



Summer 2013

Patient Newsletter

Corning Area Healthcare, Inc.



Patient Protection and Affordable Care Act

Patient Protection and Affordable Care Act includes a variety of provisions designed to promote accountability, affordability, quality, and accessibility in the health care system. As new insurance options become available, patients will need information and assistance to understand new health insurance options and identify the affordable coverage that best meets your needs.

The Affordable Care creates new competitive private health insurance marketplaces, called “The Affordable Insurance Marketplace” (also referred to as “Exchanges”), that will provide millions of Americans and small businesses with access to affordable health insurance coverage. Through the Marketplace, eligible individuals will be able to receive premium tax credits and cost sharing reductions to help with the cost of insurance coverage.

The health care law also gives the state the opportunity to expand their Medicaid program with significant funding support from the federal government. Beginning in January 2014, most individuals under 65 years of age with income below 133 percent of the federal poverty level (FPL) will be eligible for Medicaid in states that participate in this expansion.

On October 1, 2013, patients in every state will have access to a single, streamlined application process that will enable them to determine if they, or a family member, are eligible for enrollment under Medicaid, CHIP, or if they are eligible for financial assistance for qualified health plan offered through the Marketplace and, if so, facilitate the enrollment process. CAHI will provide multiple types of assistance to individuals in learning about coverage options, affordability, and insurance enrollment.

Sunscreen



The greatest drawback with sunscreen is that most people do not apply the correct dose. Studies have shown that the average person applies less than half the “standard” amount of sunscreen. Sunscreen can dissolve when you sweat or rub your skin and will gradually deteriorate with sun exposure.

The standard application amount is 2 milligrams of product per square centimeter of the skin—which is a little more than one ounce, or approximately a shot glass full (that’s one quarter of the typical 4 oz sunscreen bottle). To maintain maximum effect, sunscreen should be re-applied every two hours.... Two coats of sunscreen are better than one!



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

Lots of information is now available right at your fingertips. Log on to our website.

www.cahi-ar.org



Important Dates:

- June 16—Father’s Day
- June 21—First day of Summer
- July 4 -Independence Day—Clinics closed
- July 15—Clinics closed—Staff Training
- August 11-17—National Community Health Center Week

Millions of US Teens may be missing out on Annual Checkups and the Opportunity to be screened for potential health risks

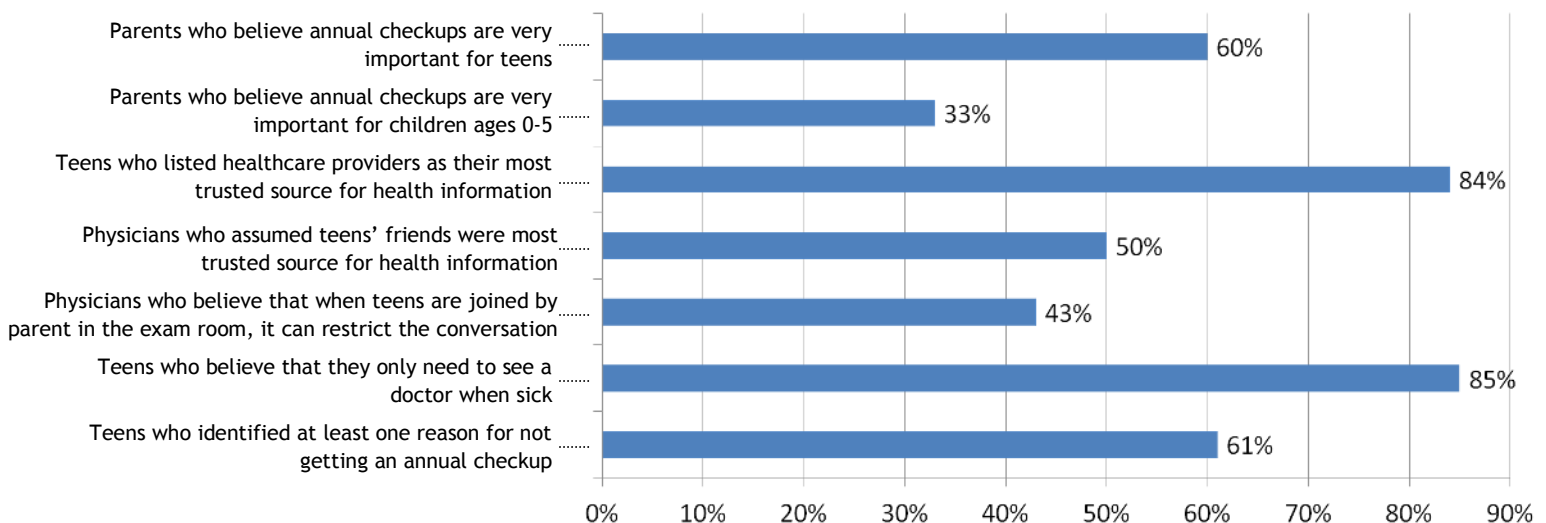
According to recent statistics from the US Department of Health and Human Services and the US Census, approximately one-third of teens may be missing annual checkups. Teens often encounter social, emotional, and physical issues that may include eating disorders and obesity, substance abuse, and sexually transmitted infections. While experts agree that teens should get annual medical checkups to be screened for health risks and discuss important health-related matters, perceptions exist that may contribute to millions of teens missing out on yearly visits. To better understand perceptions about teen health, the National Foundation for Infectious Diseases (NFID), in collaboration with, and with support from Pfizer Inc, conducted a national survey, fielded by Harris Interactive, of more than 2,000 parents of teens, teens, and healthcare professionals.

