# SoonerCare Companion

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**Word of the Day: Perinatal**

Do you wonder why we refer to the dental program for pregnant woman and new mothers as *perinatal*? Unlike *prenatal*, which has to do with pregnancy, *perinatal* refers to the period around the time of birth, from pregnancy through the first weeks of the baby's life.

**Welcome to the new SoonerCare Companion! This newsletter is just 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.**

**Your SoonerCare Companion will arrive in your mailbox about every four months from the Oklahoma Health Care Authority. If you have questions about SoonerCare, please call the SoonerCare Helpline at 800-987-7767.**

**Fall 2008**


oklahoma health care authority

Oklahoma Health Care Authority
4545 N. Lincoln
Suite 124
Oklahoma City, OK
73105
www.okhca.org

## Baby Teeth Need TLC!

Can my baby have cavities? Yes! This is often what is called "baby bottle mouth." It happens when sweet liquids stay in your baby's mouth for a long time.

One of the most common ways to get baby bottle mouth is to put your baby to bed with a bottle that has something sweet in it. That includes fruit juice, Kool-Aid©, soda pop, baby formula or milk!

Milk and formula in bottles are OK most of the time, but not when your baby is put to bed for a nap or at night.

When the sugar stays in the baby's mouth too long, it changes to acid. The acid starts to dissolve the teeth. This becomes cavities!

How do I keep this from happening to my baby?

1. Never put your baby to bed with a bottle.
2. Only give your baby a bottle during meals.
3. Teach your child to drink from a cup as soon as possible.
4. Keep your baby's mouth clean.

There is a toothbrush just for babies. There are also tiny washcloths designed to fit on the mother's finger. You can use it to massage your baby's gums and teeth. Just use water! Your pediatric dentist should have these available, or you can purchase them at Wal-Mart or your local drug store.

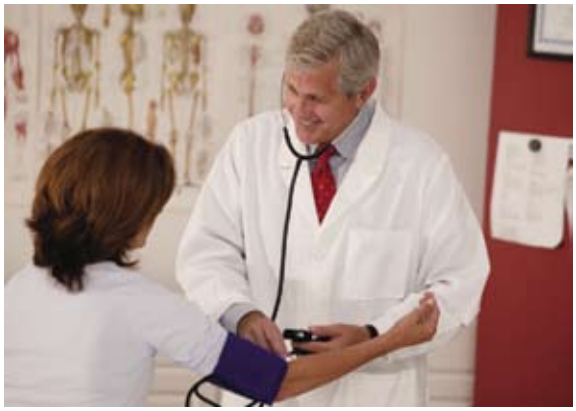
Did you know there are dentists who only see babies and small children? They are called "pediatric dentists" – just like your baby's doctor is called a pediatrician. Babies should see a dentist at least by their first birthday!

## SoonerCare can help you stop smoking!

SoonerCare will provide:

- Nicotine patches, gum and other treatments
- Chantix or Zyban (pills that combat cravings)
- Coaching and support from someone who actually knows what you are going through and what it will take for you to stop smoking

You can ask your PCP about medications, or you can call the Oklahoma Tobacco Helpline for coaching and more helpful information.



## How do I make an appointment with my PCP?

Most Primary Care Providers (PCPs) want you to call ahead of time to make an appointment.

Your PCP may not be able to see you the same day that you call. Your PCP will decide how soon you need to be seen. They will schedule your visit based on how urgently you need to see the doctor, so make sure to tell the staff why you need to come in.

If your problem gets worse before your scheduled visit, call and ask to speak to the nurse. Tell the nurse what symptoms you have and ask if you should be seen sooner.

It is a good idea to ask your PCP what the office hours are, so you will know when you can be seen.

If you have a problem getting an appointment, call the

**SoonerCare Helpline at 800-987-7767.**

Also, SoonerRide can help you get to and from your SoonerCare appointments. If you need a free ride, call 877-404-4500. Please schedule your ride three business days before your actual appointment.

