oklahoma health care authority

SoonerCare Companion

SoonerCare

Breastfeeding lowers risks for infants, mothers

Breast milk has disease-fighting antibodies that can protect infants from several types of illnesses. Mothers who breastfeed lower their risks for some health problems, including breast cancer and type 2 diabetes.

Keep in mind that breastfeeding is a learned skill. It requires patience and practice. For some women, the learning stages can be frustrating and uncomfortable. Some situations make breastfeeding even harder, such as babies born early or a mother's health problems. The good news is it will get easier, and support for breastfeeding mothers is growing.

You are special because you can make the food that is uniquely perfect for your baby. Invest the time in yourself and your baby – for your health and for the bond that will last a lifetime.

After your baby is born, these steps can help you get started:

- Breastfeed as soon as possible after birth.
- Ask for an on-site lactation consultant to help you.
- Ask the staff not to give your baby other food or formula unless medically necessary.
- Allow your baby to stay in your hospital room all day and night so that you can breastfeed often. Or, ask the nurses to bring your baby to you for feedings.
- Avoid using pacifiers or artificial nipples so your baby gets used to latching onto only your breast.

text4baby℠

A free service of the National Healthy Mothers, Healthy Babies Coalition

Oklahoma expectant mothers and mothers of infants can receive vital health information via text messages sent to their cell phones.

Text4baby is a free service that sends information about the developmental stage your baby is in as well as information about finding health care for yourself and your unborn child. The texting continues through the baby's first year with basic information and encourages mothers to ask their doctor for more specific information about their child.

To sign up for the texting program, text BABY, or BEBE for Spanish language, to 511411 on your cell phone. Or to sign up online, go to text4baby.org.

This newsletter is for SoonerCare members. It will tell you about any changes or updates to your SoonerCare benefits. It will also give you other useful news to help keep you healthy. However, if you have specific questions about your health, please talk to your doctor.

Make multivitamins a habit

Did you know that fewer than 50 percent of women in the United States take multivitamins? Are you one of those women? If so, you don't know what you're missing.

Multivitamins are important to a woman's overall health and well being. Nothing can replace a balanced meal but taking a multivitamin helps you get the nutrients you need.

All women 14 years of age and older should take a multivitamin with 400 micrograms (mcg) of folic acid every day. The daily recommended dietary allowance (RDA) was created by the United States Department of Agriculture (USDA) to help people get enough vitamins and nutrients to live a healthy life.

Most multivitamins contain the daily RDA. Check the label to be sure.

For more information about women's health, visit "Preparing for a Lifetime, It's Everyone's Responsibility" on the OSDH website at http://iio.health.ok.gov.

Take a multivitamin. Make it a habit. Fix your hair, brush your teeth and take a multivitamin as part of your daily routine.

Nutrient	Daily Recommended Dietary Allowance (RDA)	Benefits
Iron	15 mg for girls 14-18 years 18 mg for women 19-50 years 8 mg for women over 50 years	Helps red blood cells carry oxygen to all parts of the body including the brain Prevents weakness and fatigue
Calcium	1,300 mg for girls 14-18 year 1,000 mg for women 19-50 years 1,200 mg for women over 50 years	Helps build strong bones and teeth Aids in reaction time Prevents bone loss later in life
Folic Acid	400 mcg for girls and women 14 years and older	Helps the body form new cells like hair, skin, and nails Prevents birth defects like spina bifida if taken at least 3 months before and during the first 8 weeks of pregnancy
Vitamin D	15 mcg for girls and women 14 years and older	Works with calcium in building strong bones and teeth Prevents bone fractures

New Durable Medical Equipment Reuse Program offered in Oklahoma County

SoonerCare members in Oklahoma County may now find gently used Durable Medical Equipment (DME) available for their use at no cost.

The Oklahoma Health Care Authority has entered into an agreement with contractor ABLE Tech. The program offers Oklahoma County residents the opportunity to donate DME they are no longer using. The equipment will be made available to others in the county who are in need.

