

# Healthy Hints for Teens

Molina Healthcare of California • Spring 2013



## Summer Fun: Be protected from the sun.

Summer is almost here! Knowing how to protect yourself in the sun will help you be healthier and stay looking younger, longer.

### TIPS YOU CAN USE:

- 1 Always put sun block on 20-30 minutes before you plan to be outside.
- 2 Use a sun block that is at least SPF 15 or higher. Put on more sun block every two hours and after you go in the water or if you sweat.
- 3 Use a sun block that protects against both UVA and UVB rays.
- 4 Wear sunglasses that have UV protection. This should be listed on the glasses when you buy them.
- 5 Wear clothing that covers your arms and legs. Wear a hat.
- 6 Sit or stand in the shade when possible.
- 7 Remember that you can get burned on a sunny day and on a cloudy day.

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### Message to Parents

If you do not want the Healthy Hints for Teens newsletter sent to your home, just let us know. Please call Molina Health Education Department at (866) 472-9483, Monday through Friday between 8:30 a.m. and 5:30 p.m.

### Mensaje Para Padres

Si no desea que enviemos nuestro folleto informativo titulado Healthy Hints for Teens (Sugerencias Saludables Para Adolocentes) a su domicilio, por favor llame al Departamento de Educación de la Salud al (866) 472-9483, de lunes a viernes de 8:30 a.m. a 5:30 p.m.

All rights reserved. All information has been written and reviewed by doctors, nurses, health educators, and registered dietitians. All material in this newsletter is for information only. This does not replace your doctor's advice.

Go to [www.MolinaHealthcare.com](http://www.MolinaHealthcare.com) to find a list of doctors who work with teenagers. If you would like to change your PCP to one of these doctors, please call Molina Healthcare Member Services at (888) 665-4621 (Medi-Cal or Healthy Families).

Molina Healthcare does not discriminate in providing medical care on the basis of preexisting health conditions, race, color, religion, age, national origin, disability or sex.



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## APP CORNER



### FOODUCATE

This App allows you to scan a bar code on a packaged food item. It will then interpret the food label for you. It will grade the food product (A, B, C or D) and provide explanations and warnings about its ingredients and nutrients. It is available for both iPhone and Android.



### EAT-AND-MOVE-O-MATIC

This is a simple and fun App for both kids and adults. It allows users to compare the calories they eat with the time it would take to burn them off with physical activity. It is available for the iPhone, iPad and iPod. Check it out! Get the App from the Apple App store.

## Hurting for the Perfect Body!

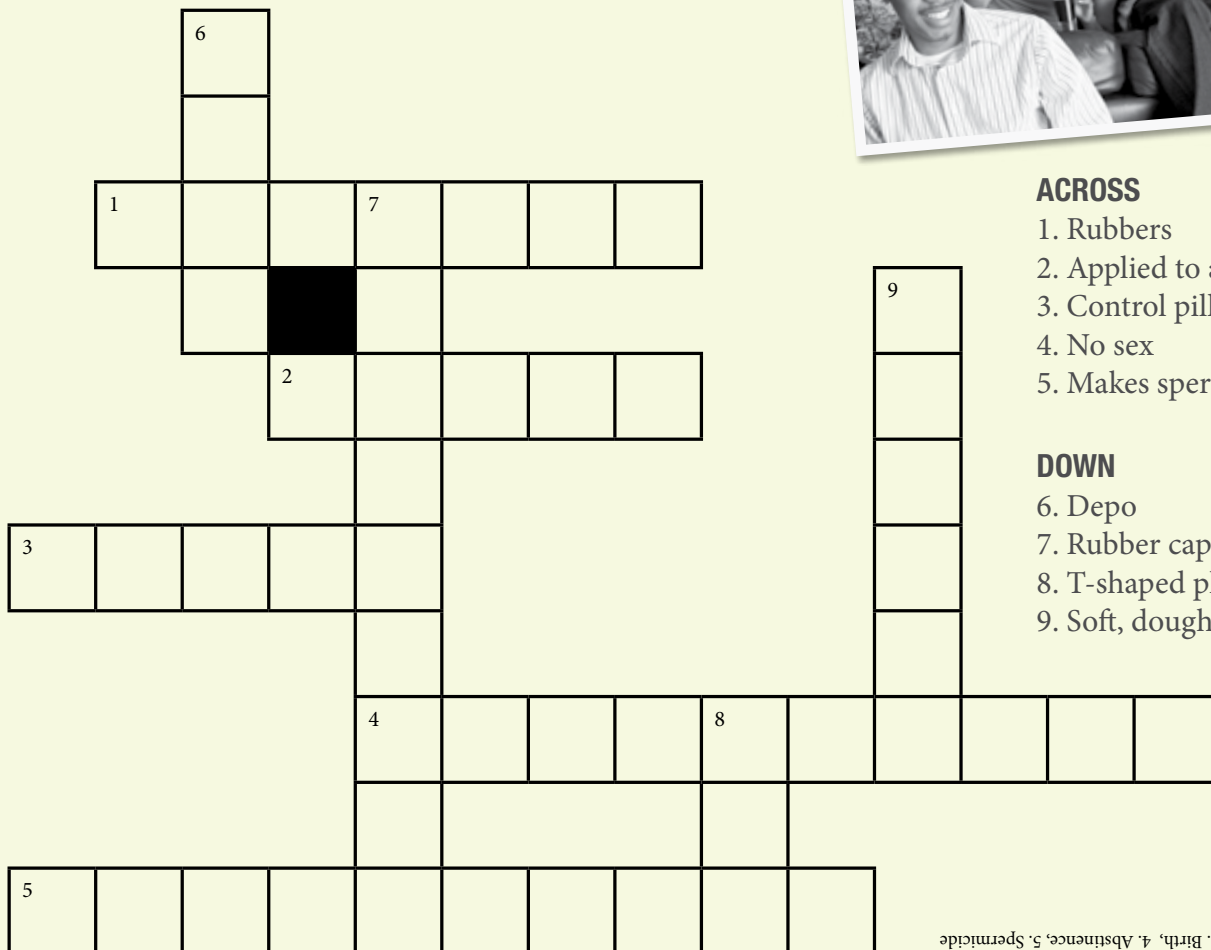
The teen years can be a challenging time. Teens can go through many hard times as they struggle to find their place in society. Many teens struggle with eating disorders. There are 3 common eating disorders. Anorexia is when a person refuses to eat or only eat very small amounts of food. They also exercise too much in order to stay very thin. Anorexics can develop problems with their heart beat, blood pressure and bone

