



Let's Talk about Women's Health.....



Our lives can get very busy and sometimes we put off having our yearly women's health check ups. But really there aren't any good reasons to not have these tests done. Yearly exams for screening and early detection are important in fighting cancer of the breast, ovaries and cervix.

Now is a good time to schedule your yearly check-up with your doctor. We care about your health. Please call your doctor and ask if you should schedule your women's health exam before the end of the year.

Women's Health exams include the following:

Pap Smear: This screening is the best way to check for and keep from getting cancer of the cervix.

Pelvic Exam: Your doctor will do this exam to check for cancer of the ovaries. Most cases occur in women over age 50.

Breast Exam: Your doctor will also do a breast exam. Women over age 40 should have an annual mammogram. If you have a family history of breast cancer, talk with your doctor about when you should get a mammogram. It may be earlier than age 40. You should also learn how to do monthly self breast exams.

If you need help finding a doctor, please call Member Services at (866) 449-6849.

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Check Out the Molina Healthcare Website

Check out the Molina Healthcare website at www.molinahealthcare.com. You can use the Internet for free at most public libraries. "Click" on the member button and drag your mouse down to your state. You can get information on our website about:

- Molina Healthcare's contracted doctors and hospitals
- Your benefits, including copayments and other charges (if they apply)
- What to do if you get a bill or a claim
- FAQs (frequently asked questions and answers)
- Drug formulary (approved drugs that doctors can prescribe)
- How to contact UM staff about a UM issue or question
- How to get primary care, hospital, specialty, and emergency services
- How to get care after normal office hours
- Preventive health guidelines and immunization schedule
- Your rights and responsibilities and the privacy of your information
- Restrictions on benefits or how to obtain care outside the Molina Healthcare service area
- Quality Improvement, Health Education, and Disease Management programs
- How to voice a complaint or appeal a medical decision
- How we decide about using new technology

You can ask for printed copies of anything posted on the website by calling 1-877-665-4622. Your member handbook is also a good resource. You can find it on our website.

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What is BMI? - A measure of body fat that can be used for children, teens, and adults

Why is measuring a child's BMI important?

- Obesity in adults and children is drastically increasing, and obesity is linked to numerous health problems in children as adults
- Obesity can also have psychological effects on individuals
- Routine health maintenance exams including a BMI measurement can help families and their physicians identify children who are overweight or at risk for becoming overweight

What types of problems can be caused by childhood obesity?

- Medical problems such as high blood pressure, type 2 diabetes, high cholesterol for example
- Psychosocial problems such as poor self image, low self esteem, and social isolation
- Risk of weight-related problems in adulthood

What can I do if my child is overweight or at risk for becoming overweight?

- Encourage healthy eating
- Include plenty of fresh fruits and vegetables
- Encourage children to drink water
- Limit sugar containing drinks such as sodas
- Limit high sugar and high fat foods
- Encourage exercise
 - At least 60 minutes of exercise per day is recommended
 - Limit TV and video game time to no more than two hours per day (less is even better)
- Set a good example for your child by establishing and maintaining good eating and exercise habits for the family
- Follow up with your child's physician at regular intervals to monitor progress and any address concerns that you may have

Blood Lead Levels in Children: Questions and Answers

What is the problem?

About 300,000 children in the US have high blood lead levels. High lead levels in the blood can hurt almost every part of the body. Lead poisoning can cause learning and behavior problems, seizures, and even death.

Who is at risk?

Children under 6 years old are more likely to put things in their mouth.

How do children come in contact with lead?

- Paint from homes built before 1978
- Vinyl mini blinds made before 1997
- Drinking water from lead pipes or brass fixtures
- Hobbies: making stained glass windows, working with clay, fishing, or hunting
- Recycling car batteries
- Playing with recalled toys due to high lead levels.

Over 100 toys have been recalled in 2008 due to high lead levels. You can see a listing of recalled toys at www.usrecallnews.com/section/toy-recalls.

What can you do?

- Ask your doctor to test your child's blood lead level between ages 1-2
- Talk to your local health department about testing paint and dust if you live in a home or apartment built before 1978
- Use cold water from the tap for drinking, cooking, and making baby formula. Hot water usually contains more lead from the pipes in your house.

Source: CDC General Lead Information
<http://www.cdc.gov/nceh/lead/tips.htm>

Baby Teeth Count!

Dental Health Update

- Adults can spread the germs that cause cavities. Do not put anything in your child's mouth if it has been in your mouth.
- Children should see a dentist by their first birthday.
- Brush your teeth and your child's teeth in the morning and right before bedtime with fluoride toothpaste.
- A child needs an adult's help in brushing their teeth until they are 8 years old.
- Limit how much your child has juice, sweet drinks and snacks.
- Baby teeth are very important
- Children need their teeth for smiling, talking and eating food. Moms, Dads and other caregivers must help take care of teeth.

Things that you can do at home:

- Before your baby has teeth, wipe the gums gently with a clean wet cloth after each feeding. Don't put your baby to bed at naptime or at night with a bottle or sippy cup unless it has only water in it.
- As soon as the first tooth appears, start brushing your baby's teeth with fluoride toothpaste in the morning and before bedtime. Fluoride is a mineral that protects the teeth.
- Put a small pea-sized dab of toothpaste across a small, soft brush. Wipe off excess toothpaste until child can spit out.
- To avoid spreading the germs that can cause cavities, don't put anything in a child's mouth if it has been in your mouth. Don't share spoons, cups, toothbrushes, etc.
- Adults can chew sugar-free gum with Xylitol in it right after eating to help prevent the spread of germs to their children.

Things that Dentists and Medical Providers can do:

- Dentists, Doctors, and other healthcare providers can also take care of children's teeth.
- Take your baby to the dentist by their first birthday. Ask your child's doctor or dentist about putting fluoride varnish on your child's teeth. This is another great way to protect your child's teeth from cavities.
- You and your child should visit the dentist on a regular basis—as often as your dentist recommends. Parents' teeth are important too!

What your child eats and how often your child eats affects their teeth:

- Soda, sweet drinks, candy and other sweets can cause cavities that hurt.
- Snacks like cheese, yogurt, fruit and vegetables are better for your child's teeth than chips, crackers or cereal.
- Adding an equal amount of water to fruit juice is recommended.
- After your child eats sweets, chips, crackers or juice, you should brush their teeth or rinse their teeth with water.





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Questions about your health?

Call Our Nurse Advice Line!

1-888-275-8750 English

1-866-648-3537 Spanish

OPEN 24 HOURS!

Your family's health is our priority!

For the hearing impaired please call

TTY/866-735-2929 English

TTY/866-833-4703 Spanish