Able Tech will retrieve donated items, sanitize and refurbish the equipment to its original working condition and redistribute it to local residents. While SoonerCare members will have priority, all Oklahoma County residents with disabilities and/or health conditions are eligible to participate in the program regardless of age or income. Program inventory will be constantly changing based on donations but is expected to include a range of devices for a variety of needs. Donated equipment will include communication devices, CPAPs, gait trainers, nebulizers, quad canes, shower chairs, walkers, bath benches, commodes, patient lifts, standers, hospital beds, wheelchairs and scooters.

If you live in Oklahoma County and are interested in donating an item or you are looking for equipment, please contact Katie Woodward at 405-523-4810 or by email at Katie.woodward@okstate.edu. More information about the program can be found online at http://www.okstate.abletech.edu/DMEReuse. The office is located at 3325 North Lincoln in Oklahoma City.

Involve kids in cooking, shopping

Mean Green Cleaning Machine
Let your children wash fruits and vegetables when preparing them for cooking or eating.

Pick a Peck
When shopping, let children select a new fruit or vegetable to try, or several.

Make It Snappy
Let kids snap the green beans, snap peas or break the flowerets from broccoli or cauliflower

I Spy
Play "I Spy" in the produce section when grocery shopping.

Tear It Up
Let children tear the lettuce for salads and sandwiches.

Measure Up
Let children measure the frozen vegetables before cooking them.

Peel & Slice
Older children can peel and slice carrots, cucumbers, potatoes, etc., with supervision.

Stir & Spice
Make applesauce from fresh apples. Let children help stir and add the cinnamon.

A Sprinkle A Day
Let children sprinkle herbs or other seasoning onto vegetables.

Monster Mash
Pull out the potato masher.

From the Oklahoma State Department of Health, the Oklahoma Health Improvement Plan and **Fruits & Veggies — More Matters**

Vaccines & Diabetes

Vaccines can prevent illnesses that are especially serious for people with diabetes. If you have diabetes, making sure you get all your vaccines can help prevent major health problems.

You should ask your doctor about:

Influenza Vaccine
(also known as Flu Vaccine or Flu Shot)
The flu is a serious illness, and can lead to pneumonia or even death. You can help avoid catching the flu by getting a flu shot every year. People with diabetes should get the flu shot, not the nasal spray flu vaccine.

Pneumococcal Vaccine
(also known as PPV)
Pneumococcal disease is a major cause of illness and death. It can cause infections in the lungs, the blood and the covering of the brain. Getting a vaccine can help prevent these infections.
Most people have to take the shot only once in their lives.

Tetanus / Diphtheria
(Td) Toxoid
Tetanus and diphtheria are serious diseases that can be prevented with a combined shot called Td toxoid. Adults should get one every 10 years.

Other Vaccines
Ask your doctor if you need any of these vaccines:
Measles/Mumps/Rubella
Hepatitis A & B
Varicella (Chicken Pox)
Shingles (Zoster)
Human Papillomavirus (HPV)

Tips to help stretch your food dollars

Plan, plan, plan!
Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles or stir-fries, which "stretch" expensive items into more portions. Check to see what foods you already have and make a list for what to buy.

Get the best price
Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

Compare and contrast
Locate the "unit price" on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

Buy in bulk
It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

Buy in season
Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

Convenience costs
Go back to the basics. Convenience foods like frozen dinners, pre-cut vegetables cost you more than if you were to make them from scratch. Prepare your own—and save!

Easy on your wallet
Certain foods are typically low-cost options year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens or potatoes. As for fruits, apples and bananas are good choices.

Cook once...eat all week!
Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

Get your creative juices flowing
Spice up leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad or to make chicken chili. Remember, throwing away food is throwing away money!

Eating out
Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner or looking for "two for one" deals. Stick to water instead of ordering other beverages.

