

HEALTH PLAN SELECT

Health Matters

AAHPS.COM | FALL 2011

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HEALTH PLAN SELECT
Athens Area Health Plan Select Inc.
Affiliated with Athens Regional Medical Center



*Making
exercise a
family affair
can make
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you and
your child.”*

Dear Friends,

Back to school already? Where did the summer go? As you send your children back to school, consider the subsequent adjustment to your family's physical activity.

The summer often entails an increase of physical activity for children, whether through sports, extra time playing outside or swimming. With rising obesity rates among children and cutbacks in physical education programs, it is important to find ways to incorporate exercise into your child's schedule now that summer has passed. Making exercise a family affair can make fitness more fun for both you and your child.

It is important to set a good example. If your children never see you engage in healthful activity, or if they hear you complain about working out, they could develop a negative image of exercise. Let them know you work out to stay healthy, manage your weight, be strong, and have more energy and stamina. Working out can also improve circulation and mood.

Physical fitness as a family activity can be fun. Exercise can be as simple as implementing a daily family walk before or after dinner. Determine the physical activities your family loves to do together, such as hiking, bicycling, in-line skating, rock climbing, swimming or even walking the dog.

Spend some afternoons at a park with a playground, but don't just relax on the sidelines—join in on the fun. Time on the swing set can help work out your legs. Try some pull-ups on the park's play equipment. Do some tricep dips on a nearby park bench.

Remember that working out sets a great example for your children. You will teach them at an early age how important—and easy—it is to make physical fitness a part of daily life. Making exercise a family affair also provides the extra bonus of spending quality time with your children.

Be well,

Geoffrey Cole, MD
Chief Medical Officer
Health Plan Select

COVER PHOTO BY MISTY CANUP

Staying Safe *Behind the Wheel*

Commercial motor vehicle (CMV) drivers must be evaluated at least once every two years, and certain medical conditions, such as hypertension, diabetes or heart disease, may require more frequent examinations. A driver whose medical status has changed between exams may also need to be reexamined if the injury or illness could potentially interfere with driving abilities.

Recently passed federal legislation requires all department of transportation (DOT) medical examiners take a DOT-certified training course and pass a written examination to secure certification to perform the examinations.

“In some cases, DOT medical examinations are performed by practitioners who may not be familiar with the regulations, resulting in determinations of driver fitness that conflict with DOT regulations and guidelines,” says Brian G. Forrester, MD, MPH, FACOEM,

medical director of Occupational Health Services at Regional FirstCare. “At Regional FirstCare, all physicians who perform DOT medical examinations have extensive training and experience in DOT guidelines and the physical and mental stress of driving a CMV.”

For more information, please contact Gina Rogers, practice manager of Regional FirstCare, or Dr. Forrester at (706) 353-6000.



Regional FirstCare offers a range of occupational medicine services, including:

- federally certified drug and breath alcohol testing
- fit-to-work evaluations
- hepatitis, rabies, smallpox, tetanus, influenza and tuberculosis vaccinations
- management of random drug and alcohol testing programs
- pre-employment and respiratory physicals
- treatment and management of worker's compensation injuries

Mammograms Made Easy

Athens Regional Medical Center now offers busy women an easier way to request and remember to schedule their yearly mammograms.

Traditionally, women have received reminders about scheduling their yearly mammograms by phone or through the mail. Connie Deardorff, RN, BSN, Athens Regional Breast Health Program manager, believes that increased computer literacy has made online scheduling and reminders a necessity.

“Women now have the ability to request their annual mammograms when it's most convenient for them, and they

have the option of receiving e-reminders about scheduling,” Ms. Deardorff says. “We hope the online additions will make undergoing these essential screenings simpler for women so they're more likely to practice good health.”

Athens Regional not only offers mammograms in the hospital's all-digital mammography facility, but also through the Breast Health Center's mobile unit. The mobile unit travels through Athens and surrounding counties, making it possible for women to have their yearly mammograms at a business or school close to home. The Breast Health Center's mobile unit will serve Oconee, Barrow, Jackson and Madison counties on a regular basis in the next several months.

To request a mammogram, go to armc.org/GetMammo, submit your information and an Athens Regional Breast Health Center staff member will be in touch to confirm your appointment. Patients can self-refer for a mammogram, which means you do not have to have a physician's referral to obtain a screening mammogram.

For more information, contact Connie Deardorff, Athens Regional Breast Health Program manager, at (706) 475-5959, or by email at bhc@armc.org.