mass. If not treated, anorexia can lead to death. Bulimia is when someone eats a large amount of food and forces himself or herself to vomit, to avoid weight gain. This can hurt his or her teeth, the inside of his or her throat and cause irregular heartbeats. Binge-eating is when a person compulsively overeats, whether he or she is hungry or not. He or she can develop medical problems such as diabetes and heart disease. If

you or someone you know suffer from an eating disorder, get help as soon as possible. Call the National Eating Disorders Helpline at (800) 931-2237. You can also visit their website at [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org).



## Do You Know Your Birth Control?



### ACROSS

1. Rubbers
2. Applied to a woman's skin
3. Control pills
4. No sex
5. Makes sperm inactive

### DOWN

6. Depo
7. Rubber cap
8. T-shaped plastic device
9. Soft, doughnut shaped

Down: 6. Shot, 7. Diaphragm, 8. IUD, 9. Sponge  
Across: 1. Condoms, 2. Patch, 3. Birth, 4. Abstinence, 5. Spermicide

## Teens...Protect Your Health! Get Your Check-Up Today!

The chart below shows the immunizations you will need as you grow through your teen years. Be sure to schedule your yearly check-up today.

	11-12 Years	13-15 Years	16-18 Years
Diphtheria, Tetanus, Pertussis	Tdap		
Meningococcal conjugate	MCV4		MCV4
Human papillomavirus	HPV		
Influenza (Flu)	Influenza (every year)	Influenza (every year)	Influenza (every year)

## What Is Chlamydia and Why Should You Care?

Chlamydia is a sexually transmitted infection (STI). As far as STIs go, chlamydia is known as the “silent” disease. It is called that because most people don’t have symptoms. When symptoms are seen, they include:

### Females:

- Burning when urinating
- Pelvic pain
- Bleeding between periods after sexual intercourse

If left untreated, chlamydia will cause infertility (this means you will not be able to have babies).

### Males:

- Discharge (clear to yellow in color) from penis
- Burning with urination
- Itchy feeling in the urethra
- Redness at the tip of the penis

If you are sexually active, be sure to get tested at your yearly well check-up. It is just a urine test. Chlamydia, if caught early, can be treated with antibiotics.



## We Have Gone Digital

CHECK US OUT AT:  
[www.MolinaHealthcare.com](http://www.MolinaHealthcare.com)



<https://www.facebook.com/MolinaHealth>



<https://twitter.com/MolinaHealth>



<http://www.youtube.com/user/MolinaHealthcare>

**THE NEXT TEEN NEWSLETTER  
WILL BE POSTED ONLINE**

## Questions about your health?

**CALL OUR NURSE ADVICE LINE!**

English: (888) 275-8750  
Spanish: (866) 648-3537

**OPEN 24 HOURS!**  
Your family’s health is our priority!

For the hearing impaired please call  
TTY (English): (866) 735-2929  
TTY (Spanish): (866) 833-4703  
or 711

## Snack Attack!

### Quick and Healthy After School Snack

#### BANANA SMOOTHIE

- 1 small very ripe banana
- 1 cup skim milk
- 1 teaspoon vanilla
- 1 teaspoon honey
- 1 cup ice cubes

Blend it all in a blender or food processor. Serve in a tall glass and enjoy!

Add some peanut butter. Use strawberries instead of banana. Get creative.



Dr. Cleo says:

“ Take good care of your health.”