United States Department of Agriculture Center for Nutrition Policy and Promotion
www.ChooseMyPlate.gov for more information.

Let's Move!

Getting regular exercise outdoors is a great way to get moving. Exercising and playing outside has been proven to improve children's physical and mental health.

Outdoor activity helps kids stay at a healthy weight, boosts their immunity and lowers their stress. Kids need at least 60 minutes of active and vigorous play each day to stay healthy. One of the easiest and most enjoyable ways to meet this goal is by playing outside.

Taking walks with your children, playing games and organized sports are all ways to keep children – and parents – active and healthy.

Children can play outside their homes or find other places – such as parks and playgrounds – to enjoy nice weather and activities.

Getting outside isn't just a great way to get exercise, it's also a lot of fun! Find affordable physical activities in your area that can help bring the whole family together and start enjoying the great outdoors.

Brush up on Dental Health

Fluoride varnish

Did you know your child is eligible for fluoride varnish during a well-child checkup? Trained primary care doctors can provide this coating for your children who are 12-42 months of age. Your child is eligible for this service twice a year.

What is fluoride varnish?

Fluoride varnish is a protective coating painted on teeth to help prevent new cavities. The coating also helps stop cavities that have already started to form.

Why do children need fluoride varnish?

Cavities in baby teeth can cause pain and affect children's ability to eat, speak, sleep and learn properly. Fluoride varnish makes teeth stronger, stops cavities from getting bigger and prevents new cavities from forming.

Is fluoride varnish safe?

Yes, fluoride varnish is safe.

How is fluoride varnish put on teeth?

Fluoride varnish is painted on teeth with a brush. A trained doctor or nurse can do it easily and quickly. There is no pain and the varnish does not taste bad. The varnish may change the color of your child's teeth just after it is applied. Some kinds of varnish will make the teeth look yellowish. Other kinds of varnish may make teeth look less shiny. These changes are normal and go away when you brush your child's teeth the next day.

Si usted quiere leer éste artículo en español, visite la pagina web del OHCA al http://www.okhca.org/soonercare companion.

Disclaimer: Clinical, legal and other comments are offered for general information only. Please talk to your doctor about specific health concerns.

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SNWENG-COMPAN-Spring 2012

Seiglinde Owens, 35 | Smoked 13 years | Smokefree 3 years

"I had to quit for my kids. So they could have a mom around. If I can do it, you can do it."

SoonerCare Sooner Quit

Free help

Oklahoma Tobacco Helpline 1 800 QUIT NOW 784-8669 OKhelpline.com

Secondhand smoke exposes people, pets to dangers

Secondhand smoke is residue and smoke from tobacco products can be inhaled by the people around a smoker. Children who breathe secondhand smoke inhale many of the same cancer causing chemicals as smokers.

Secondhand smoke contains more than 250 toxic or cancer causing chemicals, according to reports from the U.S. Surgeon General.

According to the Surgeon General, Babies who are exposed to secondhand smoke after birth are more likely to die from sudden infant death syndrome.

Your children may wheeze or cough a lot. They may also have more illnesses like bronchitis, pneumonia, asthma attacks and ear infections. According to the Surgeon General, babies who are exposed to secondhand smoke after birth are more likely to die from sudden infant death syndrome (SIDS) than babies who are not exposed to cigarette smoke.

Secondhand smoke is not only dangerous for people but also for their pets. The same residue and smoke is inhaled by animals. They are breathing the same harmful chemicals and they can cause oral cancer and lymphoma in cats, lung and nasal cancer in dogs, and lung cancer in birds, according to Dr. Carolynn MacAllister, a veterinarian with Oklahoma State University. She says smoke residue gets caught on their fur and when they do their daily grooming and licking, our pets are taking in all those toxins.

To protect your loved ones, strongly consider quitting smoking. In the meantime, make sure you keep a smoke-free home and car to ensure the health of those you love. Secondhand smoke can have deadly effects on your family and your beloved pets.