SoonerRide

**Oklahoma Tobacco Helpline**

**1 800 QUIT NOW**

## Bat Bites...

Halloween is the children's night for trick or treat, scary stories, ghost and goblins, bats and fairy tale princesses. It is also a time for excitement, running, playing and often accidents. The last thing you want is for your child to be hurt on a holiday, so go over your safety plan with them before the excitement begins. Although you don't really have to worry about bat bites, a skinned knee, a car accident or a lost child will ruin the day and the fun! Here are a few helpful hints to make this one of the best holidays of the year.

- Eat dinner before trick or treating.
- Young children should always trick or treat with an adult. Older kids should go with buddies. Never alone!
- Older trick or treaters should have a cell phone or money to make a phone call, and they should know where to reach a parent or adult. They should carry a flashlight, wear a watch and know when to be home.
- Plan your route in a safe, well-lit, familiar neighborhood and make sure your family knows where you will be.
- Only trick or treat at houses with the porch light on.
- Be visible. Wear reflective strips on clothing and costumes. Make sure costumes are flame retardant and don't drag and that shoes fit well to prevent tripping.
- Accept treats only in the doorway or front porch. Never go inside of a house or accept treats from strangers walking by.
- Walk on the sidewalks or left side of the road, near the curb, facing traffic. Always obey traffic signals.
- Watch out for cars. They may not see you if your costume is dark. Cross only at corners or traffic lights; never run across the street.
- Stay away from and don't pet animals you don't know. They may be scared of you or your costume and accidentally bite.
- Pets are often scared on Halloween. Put them in a safe place away from cars and trick or treaters.
- Let your parents check all your treats before eating them!

**Make safety your Halloween family tradition!**

# Get your annual flu shot!

The flu season usually lasts from October to May. Influenza (flu) is a serious disease of the nose, throat and lungs that can lead to pneumonia. Getting a flu shot is your best chance to avoid the flu.

The flu shot cannot cause the flu. Serious problems from the flu shot are very rare.

The flu shot can be given before or during the flu season. The best time to get your shot is in October or November, before flu season starts, but it still works if you get it in December or later.

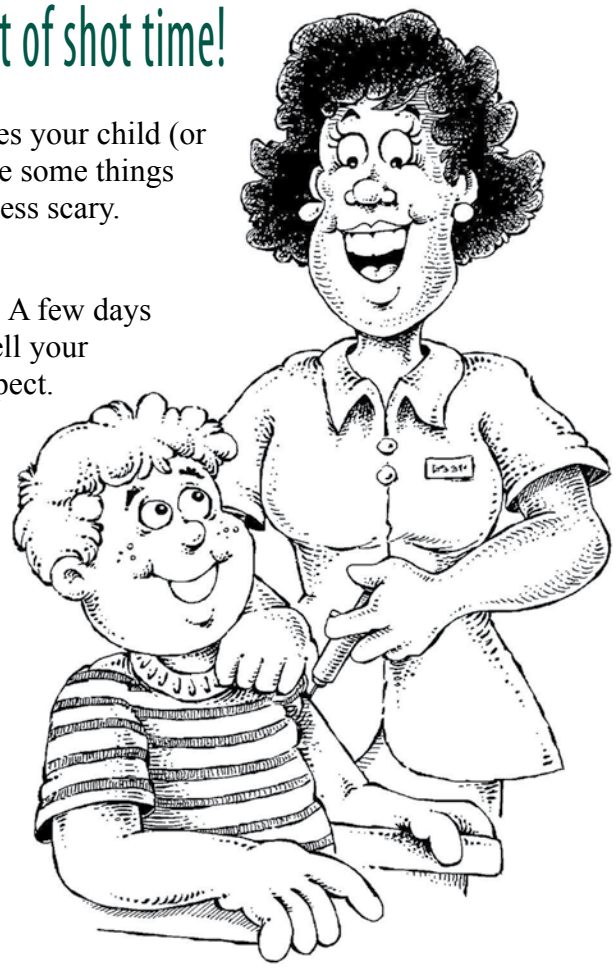
Adults and children with health problems like asthma, diabetes, heart disease and kidney disease need to get a flu shot. Doctors also recommend children 6 months and older get the flu shot every year until their 5th birthday.