Scan this QR code with your smart phone to book your mammogram today!





Advanced Care for Optimal Prostate Cancer *Treatment*

Prostate cancer—

it's not a topic that's likely to come up in general conversation, yet it is a condition that could cause 33,000 deaths this year, according to the American Cancer Society.

As men age, their risk for prostate cancer increases. It is vital that by age 50 all men undergo a prostate-specific antigen (PSA) test. The prostate produces PSA, and changes in these levels may indicate the presence of cancer. This test only requires a simple finger prick, but if PSA levels are very high, a biopsy may be needed.

If test results warrant further testing, men should turn to Athens Regional Medical Center, the only area facility with the latest diagnostic technology to help detect prostate cancer at its earliest stages. Athens Regional is the only hospital in Georgia to offer advanced image analysis technology with magnetic resonance imaging (MRI).

What's Your Risk?

Multiple factors play a role in your chances of developing prostate cancer during your lifetime. These can include:

- Being age 50 or older
- Being African-American
- Having a family history of prostate cancer

While you can't control risk factors such as these, maintaining a healthy lifestyle can help you minimize your overall risk. To reduce your risk:

- **EAT MORE PLANTS.** Research suggests a plant-based diet can lower risk of certain kinds of cancer, including prostate cancer. Aim for five servings of fruits and vegetables every day, and limit your consumption of processed and red meats and full-fat dairy. Try swapping meat for vegetarian options, such as putting beans in chili instead of ground beef.
- **MOVE MORE.** Physical activity, when partnered with a healthful diet, can help you reach and maintain an appropriate weight. Not a fan of the gym? No problem. Just pick an activity you enjoy doing—such as walking, jogging, swimming, dancing or bicycling—and set aside 30 minutes a day for the activity of your choice.
- **SAY GOODBYE TO CIGARETTES.** Smoking cigarettes and using other tobacco products can raise your risk of prostate cancer, as well as lung cancer and heart disease. If you're ready to quit, speak with your physician about setting a quit date and which nicotine cessation options could work best for your lifestyle.

HOW IT WORKS

Athens Regional utilizes VividLook® iCAD, a special software that offers enhanced visualization when using a contrast medium during an MRI. When an MRI captures a prostate image, the VividLook iCAD creates colorized maps showing how the contrast dye flows in and out of the prostate. Based on these charts, radiologists can distinguish between benign and malignant lesions present on the prostate.

“There can be a lot of confusion in prostate cancer diagnosis, much of which stems from unclear biopsies,” says Bill Ashley, director of Radiology at Athens Regional. “By using MRI coupled with this type of technology, we can more accurately localize and stage prostate cancer while potentially minimizing the number of prostate biopsies a patient may require. This relatively new diagnostic tool—similar to breast MRI for women—could add potentially life-saving enhancement to the diagnosis and treatment of the disease.”

PINPOINTING CARE

Based on the enhanced color images and additional data physicians use for diagnosis, patients can receive follow-up tests if needed.

“The PSA laboratory values often tell us if a patient is at higher risk for prostate cancer, but they don't tell us where the cancer will occur in the prostate,” says David Allen, MD, urologist at The Urology Clinic. “The iCAD scan helps us predict the most likely location when performing a biopsy.”

Once a biopsy is performed, urologists can offer men the most appropriate treatment options and also determine if immediate treatment is needed.

“Many people develop prostate cancer, but not all of those patients need to be treated aggressively,” Dr. Allen says. “By evaluating scientific information, we are able to differentiate between patients who are more likely to have problems than others.