Allergy Triggers and Prevention

Spring is a time of year when pollen, mold and dust can cause allergy problems for many people. Allergy symptoms include sneezing, coughing, itchy eyes and runny nose. Most of us know allergies can be uncomfortable, but they also can be a serious problem for people with asthma. Allergies often make asthma symptoms worse.

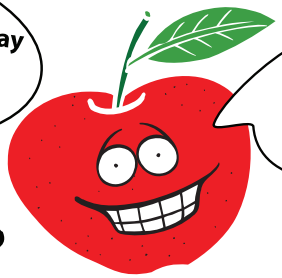
The main trigger of springtime allergies is pollen, which is a tiny grain released in the air by trees, grass and weeds. The higher the pollen count, the more likely you are to have allergy symptoms. If anyone in your family has allergies, these tips may help:

- Avoid outdoor activity when pollen count is high.
- Keep windows closed to keep pollen outside.
- Wash bed sheets regularly in hot water to avoid dust that may collect.
- Avoid rugs, throw pillows and heavy drapes that may hold dust or pollen.
- Restrict pets to certain areas of the home to control pet dander.
- Clean showers and bathtubs regularly to avoid indoor mold.
- Clean or change air filters regularly to avoid pollen build-up.
- Wash your hair after being outside to remove pollen that may collect.
- Wear a mask when using the vacuum.
- Vacuum or mop the floor regularly to pick up any dust, animal dander or mold.

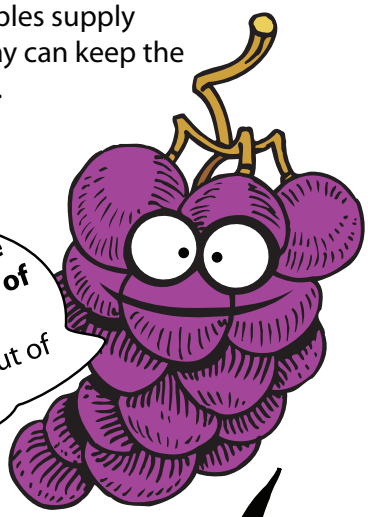
"LETT-UCE" ENTERTAIN YOU WITH A CHUCKLE OR GRIN!

Kids who eat more fruit and vegetables are healthier and can fight off diseases easier than those who don't. Fruits and vegetables supply energy so that you can play and have fun. An apple a day can keep the doctor away. Fruits can fill you up and are sweet tasting.

What did the lettuce say to the celery?
Quit stalking me!

