden corners and hard-to-access spots. Break out the mop and bucket and get ready to protect yourself from potential harm (and burn some calories in the process). Here's a checklist to get you started:

- **Replace** all filters in air conditioning and heating units.
- **Dust** ceiling fans, window frames, bookshelves and tables. Sweep and vacuum floors after the dust has settled.
- **Move** all furniture to dust and vacuum underneath.
- **Shampoo** carpets. Roll up area rugs to thoroughly clean floors underneath.
- **Disinfect** toilets, showers and tubs to remove all mildew and mold.
- **Empty** your medicine cabinet to disinfect shelving. (Bring any expired medications to your pharmacy for safe disposal.)





Treating Low Back Pain

When to take action.

Low back pain is one of the most common health complaints among adults. The National Institutes of Health estimates that 80 percent of adults will experience low back pain at some point in their lives, making it a leading cause of job-related disability and absence from work.

Lumbar pain

The lower back—also known as the lumbar region—consists of muscles, ligaments, tendons, vertebrae, discs and nerves that work together to support the full weight of your back. You may experience low back pain due to injury, straining or overuse, or your pain may be a side effect of another health condition, such as infection or even depression. The pain may burn, ache, pulse or radiate, and it may be temporary (acute) or long lasting (chronic.)

On the job

There are two types of workers that are especially at risk for low back pain. Manual laborers, like construction workers and

mechanics, are at risk because they may injure or strain themselves lifting or moving. Sedentary workers, like office employees or bus drivers, are at risk because they spend long hours sitting in the same position.

Dial the doc

If your pain doesn't go away within a few days, or if you are unable to complete your normal work duties, schedule an appointment with your doctor. If you are experiencing other symptoms, such as sudden weight loss, fever, numbness or a loss of bladder or bowel function, this may be an indicator of a more serious medical condition and you should contact your doctor right away.

Time for treatment

Many people with low back pain expect or even desire tests like X-rays or MRIs when they visit the doctor. But the truth is that these tests are often ineffective when it comes to diagnosing problems. Your doctor may begin with treatments like over-the-counter pain medication, physical therapy and lifestyle changes, such as altering your lifting technique at work or adjusting your office chair. Most low back pain eases with time. More serious low back pain may be treated with prescription medication or possibly surgery.

To access the clinical guidelines for low back pain, visit www.avmed.org, select *Health and Wellness* then *Prevention and Education*.

True or False: Prostate Cancer

Test your knowledge.

Prostate cancer is the second most common cancer in American men, only behind skin cancer. Take our quiz to learn more about risk factors, diagnoses and treatment.

- 1 Prostate cancer is most common among men aged 65 or older. **(TRUE/FALSE)**
- 2 Prostate cancer cannot be treated. **(TRUE/FALSE)**
- 3 Most men diagnosed with prostate cancer survive. **(TRUE/FALSE)**
- 4 All races and ethnicities have equal risk for prostate cancer. **(TRUE/FALSE)**
- 5 Prostate cancer can be genetic. **(TRUE/FALSE)**
- 6 There is nothing you can do to reduce your risk of prostate cancer. **(TRUE/FALSE)**

ANSWERS

1 **TRUE.** The average age of diagnosis is 66. Prostate cancer rarely affects men younger than 40.

2 **FALSE.** Treatment can include a combination of approaches such as surgery, chemotherapy, hormone therapy and radiation.

3 **TRUE.** While prostate cancer is very serious and can lead to death, most patients with prostate cancer survive. More than 2 million men in the U.S. are prostate cancer survivors.

4 **FALSE.** Researchers don't know why, but prostate rates vary among men of different races and ethnicities. It is most common in African-American men and Caribbean men of

African ancestry and least common in Asian-American, Hispanic and Latino men.

5 **TRUE.** Data suggests that prostate cancer runs in some families. If you have a father or brother diagnosed with prostate cancer, your own risk is doubled. If you have several relatives diagnosed with prostate cancer, your risk is even higher.

6 **FALSE.** The following healthy lifestyle choices may reduce your risk of prostate cancer: being physically active, maintaining a healthy weight and eating 2 1/2 cups of fruits and vegetables daily.

SHOULD YOU GET SCREENED?

Men have a one-in-seven risk of developing prostate cancer in their lifetime, according to the American Cancer Society. However, men can protect themselves from the disease with one of two screenings.

The prostate-specific antigen (PSA) test is a simple blood test, while the digital rectal exam (DRE) involves a doctor feeling the prostate for lumps or hard areas. The American Cancer Society recommends discussing screenings with your doctor at age 50 for men at average risk or as early as 40 for men at high risk, meaning those with more than one first-degree relative diagnosed with prostate cancer at an early age.

More information about prostate cancer screenings is available under the *Prevention and Education* section at www.avmed.org.



Does Your Child Have ADHD?

Signs of this common condition and how to cope.

Most children fidget, and lots of them are impatient. That's why attention-deficit hyperactivity disorder, or ADHD, can be difficult to diagnose. But ADHD is actually one of the most commonly diagnosed childhood conditions. The Centers for Disease Control and Prevention estimates that 11 percent of school-age children have ADHD, which is marked by hyperactive, impulsive and inattentive behavior. Boys are more likely to be diagnosed.

Children with this condition display these symptoms to an extreme, for six or more months:

- Show their emotions without restraint
- Blurt out impulsive responses
- Have trouble sitting still
- Appear not to listen when spoken to
- Find it hard to focus and follow directions

If you think your child has ADHD, talk with your doctor or pediatrician. After an evaluation,

the doctor may recommend a combination of medication, therapy and even diet changes.