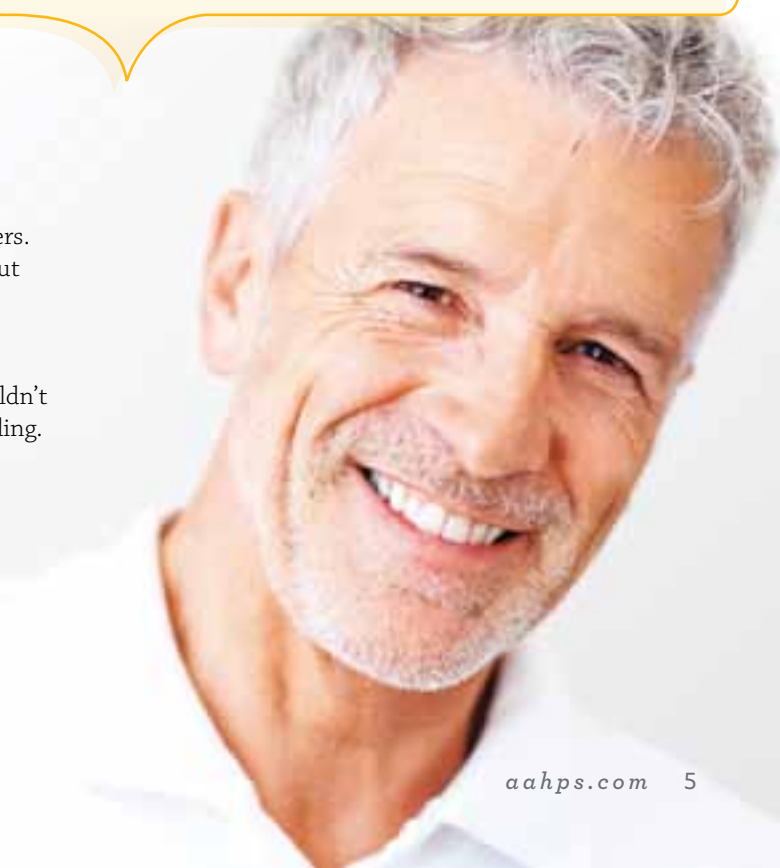
Often, the result is these patients need to be watched closely but not treated immediately.”

THE BEST CARE IN YOUR HOMETOWN

When you're coping with prostate cancer test results, you shouldn't have to worry about where to receive the best care or about traveling.

“This new technology shows Athens Regional's dedication to local residents,” Mr. Ashley says. “We have streamlined diagnosis for patients to provide advanced care in a familiar and comfortable environment.”

To learn more about the leading-edge diagnostic imaging services at Athens Regional Medical Center, visit armc.org.



Prescription for Savings

Paying for prescription medications may make you shudder, **but it shouldn't.**

Health Plan Select members have several options for saving money on the medications they need. Follow these three tips to stay healthy without spending more than you need to.

- » 1. Take advantage of your three-tiered drug plan, which includes generic, preferred and non-preferred medications. Choosing generic will save you money.
- » 2. Several pharmacies in Northeast Georgia—including those at Kroger, Walmart, Target and Publix—offer discounted or free supplies of medications. Kroger, Walmart and Target offer more than 300 generic drugs for as low as \$4 per month or \$10 for three

months. Certain women's health medications at Walmart and Kroger cost only \$9 for a month's supply, while Publix offers two weeks' worth of eight different antibiotics for free with a valid prescription.

- » 3. Other strategies to save on prescriptions include asking your physician if a drug exists in a generic form or if a generic equivalent could be prescribed.

"Lower-cost alternatives are available in most drug categories," says Ray Donovan, chief operating officer for Health Plan Select. "It isn't as difficult as some people may think to be a prudent buyer of prescriptions."

For more information about Health Plan Select's prescription programs, visit aahps.com or call Health Plan Select Member Services at (706) 549-0549, extension 2.



DON'T FORGET YOUR LIST!

Now that you've obtained your prescriptions and saved some money filling them, it's time to create a medication list. Keeping a medication list with you at all times—especially when you visit your physician or enter a hospital for treatment—is one of the simplest and most important things you can do to help ensure your safety.

Include the following on your medication list:

- Name of each medication you take, as well as how and why you take it and who prescribed it
- Names of drugs to which you're allergic
- Your name and address, as well as those of your physicians, pharmacy, and family member or friend to contact in case of emergency

Don't limit your medication list to your prescriptions—also include dietary supplements, eye drops, over-the-counter drugs and ointments you may use. Place the list in your wallet, and be sure to update it any time you add or subtract a medication.

Log in to aahps.com to view your medication benefits online.

Cut out and keep in your wallet for emergency use.

Emergency Information

Name:

Address:

Phone:

Emergency Contact:

Physician:

Pharmacy:

Allergies:

Medication/Use:

Medication/Use:

Medication/Use:



The Power of Preventive Screening

The American Cancer Society estimates that more than 100,000 new cases of colon cancer will be diagnosed in the United States in 2011. Staying current with preventive screenings and understanding personal risk factors can help fight back against the disease.

The first line of defense against colon cancer is preventive screening. When the disease is diagnosed in early stages, it is more likely to be treated effectively. If it is caught early enough, the disease can be removed during a colonoscopy.