“NFID has long been an advocate of preventive health. With the drop in annual checkups during the teen years, we wanted to take a look at the attitudes and behaviors of the people closest to teen health to see if we can better understand the reason for the decline,” said Susan J. Rehm, M.D., NFID medical director. “There’s a valley in our healthcare continuum, and two out of three teens surveyed said they have at least one reason for not getting an annual checkup. If we understand why, we may be better equipped to address those perceptions.”

A key finding was that about one in four parents surveyed said that teens’ lifestyle choices today won’t affect their health in the future, and one in five teens surveyed agreed. But, according to the survey results: Nearly all parents, teens, and physicians surveyed (94, 96, and 97 percent, respectively) agree that teens should have a say in decisions about their own health. And the survey shows being healthy can be top of mind for many; two out of three teens surveyed say they worry a lot or a great deal about staying healthy. However, only 28 percent of parents reported that they believe their teens worry a lot or a great deal about their health. The disconnect among parents and teens between today’s choices and future impacts on health contrasts with medical thinking that health behaviors in the teen years can have a long-term impact on health in adulthood.

Other important survey returns were listed as such:

- Almost 40 percent of teens surveyed say they don’t like talking with doctors or other health care providers
- Fifty percent of teens surveyed turn to the internet for health information
- About 84 percent of physicians surveyed say when teens are joined by a parent in the exam room, it can restrict the conversation with the teen.



(Continued.....)

Checkups are not just for babies

Parents of infants and young children are accustomed to regularly visiting a pediatrician for their child's checkups. But when children reach the teen years, these annual checkups may fall off the radar. While 85 percent of parents polled say an annual checkup is very important for those zero to five years, there was a 24 percent drop in the percentage who believe the same is true for teens (61 percent).

"The information and communication dynamic among teens, parents, and doctors is an important one," said Leslie Walker, MD, immediate past-president of SAHM and division chief of adolescent medicine and professor of pediatrics at University of Washington School of Medicine and Seattle Children's Hospital. "It's appropriate for teens to be able to talk to their doctor alone. Establishing this one-on-one relationship between patient and physician encourages independence and responsibility for one's own health."

"Teens are smart, but they're just like the rest of us: overscheduled and overwhelmed. It's normal to have an 'it won't happen to me' attitude," said Aria Finger, chief operating officer of DoSomething.org, a large social change nonprofit in the United States. "It's about changing the consciousness of teens and those who care for them. Everyone wants what's best. Making the annual checkup part of the norm during teen years sets young people up to take charge and get ahead of the curve about their own health."

"Teens are social beings," said Finger. "The adults and peers in their lives model behaviors and influence attitudes about health and well being. Engaging these audiences or equipping them to positively influence teens can go a long way."

For additional information and additional survey results, please visit www.myteenshealth.com.

<copied from PhysBiz Tec article dated April 16, 2013

Preventing and Removing Ticks

Ticks are most active during the months of April to September, but can be active any time of the year. Avoid wooded and bushy areas with high grass and leaf litter. Always walk in the center of trails. Try using tick repellent with DEET or Permethrin. The repellent should last up to several hours. Always follow product instructions when using repellent.

Once you come indoors, you should bathe or shower as soon as possible (preferably within two hours) to wash off and more easily find ticks that are crawling. Conduct a full body check using a hand-held mirror to view all parts of your body. Especially check areas such as: under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist and in the hair. Don't forget to examine your gear and your pets. It's a good idea to tumble clothing in a dryer on high heat for an hour to kill remaining ticks.

If you find a tick, try using a fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. Pull upward with steady, even pressure. Never twist or jerk the tick. This can cause the mouth parts to break off and remain in the skin. If this happens, remove the mouth parts with tweezers. If you are unable to remove the mouth easily, leave it alone and let the skin heal. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, iodine scrub, or soap and water.

Avoid the folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible and not wanting it to detach.

If you develop a rash or a fever within several weeks after the removal of a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

For more information, visit <http://www.cdc.gov/ticks/>

< Information provided by: Centers for Disease Control and Prevention



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Mission Statement

Corning Area Healthcare, Inc. (CAHI) a non-profit community health center, serving the comprehensive needs of Northeast Arkansas in a professional manner with compassion and quality without regard to language, financial or cultural barriers.

Website: www.cahi-ar.org

Apricot Honey Chicken

4 servings | Prep/Total Time: 25 minutes

Ingredients

- 4 boneless skinless chicken breast halves (5 oz each)
- 1 tablespoon canola oil
- 3 tablespoons apricot preserves
- 2 tablespoons orange juice
- 4 teaspoons honey



Preparation

In a large skillet, cook chicken in oil over medium heat for 7-9 minutes on each side or until a meat thermometer reads 170 degrees. Combine the preserves, orange juice and honey; pour over chicken. Cook 2 minutes or until heated through. Yield: 4 servings.

Nutritional Facts

1 chick breast half equals 243 calories, 7 g fat (1 g saturated fat), 78 mg cholesterol, 74 mg sodium, 16 g carbohydrate, trace fiber, 29 g protein. **Diabetic Exchanges:** 4 lean meat, 1 starch, 1 fat.