You can get the flu shot at your doctor's office or a health clinic. Drug stores, senior centers and workplaces often offer flu shots, too.

If you have questions about getting a flu shot, ask your health care provider.

*Have a healthy winter!*

# Take the OUCH out of shot time!



If getting a shot makes your child (or you!) nervous, there are some things you can do to make it less scary.

**(1) Prepare them.** A few days ahead of the shot, tell your children what to expect. Answer any questions to ease their fears. Help them feel in control. Let them know that the shot does not have to hurt. Tell them they can do things to make the shots hurt less.

**(2) Teach them to relax.** Tense muscles will make the shot more painful and difficult. Teach them to do this breathing exercise: Pay attention to your breathing and begin to relax. Take three normal breaths in through your nose, watching your chest move in and out. Take three more breaths, but this time make them slower and deeper. Then return your breathing to normal for three more breaths. Keep going back and forth each three breaths between deep, slow breaths and normal ones.

**(3) Teach them to distract themselves**. If their brain is focused on other things, they won't feel as much pain from the shot. Have them bring something they love (such as a favorite toy, book or puzzle) to keep their mind occupied while in the exam room. A DVD player with a favorite movie playing is another good choice.

**(4) Prepare the doctor's office staff.** Call ahead and ask that an experienced doctor or nurse give the shot. Ask the doctor or nurse to talk to your child about the shot in calm tones. Ask them to let you get your child set up with the distraction item and breathing before approaching the child with the needle. Also, ask them to prepare the child's arm in a gentle way. Describe to the staff the breathing exercise and the distraction item you'll be using so they can support this.

**(5) Prepare your child's body before the shot to avoid any pain after the shot**. Check with the doctor's office on what type of anti-inflammatory medication would be appropriate to give before the shot and when to give it.

# Antibiotics are not always the answer

When you are sick, you want to feel better fast. It is important to know that antibiotics are not good for every illness.

***Why shouldn't I take antibiotics every time I get sick?***

Antibiotics are strong medicines, but they don't cure everything. Taking antibiotics when you don't need them can harm your health.

## Antibiotics do not work for:

- Colds
- The flu
- Most coughs
- Bronchitis
- A sore throat (except if it's caused by strep)

## Why don't antibiotics work for a cold or the flu?

- Germs called viruses cause colds and the flu.
- Antibiotics do not fight viruses.
- Antibiotics fight germs called bacteria.

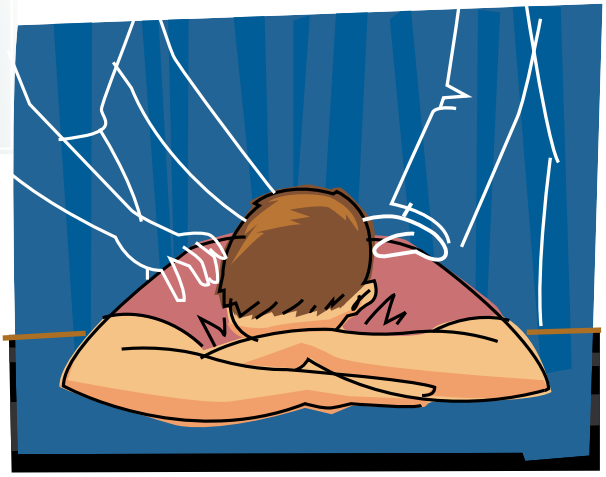
## Taking antibiotics for a cold or the flu:

- Will not help your body fight a cold or the flu.
- Will not help you feel better.
- Will not keep other people from catching the illness.