Children with ADHD struggle with change, so they need predictable routines to better understand what is expected of them. You can help your child by creating structure at home. Devise a clear daily schedule that includes time for homework and play. Organize clothing, schoolbooks and toys into the dedicated areas of the house. Specify expectations and define limits. Be consistent with rules, and remember to praise good behavior.

When school is on break, keep to your routine—even if it means scheduling more playtime activities—so that good habits continue. Consistent rules and routines can help children with the condition focus and avoid distractions.

If new to therapy, your child should be seen within 30 days of filling a prescription for medication follow up.

ADHD in Adults

People usually think of attention-deficit hyperactivity disorder (ADHD) as a children's condition, but it affects adults, too. Some adults with ADHD may have been diagnosed during their childhood, but some may not.

Adults with ADHD often experience the following:

- Extreme restlessness
- Procrastination
- Trouble concentrating
- Relationship issues

- Challenges arriving to work on time and fulfilling work duties
- Trying to accomplish several things at once
- Becoming easily bored or quickly angered

As with children, adults must be evaluated and diagnosed by a doctor. Adult ADHD can be effectively managed with one or more forms of treatment, including medication, counseling and education.

Healthy Mama, Healthy Baby

A safe and happy pregnancy.

Expecting a little one? Congratulations! You can benefit yourself and your baby by eating a nutritious diet, enjoying regular exercise and practicing safe behaviors.

❖ EAT HEALTHY

Follow a low-fat, high-fiber diet. Choose foods like fruits, vegetables, grains and low-fat milk products. It's especially important to get folic acid, a B vitamin that prevents birth defects. Folic acid can be found in broccoli and fortified orange juice. Supplement your diet with a daily prenatal vitamin, and remember to drink plenty of water.

Avoid raw fish and meat and unpasteurized cheeses. This will protect you and your baby from foodborne bacteria and parasites.

❖ STAY ACTIVE

Regular physical activity improves circulation and boosts mood and energy, and improving stamina and strength can facilitate easier labor and delivery.

Choose low-impact activities like walking, swimming, hiking and yoga. Avoid any exercise that requires you to lie on your back, as it can prevent a healthy blood flow to the uterus. If you ever experience dizziness, nausea, contractions or bleeding, stop exercising and contact your doctor.

❖ PLAY IT SAFE

Do not drink, smoke or take drugs during your pregnancy, as these behaviors can lead to serious health problems in your baby.

Always wear your seat belt when traveling by car, even if it feels uncomfortable. Take frequent breaks to walk or stretch. Talk with your doctor about safe airline travel.

Be sure to attend all your regular prenatal appointments. You need checkups throughout your pregnancy to make sure you and your baby are healthy.

HELP FOR POSTPARTUM DEPRESSION

Although the birth of a child is a joyous time for most, some women feel sad after having a baby. Sometimes it's just "baby blues," hormonal mood swings that occur in the days after delivery and subside within a few weeks. But other times, it's postpartum depression.

Symptoms of postpartum depression may include feeling unusually scared, panicky, anxious or sad. In some cases, thoughts of harming yourself or your baby may occur. Postpartum depression should be treated by a doctor. A prescription for an antidepressant medication, in combination with counseling or support groups, may help. It's important that you keep all postpartum appointments with your doctor to discuss any mental or physical issues, including 21 to 56 days after delivery.

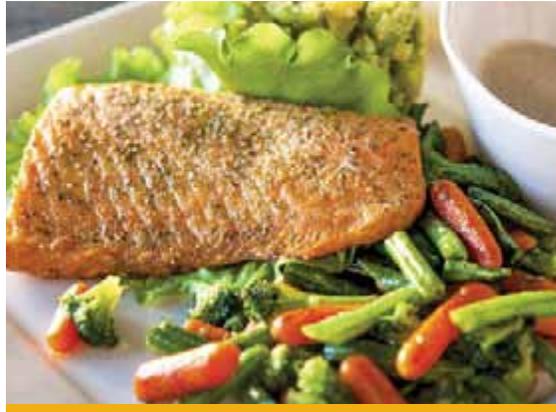
Baked Salmon

With Thai Vegetable Salad

A fresh, uncooked salad-style vegetable sauce tops the hot baked salmon. The contrast in temperatures and textures is extremely satisfying. There is also a wonderful contrast of the richness of the salmon and the herbal, citrusy flavors of the vegetable mixture.

- 1/4 cup fresh lime juice
- 4 tsp. reduced-sodium soy sauce
- 1 Tbsp. sugar
- 2 carrots, shredded
- 1 red bell pepper, cut into thin slivers
- 4 skinless salmon fillets (4 ounces each)
- 1 tsp. ground coriander
- 1/2 tsp. salt
- 3 tsp. chopped cilantro
- 2 Tbsp. chopped mint

1 Preheat the oven to 450 F. In a medium bowl, whisk together 3 tablespoons of the lime juice, the soy sauce and sugar. Add the carrots and bell pepper, and toss to combine. Refrigerate until serving time.



NUTRITIONAL INFORMATION

PER SERVING: 217 calories, 8.9g total fat (1.5g saturated), 68mg cholesterol, 2g dietary fiber (.8g soluble), 12g carbohydrate, 23g protein, 536mg sodium. **SERVES 4.**

Source: wholehealthmd.com

- 2** Place the salmon fillets on a baking sheet. Sprinkle the fish with the remaining 1 tablespoon lime juice, the coriander and the salt. Bake for about 10 minutes, or until the fish just flakes when tested with a fork.
- 3** Stir the cilantro and mint into the carrot-pepper mixture and spoon over the hot salmon.

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