

Carolina
Community
Health
Partnership

Your Health News Quarterly

Jan—Mar
2007

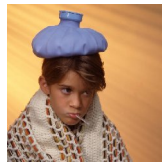
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It's Cold and Flu Season Again!

There have already been several confirmed cases of flu already this year! Colds and flu are caused by viruses which are easily spread from one person with the virus to the next person just by coughing or sneezing near other people. Virus germs can get anywhere so you can also get the virus by touching something with the virus on it like a door knob or child's toy and then touching your hand to you eyes, nose, or mouth.

Colds and Flu can be very serious for those with chronic diseases like asthma, diabetes, COPD, congestive heart failure, etc., as these diseases weaken your immune system that you use to fight off viruses and illnesses. Severe cases can even cause a stay in the hospital!



What can be done to limit the spread of cold and flu viruses? *Some things you can do are:*

- You and your children must learn to cover your mouths and noses when sneezing and to use tissue to blow your nose and dispose of tissues properly in the trash.
- Wash your hands with hot water and soap often when around people with colds/flu.
- Avoid kissing on the mouth—hugs will do just fine!
- Use hot soapy water to wash cups and dishes, toys, doorknobs, and surfaces where viruses can gather.
- Get a flu shot!

By doing these simple things, you and your family will be less likely to get a cold or flu this year.

Carolina Community Health Partnership Carolina Access II Case Management

Have you seen our case managers lately? They have been busy visiting several health fairs in both Cleveland and Rutherford Counties. They bring with them lots of great information on medical homes, asthma and diabetes diseases, and other diseases. They also bring great door prizes for lucky winners. Our case managers are all Registered Nurses and they are happy to answer your health questions. So next time there is a health fair in your area, stop by and visit our case managers and see what you can learn!

Your Carolina Community Health Partnership Carolina Access II Case Manager may be contacted for help by calling 704-484-5152.

Your Medical
Team:
You, Your
Doctor, and
Your Carolina
Access Case
Manager



Your Health News Quarterly

Your Health News Quarterly is a quarterly newsletter sponsored by Carolina Community Health Partnership Case Management Services especially for Carolina Access II Medicaid recipients.

This newsletter will provide news on chronic diseases and provide timely tips for healthy living for you and your family.

ENJOY!

Obesity—America’s Biggest Health Problem

The abundance of great food and easy access to fast foods here in America is causing a huge problem for Americans, young and old. Overeating is causing many Americans to become obese. Americans would also rather watch TV or play video games instead of getting out to exercise. Together—too much food and lack of exercise - leads to Obesity! Obesity leads to many major health problems such as diabetes and heart failure. Many young people who are obese are now getting diabetes with all its problems.

In the next year, your Carolina Access Case Management will be working with your medical providers on educating people on obesity and what can be done to avoid major health problems due to overeating and lack of exercise. So look for more information to come!

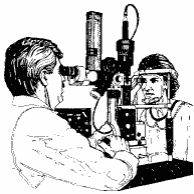
Diabetes in the Know—Your Eyes

Diabetes can cause serious problems like eye disease that can cause blindness, heart disease, kidney failure, and amputations if not treated properly.

Some eye diseases diabetes can cause are diabetic retinopathy (damage to the blood vessels in the retina), cataract (clouding of the eye’s lens), and glaucoma (increased fluid pressure inside the eye resulting in optic nerve damage).

Eye diseases that can be caused by diabetes can often be treated before loss of vision occurs.

Symptoms of eye disease range from no symptoms at all in early stages to blurred vision or blocked vision in later stages, to total blindness. Anyone with diabetes may get any of these eye diseases without proper treatment.



What can you do to prevent losing your eye sight? If you have diabetes, you should be sure to get an eye exam at least once a year to detect early problems and

begin early treatment.

Your Medical Home—The Right Call Every Time!

If you have Carolina Access II Medicaid, you have a Medical Home. The provider you chose when you enrolled in Carolina Access (listed on your Medicaid card) has agreed to manage all your healthcare problems. The services they provide are:

- Your provider will take a medical history and know all about your medical problems and will be able to treat them or make a referral when needed.
- If you are sick, make an appointment and they will see you.
- When you have a medical condition like asthma or diabetes, you can make an appointment to discuss how to manage your condition with your medical provider.
- They can provide education to help make you part of your medical team in managing your care.
- They can see you for a yearly check-up to help keep you healthy.
- They can prescribe any medications you will need and will be available to call in refills when needed.
- They always have someone on call 24/7 that you can contact for medical advice.
- You no longer need to go to the emergency room when you are sick where the wait time is long your symptoms treated. You are sent home never finding what is causing your illness. Go to your Medical Home instead!

So why not make an appointment with your medical provider today to get your health care established. They will be there when you need them!

Carolina Community Health Partnership
 Carolina Access II Medicaid

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