

# winning health



Santa Clara  
Family Health Plan

*The Spirit of Care*

Spring 2012



## Family health Tips for a safe summer

**A**s the school year ends, there is one last bit of homework to do. You'll want to have the whole family go over some basic rules for safe summer fun.

**Water safety.** » Make sure everyone learns to swim. » Always watch kids in and near water. » Never swim alone or in bad weather.

**Fireworks safety.** It's best to leave fireworks to the pros. But if you have fireworks at home: » Use them outdoors only. » Light them one at a time. » Never relight a dud. » Wear safety glasses if you handle fireworks. » Always have water handy in case of a fire. » Never let kids handle fireworks.

**Food safety.** » Keep uncooked meats away from other foods. » Put food back in the fridge after one or two hours. » Grill meat to the right temperature. Use a meat thermometer to test it. Chicken should be cooked to 165 degrees. Hamburgers should be cooked to 160 degrees.

Sources: American College of Emergency Physicians; National Council on Fireworks Safety

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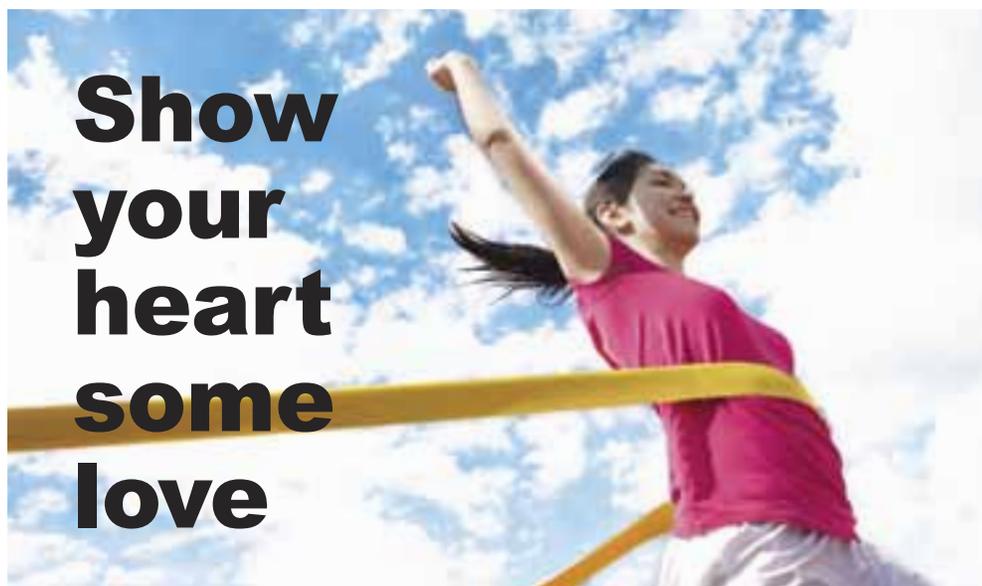
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**moved**  
recently?



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# smoking cessation



**Show  
your  
heart  
some  
love**

**D**o your heart a favor. Don't smoke. Smoking is bad for your heart. It is one of the major risk factors for heart disease.

If you smoke, talk with your provider about quitting. If you don't smoke, stay away from secondhand smoke. Even someone else's smoke can be harmful.

Not only is smoking hard on your heart, it can also:

- Raise your blood pressure.
- Damage blood vessels.
- Increase your risk for blood clots.
- Make it harder to exercise.

No matter how long you've smoked, quitting will benefit the health of your heart. It will help lower your risk for heart disease and blood clots—both of which can lead to heart attack. It also helps lower the risk of a second heart attack if you've already had one.

It's not easy to quit smoking. These steps can help:

- Set a quit date.
- Toss out all cigarettes, ashtrays and lighters in your home and at work.
- Ask family and friends for support.
- Talk to your provider about

## » action

take

**We offer a smoking cessation program. Call Member Services at 800-260-2055.**

medicines that can help you quit.

- Steer clear of places or things that make you want to smoke.

If you slip up, it's OK. You can try again. It can sometimes take several tries before a person quits for good. Once you do, your heart will thank you for it.

Source: National Heart, Lung, and Blood Institute

## How to help your child say no to smoking

Kids today are faced with lots of choices. But choosing not to smoke is one of the most important decisions you can help your child make.

Take the time to talk to your child about the dangers of smoking. Kids who talk with their parents about smoking are less likely to start.

