

Carolina  
Community  
Health  
Partnership

# Your Health News Quarterly

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## Take Aim at Better Health



Being over weight is a growing health problem in our country for both adults and children because Americans love to eat! Eating is a big part of our social activity as well, like eating with friends and family, eating at other social gatherings and during holidays and other celebrations. And we often eat to help us feel better when we are sad or unhappy.

But, being over weight can lead to many health problems and serious diseases such as heart disease, diabetes, high blood pressure or joint problems..

The good news is you can still eat well and lose weight if you make better eating choices like choosing more fruits and vegetables and less high-fat fast foods. Remember, fruit and vegetables are nature's original fast foods!

Size also counts... Did you know that we eat most of what is on our plate, no matter what size the plate is? So try using smaller plates and cups to serve your food. You will feel that you are eating more.

In our society with our fast food mind set,

we also don't take proper time to eat. It takes at least 15 minutes or more for the message that we are full to get from our stomach to our brain. So slow down and enjoy your food and you will find you feel full and don't need to eat as much.

Drinking 8 glasses of water a day also helps the body stay healthy and feel full so we eat less. So try to drink that water!

Our busy life-style doesn't always mean moving around. We can be busy and get almost no exercise in the day to burn off the food calories we do eat. If you don't burn off more calories than you eat, you will gain weight—it is that simple!

So make every effort to get some type exercise every day. Park your car farther out in the parking lot so you have to walk farther. Take the stairs rather than the elevator. Get up to change the TV instead of using the remote. Walk your dog. Get an exercise buddy. Join in neighborhood basketball or baseball games. Just get moving!

Lose that weight and be healthier! Unless you really want to be sick all the time, you should eat right and exercise!

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!

Carolina Community Health Partnership  
Carolina Access Case Management

Carolina Community Health Partnership now has nine (9) Registered Nurse Case Managers who's goal is to help you utilize the medical system in a way that will ensure you receive quality, cost effective medical care. Case managers work with you and your medical provider to serve you better. Case managers can help you by educating you regarding your disease, answering questions about your medical care, helping you to understand and take your medications properly, monitoring your progress, teaching you proper use of medical services including the Emergency Room and linking you to needed service agencies.

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

## Simple Steps to Reduce Your Risk for Heart Disease



Heart disease is a term used to describe a number of heart problems that can lead to heart attack and stroke. Some simple ways you can reduce your risk for heart disease are:

- If you are a smoker—stop smoking—NOW! There is help available to help you quit! Ask your case manager where to find help.
- Eat a heart healthy diet with plenty of fruits and vegetables and less fat. Drink plenty of water.
- Maintain a healthy weight. Check with your doctor to see what weight is healthy for you.
- Keep blood sugar, blood pressure, and cholesterol under control. Your doctor can help.
- Exercise as much as you can (recommended 30 minutes a day). Every day activities such as walking, gardening, stair climbing, house cleaning all count toward exercise. Stay moving!
- Talk to your doctor about screening tests for heart disease.
- Learn how to reduce and manage your stress. ☺

These simple steps will help you reduce your risk for heart disease and the possibility of heart attack or stroke which can shorten your life...

## Diabetes in the Know—Foot Inspection/Examination



Diabetes can cause big problems with your feet if not watched closely. First, work with your doctor to keep your diabetes under control. Then you should inspect your feet every day for signs of redness, warmth, swelling, or calluses, which can be early warning signs that can lead to serious foot problems. Use a mirror if necessary to see the bottoms of your feet. Always keep feet clean and dry and wear well fitting comfortable shoes. Never go barefoot.

In addition, people with diabetes should have their feet inspected by their health care provider during each office visit. A complete sensory foot exam should be done by your doctor at least once a year. Remind your doctor if he forgets to check your feet during your visit.

Problems with your feet, if left uncared for, can lead to loss of toes, feet or even lower legs. They are your feet—it is up to you to make sure they stay healthy.



## Children's Medication Safety Tips:



No one likes to take medicine, but when your child is sick or has a medical condition, their doctor can prescribe medications to help them. These tips can help you use these medications as effectively and safely as possible...

- Always tell the doctor about other medicines or remedies your child is already taking. Taking these medications with prescribed medications may cause serious problems.
- Follow all the doctor's instructions when giving your child their medication. If you don't understand the instructions, don't be afraid to call your doctor or ask the pharmacist.
- Never stop giving a medication or change the way you give it without asking your doctor. If you have concerns about side effects, ask the doctor and he/she may make some changes if needed.
- Never share the prescribed medication with other children—or anyone. The same medication that can help one person can hurt another.
- Keep ALL medications in the original bottle or box and keep ALL medications in a safe dry place out of children's reach.
- Always take your child to follow up appointments when they are taking medications as children on medications should be monitored closely by the doctor .
- Always use the same drug store to have your prescriptions filled. The pharmacist is part of your medical team and can help your medical provider monitor your medications.
- Monitor your child closely while on medication and report any problems to your doctor.

Taking medications correctly will make them a safe and effective part of your child's medical treatment.

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