

# ALLIANCE ALERT

Spring 2012

Singer and actress Solange Knowles has ADHD. Here's what you need to know if you have it.



## Follow Up on ADHD

**S**olange Knowles is a singer and actress. She also has ADHD. Knowles proves that you can have ADHD and still be a success. You just need to know a few things about the problem.

ADHD stands for attention deficit

hyperactivity disorder. It affects 10 million people in America. Children can have it. So can adults. Knowles had common ADHD symptoms. She acted hyper and had lots of energy. It was also hard for her to focus.

There is no cure for ADHD. But there are ways to feel better. Follow these tips if you or your child has ADHD:

- 1. Work with your doctor.** Talk with your doctor about how you feel. Share a list of drugs you take to make sure they work with your ADHD drug. Discuss any other health issues.
- 2. Follow instructions for your drug.** Check in with your doctor on a regular basis so he or she can make sure the drug is safe and still working.
- 3. Keep a schedule.** Follow the same plan every day. This can help people with ADHD feel more focused.
- 4. Break up big projects.** Make a list of the steps that you need to take to finish a project. Then, use the list to stay on track.

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# Healthy Moms, Healthy Pregnancy, Healthy Babies

If you are pregnant, you need to see your doctor often. Be sure to go to every appointment, even if you feel healthy. For the most part, most women will have a normal pregnancy. The sad part is that normal can slip to not-normal in just hours. If this happens, a doctor needs to detect and treat problems to preserve the pregnancy and/or save the baby. Women who do not get care while they are pregnant are more likely to have a problem that affects the baby's health. The effect on the baby can be both short-term and long-term and can affect how the baby grows and learns after birth.

The doctor will check your weight and waist size. This tells how much the baby is growing. He or she will also listen to the baby's heart. Often the doctor will take a blood or urine test. The doctor might take a picture of the baby. This is called an ultrasound. These visits help make sure you and your baby are healthy.

Your doctor will want to see you at these times:

- Weeks 4 to 28, once a month.
- Weeks 28 to 36, every two to three weeks.
- Weeks 36 to birth, once a week.
- After you have your baby, see your doctor between 3 and 8 weeks after delivery.



## Antibiotics Are Not Always Best



**A**ntibiotics are great drugs. They can save lives. Antibiotics kill bacteria. They also stop bacteria from multiplying.

But antibiotics cannot fix every illness. They do not help infections that are

caused by viruses. Antibiotics do not help if you have:

- **The flu**
- **A cold**
- **A sore throat** (unless it's strep throat)
- **A cough**

It's no fun being sick, but antibiotics

may not help you feel better. If you get a cold or flu, rest and drink lots of water. Try an over-the-counter drug from your pharmacy. Don't forget that a flu shot is a great way to protect yourself against getting the flu!

**Do You Have a Sore Throat?** We've all had sore throats. They make it hard to swallow. It's tough to eat. You just feel bad. Many sore throats are caused by a virus. And that means antibiotics won't help. You probably don't need to see your doctor. Instead, you can rest at home. Treat the symptoms. An over-the-counter painkiller can help. Gargling with warm, salty water feels good. Try sucking on hard candy. Or drinking tea with honey.

If your sore throat is caused by a strep infection, call your doctor. The signs of strep are a red throat with white patches and a sudden fever. Strep throat also comes with a headache, nausea and chills. Your doctor will usually give you antibiotics to treat strep throat.



## Dealing With Diabetes

**D**o you have diabetes? Diabetes can cause other serious health problems like heart or kidney disease. You need to be tested for these kinds of problems at least once a year. The sooner you know about them, the easier they are to treat.

Ask your doctor how often you need these tests:

- **The HbA1C test** measures your blood-sugar control over the past few months.
- **A blood-fat test** checks your cholesterol levels and your risk for heart disease.
- **Kidney-function tests** make sure your kidneys are working right.
- **A dilated eye exam** checks for damage to your eyes.
- **A dental exam** and cleaning protect your teeth and gums.