To help your child stay tobacco-free:

- Set a good example, and don't light up. If you smoke, try to quit.
- Start talking about smoking when your child is 5 or 6 years old. Keep talking all the way through high school and beyond.
- Talk about ways to say no to friends who try to get your child to smoke.

Source: American Cancer Society

## The dangerous truth about e-cigarettes

**E-cigarettes look and feel like real cigarettes. They even have a tip that glows.**

**They can also look like: » Pipes. » Pens. » Computer memory sticks.**

**They're sold as a way to quit smoking. They're also sold as a way to "smoke" in places where it's not allowed.**

**But they may be bad for your**

**health like the real thing.**

**That's because these products:**

- Contain nicotine.
- Have chemicals in them that may cause cancer.
- Are not approved by the U.S. Food and Drug Administration to help you quit smoking.

**Want to quit smoking? Your provider can help find a safe way that will work best for you.**

## Not so fast: Rest and recover from sports injuries

Sure, it can be hard to sit out the big soccer game because you're hurt. But playing too soon can do more harm than good.

It takes time and the right kind of care to heal.

You may need to start with RICE. Often, it's the first step to take in the first few days after a minor sports injury, such as a sprain or strain.

RICE stands for:

**Rest.** Limit your activities. Don't put your weight on a hurt leg or joint.

**Ice.** Wrap an ice pack in a towel. Hold it on the injured area for 20 minutes at a time.

**Compression.** Put pressure on the injury. You might use an elastic wrap, for instance.

**Elevation.** Prop up an injured leg on a pillow.

If your pain or other symptoms get worse, be sure to see your provider.

For some sports

injuries, you may also need to do gentle exercises to help you heal. This is called rehab. Be sure to follow your provider's advice.

And start slowly when you do get back in the game.



**P**laying sports with friends or on a local team is a great way to stay fit and have fun. And that makes it a winner, since the best exercise is the one you enjoy.

But safety is also the goal. In sports, injuries can happen.

Luckily, you can take steps to avoid being hurt. For starters, be sure you wear the right safety gear and follow the rules of the game.

**Gear up.** Injuries can happen if you don't use the right protective gear for the sport you play. Depending on the sport, you might need:

- A helmet.
- Shin guards.
- Knee or wrist pads.

Be sure the equipment fits well and that you know how to use it. A good fit is also a must when it comes to shoes.

**Know your sport.** You should

know and follow the rules of the game. Many are meant to help reduce injuries. Also learn the right techniques used in your sport.

### Be sure to wear the right safety gear when you play.

Here are a few more winning moves that can help you stay safe in the game:

■ Aim to keep your body fit with exercise during the week, not just with weekend sports.

■ Do some warm-up exercises before you play. You might start with a few minutes of stretches or jogging. You can go on to moves that are like those used in your sport—for example, dribbling a ball. Cool down and stretch after the game too.

■ Don't try to play if you're tired or hurting. Pain is a sign to stop.

Sources: American Academy of Orthopaedic Surgeons; National Institute of Arthritis and Musculoskeletal and Skin Diseases

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# Is it a cold or allergies?

**Y**ou're coughing and sneezing, and your nose is running. You may have a cold. But it could also be allergies.

Cold and allergy symptoms can be the same at times. But their causes are different.

For instance, a cold often goes away after about

**Wash your hands often to help keep colds at bay.**

a week. But allergies can last for weeks or longer.

Both can also lead to more serious problems. You might get an ear or sinus infection.

The chart at right can help you know if it's a cold or allergies.

What's more, there are things you can do to treat and help prevent colds and allergies.

To stay well: » Try to stay away from anyone with a cold. » Wash your hands often with soap and water.

To treat a cold: » Drink lots of fluids. » Get plenty of rest. » Eat healthy foods.

The cold will usually go away on its own.

Allergies are usually caused by things in the air. They can include: » Pollen from trees, grass or weeds. » Dust mites. » Pet dander. » Mold.

Try to stay away from things that bother your



allergies. There are also certain drugs that can help you feel better.

To learn more about coping with colds and allergies, talk to your provider.

SYMPTOMS	COLD	ALLERGIES
Cough	Yes	Sometimes
Aches and pains	Slight	Never
Feeling tired or weak	Sometimes	Sometimes
Itchy eyes	Rare	Yes
Sneezing	Yes	Yes
Sore throat	Yes	Sometimes
Runny nose	Yes	Yes
Stuffy nose	Yes	Yes
Fever	Rare	Never

Sources: Asthma and Allergy Foundation of America; U.S. Department of Health and Human Services



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