***How do I know if I need antibiotics?***

**Ask your doctor**
**and follow his or her advice.**
**Remember, viruses cause colds,**
**and antibiotics will not help.**

If your doctor gives you antibiotics, make sure that you take all of the medicine. Not finishing all of the medicine can cause germs to get stronger, and antibiotics may not help the next time.



# Are you depressed?

*If you are, there's no reason to be ashamed.*

Depression is more common than you might think. In fact, it happens to so many people that it has a special day of its own each year. This year, Oct. 10 is National Depression Screening Day.

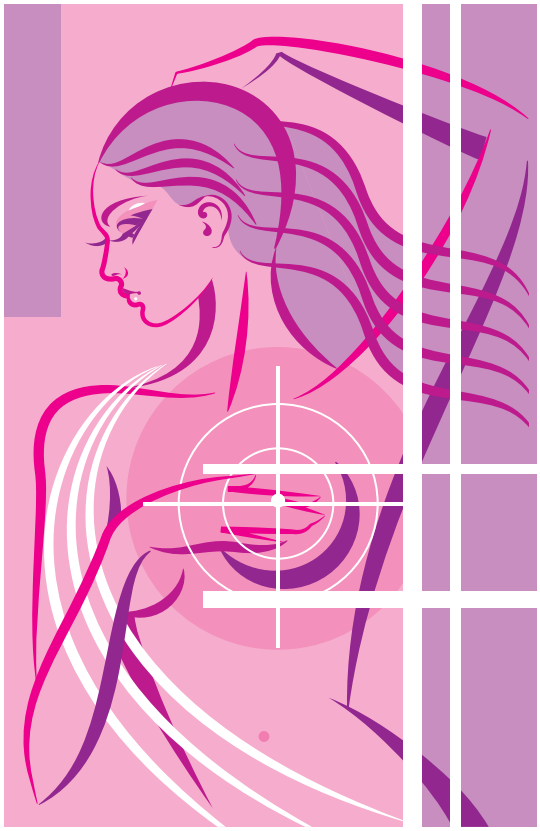
The National Institute of Mental Health says depression is the leading cause of disability worldwide. If not treated, depression can lead to thoughts of suicide. Fortunately, depression can be treated with therapy and/or prescription drugs.

***Common symptoms of depression include:***

- Sad mood
- Loss of interest or pleasure in activities that were once enjoyed
- Changes in eating patterns or weight
- Difficulty sleeping or oversleeping
- Moving more slowly than usual
- Feeling your energy is low
- Feeling worthless or guilty over things you shouldn't
- Difficulty thinking or concentrating
- Repeated thoughts of death or suicide

If you have five or more of these symptoms for nearly every day during a two-week period, you may have depression. **Contact your PCP for help! You also can call the National Mental Health Information Center at 800-789-2647.**

# 10 Things to know about breast cancer



1) The older you get, the more your chances of getting breast cancer. Most breast cancers occur in women after menopause. The Centers for Disease Control says 94 percent of new cases of breast cancer occur in women older than 40.

2) If someone in your family has had breast cancer, you are at higher risk and may want to be tested.

3) Although family history does matter, many women who get breast cancer have no family history of the disease.

4) In the early stages, breast cancer usually has no symptoms. You only notice changes in the look and feel of the breast as the cancer grows.

5) Regular mammograms are the best tool doctors have to detect breast cancer. Most doctors recommend getting a mammogram every one or two years after age 35.

6) If your mammogram results are abnormal, don't panic. Most women simply need more testing to make sure they do not have cancer. Your doctor may ask you to get another mammogram for a different or bigger view of a particular area of the breast.

7) Your doctor also may want you to have an ultrasound or biopsy. An ultrasound uses sound waves to make a picture of the breast. In a biopsy, a small sample of breast tissue is removed using a needle or sometimes surgery.

8) Breast cancer can be treated in many ways. Common treatments for breast cancer may include surgery, radiation therapy, chemotherapy, hormone therapy or a combination of those approaches.