Your doctor should take your blood pressure and check your feet for sores at every visit. The doctor should also teach you about the ways you need to manage your diabetes at home. Self-care includes your diet, hygiene and dental care, plus any medications or tests you take at home.



### TAKE CONTROL OF YOUR DIABETES

If you have diabetes, be sure to get needed tests every year. Talk to your doctor to learn more.

### TEST TIME

**Q** My doctor wants to test me for chlamydia and cervical cancer. Do I need these tests?

**A** Yes, you do. When you get screened for chlamydia and cancer regularly, you and your doctor can work to treat problems early.

If you're sexually active and younger than 25, you should be tested for chlamydia. If you're sexually active or older than 21, you should get tested for cervical cancer. Most women have these screenings every two years. Your doctor can decide the best schedule for you.

Talk with your doctor about what the tests are like. But don't let fear stop you from getting tested.

To help stop chlamydia and cervical cancer, you should also:

1. Not smoke.
2. Not have many sex partners.
3. Use a condom.
4. Get the HPV vaccine.



# Make a Peak Flow Meter Part of Your Asthma Toolkit

**P**eak flow meters measure how air flows through your lungs. They tell you how fast air leaves your lungs when you breathe out. This number is called your “peak expiratory flow,” or PEF.

Check this number every day at the same time in the morning and at night, and you can learn a lot about your asthma. The numbers from your peak flow meter can tell you if your asthma action plan is working. They teach you about your triggers. And they can help you and your doctor adjust your drug.

If you have mild or moderate asthma, talk with your doctor about using a peak flow meter along with your other drugs and inhalers. Your doctor will show you how to use it right and tell you when to use it.

## HEALTH SMART

### What's Your BMI?

BMI is body mass index. It's a number that compares your height to your weight. It's a way to tell if you should lose extra weight to get healthier.

If your BMI is 25 or higher, start taking steps to lose weight. This can mean eating less fast food and fat. It can also mean moving more, taking walks and even standing up more.

Next time you talk with your doctor, ask about your BMI. You can also go to [www.cdc.gov/healthyweight/index.html](http://www.cdc.gov/healthyweight/index.html) and click on “Assess Your Weight.” Click on the BMI Calculator.

## All About Aspirin Learn more about this over-the-counter medicine.

### WHAT IS IT FOR?

- ▶ Fever
- ▶ Pain
- ▶ Blood Clots

### WHO CAN IT HELP?

- ▶ Adults who have minor pain.
- ▶ Adults who have certain heart conditions and want to lower their risk for a heart attack.

### WHO SHOULD BE CAREFUL TAKING IT?

- ▶ Adults who have asthma, ulcer, anemia, hemophilia, kidney or liver disease.
- ▶ Adults who have three or more alcoholic drinks every day.
- ▶ Children should never take aspirin unless their doctor approves it.
- ▶ Adults should not take aspirin if they are taking any prescription drugs, especially for thinning of the blood, diabetes, gout or arthritis, unless their doctor approves.
- ▶ Do not use aspirin during the last 3 months of pregnancy unless approved by your doctor.





## WELLNESS PROGRAM REQUEST FORM

Alliance for Health provides free health education. We want you to take charge of your health by having the best information possible. Please check off the topics that you want.

### WRITTEN MATERIALS:

- Alcohol and Other Substance Abuse
- Asthma    Self    Child
- Back Care
- Birth Control and Family Planning
- Diabetes
- Domestic Violence
- Exercise with    Resistance Bands
- Good Eating
- Heart Health
- Parenting and Discipline
- Pregnancy and Childbirth
- Quit Smoking
- Safety
- Sexual Health

### REFERRALS FOR:

- Alcohol and Other Substance Abuse
- Breastfeeding Support
- HIV and STD Programs
- Violence Prevention

### CLASSES:

- Asthma
- Diabetes
- CPR
- First Aid
- Parenting
- Pregnancy and Childbirth
- Quit Smoking
- Weight Watchers