To help ensure cancer cases are caught as early as possible, preventive screenings play an essential role in maintaining overall health. Screening for colon cancer should:

- » Start at age 50 for men and women of normal risk.
- » For those with typical risk, the test should be performed once every 10 years.

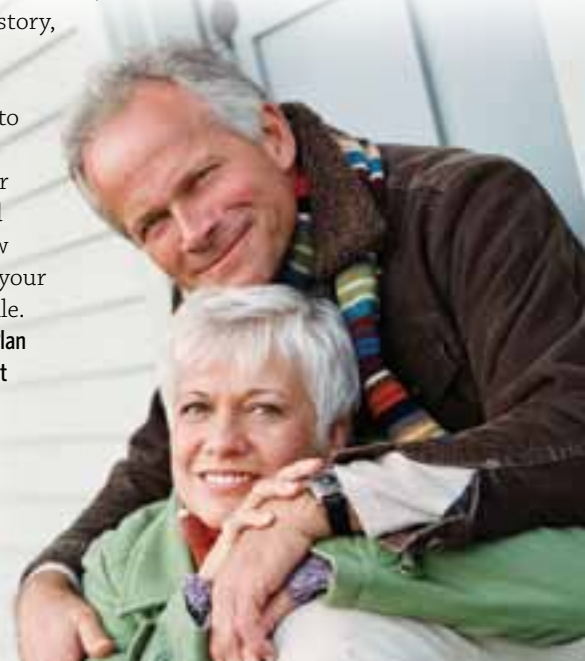
These recommendations are intended for individuals with an average risk of developing colon cancer. For people with unique risk factors, such as a family history of the disease, guidelines may change according to physician orders.

UNDERSTAND YOUR RISKS

In conjunction with preventive screenings, awareness regarding individual risks for colon cancer is an essential aspect of prevention. These risks include modifiable and non-modifiable factors, which may have an impact on overall health. Modifiable risk factors commonly include excessive alcohol

use, smoking and unhealthy nutrition habits, such as too much fried or high-calorie foods, whereas non-modifiable factors include family history, race, and other aspects. Speak with a physician to understand your individual risk for colon cancer, and to determine how it should impact your screening schedule.

**To find a Health Plan
Select physician, visit
aahps.com.**



Welcome, James G. Thaw, President and CEO



Following the retirement announcement of John A. (Jack) Drew, president and CEO of Athens Regional Health Services and Athens Regional Medical Center, a nationwide search was conducted to find the system's next leader.

The selection committee for the next president and CEO is excited to announce that James G. (Jamey) Thaw was chosen to assume the leadership role with Athens Regional. His first day was July 18, 2011. Throughout his professional life, Jamey has been a leader of numerous progressive healthcare organizations and has demonstrated his skills as an effective leader in the health services field.

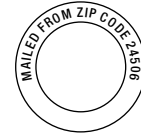
Prior to joining the Athens Regional staff, Jamey served as CEO of Summerville Medical Center in

Summerville, South Carolina, from 1986 to 1995; president and CEO of Lafayette General Health System in Lafayette, Louisiana, from 1995 to 2008; and most recently as president and CEO of Broward General Medical Center and Chris Evert Children's Hospital in Ft. Lauderdale, Florida.

Building upon these years of service in the medical profession, Jamey is certain to bring the experience and leadership skills necessary to guide Athens Regional into the future.



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Go Dawgs Grilled Gumbo

Your fellow Georgia fans will go nuts for this gumbo on the grill, and you don't have to tell them that with **only 82 calories** per serving, it's healthy, too!

INGREDIENTS

- 6 1/2-oz can chopped clams, undrained
- 4 1/2-oz can tiny whole shrimp, undrained
- 1/2 cup medium salsa
- 1/2 cup instant rice
- 14 1/2-oz can salt-free stewed tomatoes, undrained

DIRECTIONS

Turn the grill to medium-high heat. Place all ingredients in an 8-inch aluminum pan and mix well. Cover with aluminum foil and place on the grill.

Close the grill cover and cook the gumbo for about 8 minutes; stir, then re-cover the gumbo, and cook for another 2 to 4 minutes, or until the rice is cooked.

If you prepare the gumbo before game time, add 1/2 cup water when reheating the gumbo, because the liquid will be absorbed if it sits overnight. Makes 4 to 6 servings.

NUTRITIONAL INFORMATION:

1	=	82	0g	0g	8g	13g	1g	610mg
SERVING		CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	FIBER	SODIUM

Source: menshealth.com