9) If you have more questions, you can talk to your doctor or call the Cancer Information Service at 800-4CANCER (800-422-6237).

10) Breast cancer most commonly occurs in women, but men can also get it.

# Who is my Primary Care Provider (PCP)?

Every SoonerCare Choice member has a Primary Care Provider (PCP).

You must choose a PCP for you and each covered member of your family.

A PCP can be a doctor, physician's assistant or nurse practitioner who provides primary care services. If you do not choose a PCP, one may be chosen for you.

If you do not know who your PCP is, you can call the **SoonerCare Helpline at 800-987-7767** for help. The SoonerCare Helpline can tell you if the PCP you want to use is taking new patients. They can also help you enroll with a PCP or change your PCP.

If you do not know who the PCPs are in your area, you can look at the SoonerCare Choice provider directory online at www.okhca.org. You can also call the SoonerCare Helpline and ask that a provider directory be mailed to you.

If you change your PCP, it might not happen right away. Ask the SoonerCare Helpline when you can visit your new PCP. You will get a letter in the mail confirming the change.

# Proving citizenship and identity

Federal law requires proof of citizenship and identity to get SoonerCare benefits. You may present a U.S. passport as proof. If you don't have a passport, a U.S. birth certificate plus an identification document can be used as proof.

This law is mandated by the federal Deficit Reduction Act (DRA) of 2005. If you fail to provide proof, you will lose program benefits.

If you have any questions or problems, please contact your caseworker.

## Proof of United States citizenship and identity:

One of these will prove BOTH citizenship and identity:

- United States passport
- U.S. Naturalization Certificate issued by U.S. Citizenship and Immigration Services (USCIS)
- Certificate of Citizenship issued by USCIS

## If you do not have any of the items listed above: Provide one item from List A and one item from List B:

Proof of U.S. citizenship (show one item)

***(Items at the top of this list are preferred)***

- U.S. birth certificate
- Certification or Report of Birth Abroad issued by USCIS or the State Department
- U.S. Citizen ID card issued by USCIS
- American Indian card issued by USCIS for the Kickapoo tribe
- Final adoption decree
- Evidence of civil service employment by U.S. Government before 6-1-1976
- Official military record of service showing U.S. place of birth (Form DD-214)
- Northern Mariana ID card from USCIS for naturalized citizens born before 11/4/1986
- Extract of U.S. hospital birth record established at the time of birth, created at least five years before initial application date
- Life, health or other insurance record showing U.S. place of birth, created at least five years before initial application date
- Census records showing U.S. place of birth
- Nursing home records, medical records or other documents showing U.S. place of birth, created at least five years before initial application date

- Bureau of Indian Affairs tribal census records, Navajo and Seneca tribes only
- For Native Americans, tribal membership cards or Certificate of Degree of Indian Blood (CDIB) cards
- Oklahoma voter registration cards

Proof of identity (show one item)

- Driver's license
- Government-issued ID cards with photo or identifying information (State ID card)
- Tribal government-issued ID card (CDIB card) or other tribal documents with photo or identifying information, including Certificate of Indian Blood
- U.S. Military ID, U.S. Military Dependent ID or U.S. Military Draft Record
- U.S. Coast Guard Merchant Mariner card
- School ID with picture

**Please, bring copies only of the above items**

If you need a birth certificate, contact your birth state. If you were born in Oklahoma:

Oklahoma State Department of Health, Vital Records Service
1000 N.E. 10th Street
Oklahoma City, OK 73117
Phone: 405-271-4040 (8 a.m.-4:30 p.m.)