### ID BRACELETS:

- Asthma:
- Diabetes

### VIDEOS/DVDS

- Asthma Care (DVD)    Self    Child
- Self Breast Exam (Video only)
- Childbirth (Video only)
- Parenting and Discipline (DVD)

### SPECIAL BOOKS:

- What to Do When Your Child Gets Sick
- Family Self Care Guide
- Teen Health
- Cook Book

Name (self): \_\_\_\_\_ Alliance ID Number: \_\_\_\_\_

Child's Name (if applicable): \_\_\_\_\_ Child's ID Number: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone #: \_\_\_\_\_ Language Preferred: \_\_\_\_\_

Provider Name (if applicable): \_\_\_\_\_

Are materials are for:    Adult    Child                      Age of child: \_\_\_\_\_

**Send this form to:** Alameda Alliance for Health, 1240 South Loop Road, Alameda, CA 94502

**Or Fax this form to:** 510-747-4166   **Or Call:** 510-747-4577 / CRS TTY 711

**MEMBER VIDEOS ARE HERE**

It's easy to be confused by the health care system. We want to make it simple for you. We have three new member videos on our website to help you learn how to get the most from your health plan. Topics include:

- An Intro to Your Health Plan
- Your Doctor and You
- Your Drug Benefit

You can see the videos at [www.alamedaalliance.org](http://www.alamedaalliance.org) in English, Spanish, Chinese and Vietnamese. Tell us what you think by completing our short survey. We'll send you a free gift (while supplies last). Call Member Services at 510-747-4567 or 1-877-371-2222 to ask for a free copy of the DVD.

**ADDRESS AND PHONE CHANGES**

If you move or get a new phone number, call us at 510-747-4567. We need to update our records.

**COMING SOON**

Alameda Alliance for Health will launch a new and improved website in Spring 2012! Members will have a quick and easy way to get service 24 hours a day/7 days a week. You will be able to use the website to:

- Get a member ID card
  - Find and choose a doctor
  - Report a problem
  - Update your contact information
  - Use tools to keep you healthy and more
- Service will be just a few clicks away at [www.alamedaalliance.org](http://www.alamedaalliance.org).

**FREE LANGUAGE SERVICE**

Friends and family should not interpret for you at your doctor visits. For free help with your language needs, call us at 510-747-4567.



**Important Phone Numbers**

<b>Emergency</b>	<b>911</b>
Poison Control	1-800-876-4766
Alameda County Social Services	510-639-1000
Medi-Cal Plan Enrollment/Changes	1-800-430-4263
<b>Alameda Alliance for Health</b>	
Main Number	510-747-4500
Member Services	510-747-4567 CRS/TTY 711 Monday-Friday, 8 a.m.-5 p.m.
<b>Alliance CompleteCare (HMO SNP) Medicare Plan</b>	
Care Advisors	1-877-585-7526 CRS/TTY 711 or 1-800-735-2929 7 days a week, 8 a.m.-8 p.m.
<b>Dental Care Services</b>	
Alliance CompleteCare Members	
Liberty	1-888-703-6999
Healthy Families Members	1-866-848-9166
<b>Vision Care Services</b>	
Medi-Cal Members	
March Vision Care	1-888-493-4070 TTY 310-216-2309
Healthy Families Members	1-866-848-9166
Group Care Members: EyeMed	1-866-723-0514
<b>Behavioral Health Care Services</b>	
Alliance CompleteCare/Healthy Families/Group Care Members	1-800-999-9585
Medi-Cal Members	1-800-491-9099



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 Si necesita ayuda para leer este documento, llame a Servicios al Cliente al 510-747-4567.  
 假如您看不懂本文件，需要協助或其他語文版本，請致電會員服務部，電話 510-747-4567。  
 Nếu quý vị cần được giúp đỡ đọc tài liệu này, xin gọi ban Dịch Vụ Hội Viên tại số 510-747-4567.