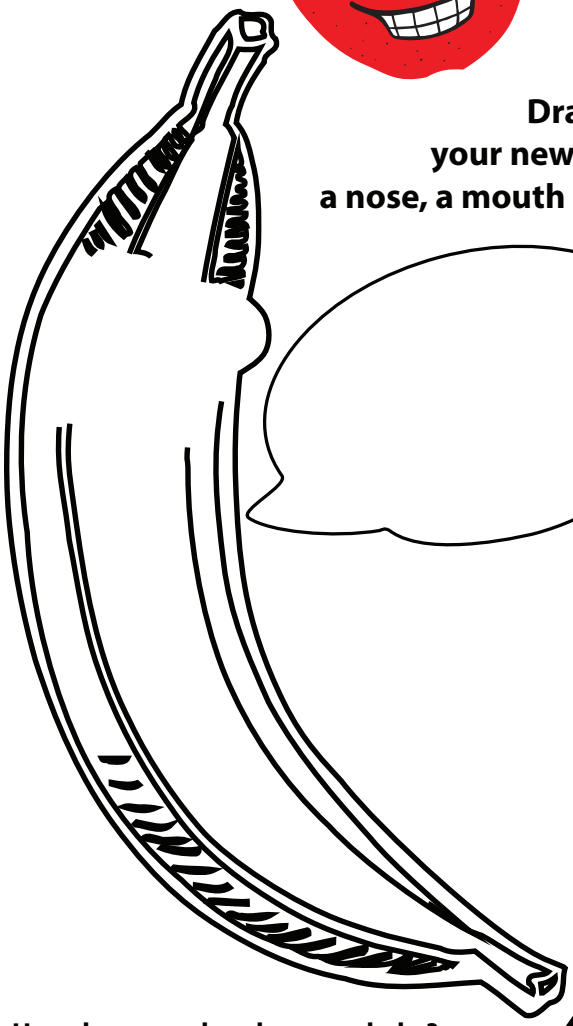


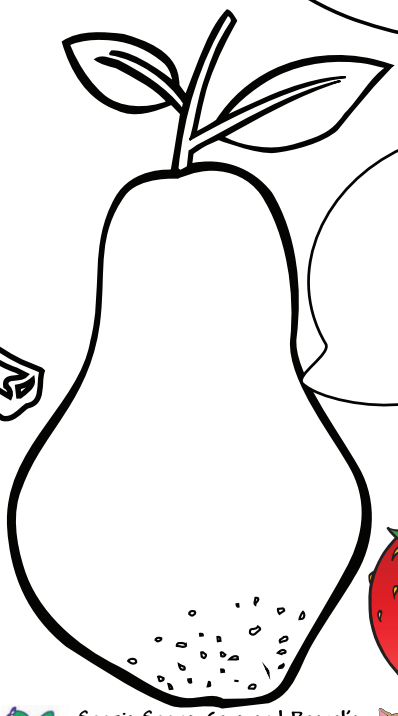
Why was the tomato blushing?
Because it saw the salad dressing.

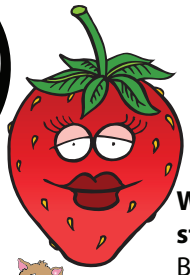


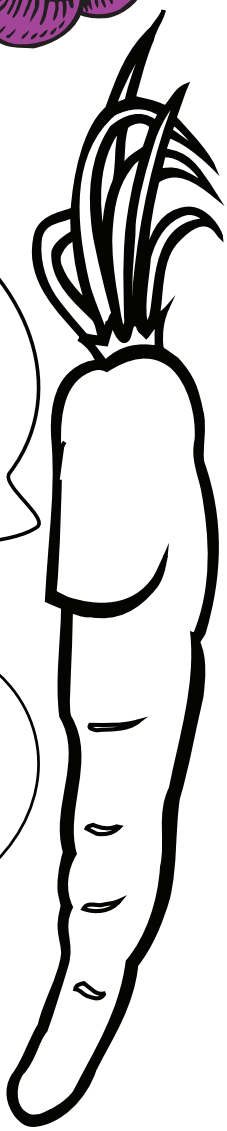
Why did the grape stop in the middle of the road?
Because he ran out of juice.

Draw and color your new friends. Add eyes, a nose, a mouth and a joke for each friend.









How do you make a banana shake?
Jump out and yell, BOO to the banana!

Why are bananas never lonely?
Because they hang around in bunches.

What is the most romantic fruit salad?
A date with a peach.

How do you know that carrots are good for your eyesight? Have YOU ever seen a rabbit with glasses?

Why were the little strawberries upset?
Because their parents were in a jam!

Soozie SoonerCare and Rascal's Kids Corner Activities

Check Out These Stories

Make multivitamins a habit

DME reuse program

Eat healthy foods on a budget

Vaccines & Diabetes

Fluoride varnish

Secondhand smoke exposes people, pets to dangers

SoonerCare Helpline

800-987-7767

or 711(TDD)

Monday through Friday, 8 a.m. until 5 p.m.

Visually impaired and translation services available

Patient Advice Line

800-530-3002

or 711 (TDD)

After 5 p.m. and on weekends and holidays

Translation services available

SoonerCare Provider List

(updated weekly)

www.okhca.org/provider-finder

or call 800-987-7767 or 711(TDD)

www.okhca.org

www.okhca.org/kids-corner

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