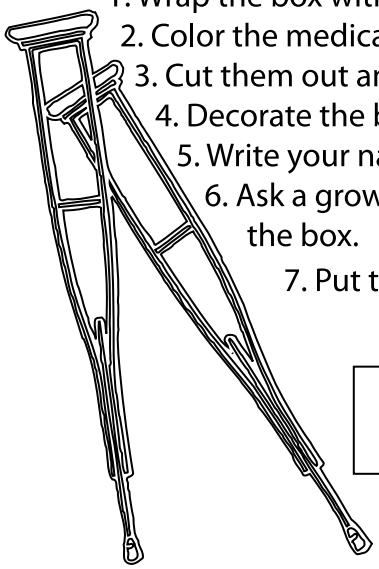
Tulsa Health Department
Central Regional Health Center
315 South Utica
Tulsa, OK 74102
Phone: 918-594-4840 (8 a.m.-4:30 p.m.)

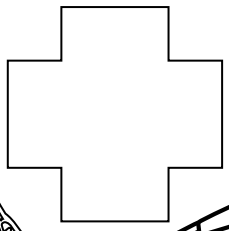
# MAKE A FIRST AID BOX FOR YOUR FAMILY

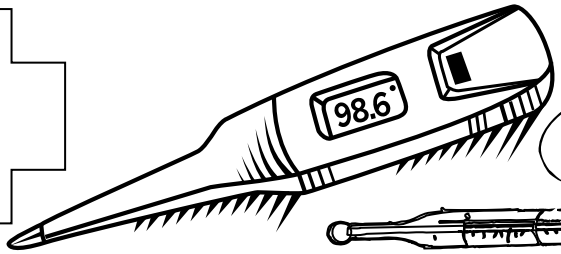
First aid boxes are easy to make for you and your family. Keep them handy in your home and car. ***Supplies:*** 1. A shoe box or box with a lid 2. paste 3. crayons or markers 4. child-safe scissors.

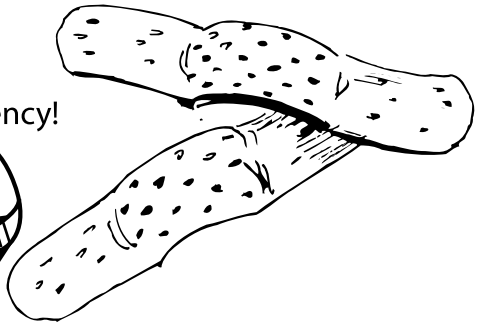
***Directions:***

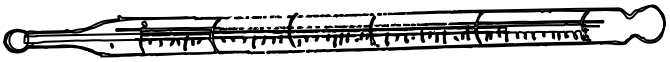
1. Wrap the box with brown or white paper.
2. Color the medical supply pictures below.
3. Cut them out and paste on the box.
4. Decorate the box with crayons or markers.
5. Write your name and First Aid Box on the lid.
6. Ask a grown-up to put first aid supplies in the box.
7. Put the box where everyone can find it in an emergency!









## Seek and Find the Hidden Words

Below are 18 words from this newsletter hiding in the box. Circle each word you find. They may go any direction: up, down, across, or backward. Good luck!

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Here is a list of 18 hidden words.

1. Antibiotics
2. Depression
3. Physicians
4. Shot
5. SoonerCare
6. Pneumonia
7. Mammograms
8. Diagnosis
9. Appointment
10. Provider
11. Citizenship
12. Benefits
13. Passport
14. Bacteria
15. Exercise
16. Medication
17. Oklahoma
18. Smoking

SoonerCare Companion

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# Your teeth affect your baby!

Did you know that your baby's health may depend partly on how well you take care of your teeth? It's true!

SoonerCare offers dental care for moms-to-be. If you are pregnant and between the ages of 21 and 64, you are eligible to receive dental care. You will be covered until 60 days after your baby is born.

You can have a full dental exam and get your teeth cleaned. You can get some types of fillings if you have cavities. SoonerCare also pays for a "deep cleaning" if your dentist thinks you need it.

**Call the SoonerCare Helpline at 800-987-7767, or 800-757-5979 TDD. The Helpline can also help you find a dentist. You can also go to www.okhca.org to find a dentist in the Perinatal Dental Program.**

Keeping your teeth healthy helps keep your baby healthy even before the baby is born!

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

**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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