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Member Newsletter for Capstone Members & Caregivers

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 Phone (928) 779-2113 or (800) 336-3874 ~ Fax (928) 779-5108 August 2006 Vol. 2 ~ Issue 5



Spring, Summer & Allergies

If winter is your favorite part of the year, you might be 1 of the 20-40 million Americans with hay fever, also known as *seasonal allergies*.

Allergy signs include, sneezing, congestion, runny nose and postnasal drip, itchy throat, eyes and ears.

Why people get allergies is not fully understood. We know allergies can be hereditary. People with asthma or eczema are more likely to develop hay fever than those who do not.

Allergies cannot be cured. They can be controlled. During allergy season try avoiding outside triggers, like pollen by:

- Keeping windows and doors closed in your home & car
- Limiting outside activities
- Keeping your home free of mold, dust and sometimes pets

Some over the counter medications may be covered if your doctor prescribes them in place of a prescription medication.

“Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each.”

~ Henry David Thoreau



About Our Organization...

Our mission is to manage a health plan responsible for providing health care and related services to the developmentally disabled. Our members are the focus of our organization and the reason for our existence. We strive to make available the resources needed to give quality, comprehensive, yet cost-effective care. We work with the covered members and their families as well as all providers, vendors, agencies and others to ensure that health care needs are met while maintaining the dignity of, and respect for our members.

Capstone Cares

Capstone Health Plan is a non-profit organization funded in part by the state of Arizona.

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Leap and the Net Will Appear

When you have come to the edge of all the light you have known
 and are about to step into the darkness,
 trust that you will either step onto something solid

OR

You will be taught how to fly!!!

REMEMBER!

ROUTINE dental services for ages 0 through 20 **DO NOT** need approval!!!

Prevent future dental and vision problems!

See your dentist every 6 months before you turn 21!
 See your eye doctor once a year before you turn 21!

There are NO ROUTINE dental (exams & cleanings) benefits after your 21st birthday!
 There are NO ROUTINE vision (exams & glasses) benefits after your 21st birthday!

IF YOU ARE A DIABETIC CAPSTONE COVERS ROUTINE DENTAL AND VISION SERVICES!

Please DO NOT WAIT! Capstone can pay for dental and vision services only until your 21st birthday!

Decubitus Ulcer or “Bed Sore”? What Causes It?

Bed sores may begin as a reddened area of the skin that does not go away. These sores can quickly turn into breaks in the skin. If gone untreated they turn into deep wounds. Sores can be caused by rubbing against something like a bed sheet, cast, brace, etc.

Skin areas that lie just over a bone (such as the spine, tailbone, hips, heels, and elbows) are more likely to get a sore because the pressure causes the skin and tissue to become trapped between the bone and the bed, cast, wheelchair, etc. The pressure does not allow the blood flow to get to the skin and tissue, which is needed to nourish those cells. Without nourishment, these cells become damaged or die.

The best treatment is making sure all areas of the skin get good blood circulation. When you are in bed or in a chair for very long, prevent pressure by changing positions often. If you are not able to naturally change positions when you are asleep, your caregiver should help you change positions at least every two hours.

Good skin care includes clean and dry skin. Washing a lot can cause dry skin, so use mild soap and hypoallergenic moisturizing lotions. Keep your skin free from urine, stool, drainage, or perspiration. Good nutrition and drinking plenty of water is always important to healthy skin and tissue.



Well Woman Exams

Did you know?

- Close to 13,000 new cases of cervical cancer are reported each year.
- 1 of 8 women will get breast cancer in her life.
- Each year 7,000 women die of cervical cancer.
- Breast cancer is the number 1 cause of cancer death in women 35 to 50 years old.

Finding cancer early will boost your chances of survival and possibly a cure. Yearly “Well woman exams” are for women 18 to 64 years old. Usually a pelvic exam, Pap smear or Pap test is given. Your doctor may want to screen for breast cancer with an X-ray of your breasts, called a mammogram.

Capstone will pay for “well woman exams” once a year. Capstone also pays for cancer screening tests. Your primary care provider (PCP) can help you get these services.

Questions? Need help? Call Cindy, R.N., Health Services Director at: 1-800-336-3874 ext. 104

Positive Power

Studies show patients with terminal breast cancer who have family support and go to cancer support groups are less likely to become depressed and are more likely to enjoy the rest of their lives and may even live longer!

Emergency Contraception

Plan B is a form of the Morning After Pill. It is the emergency contraception treatment on the Capstone list of covered prescriptions. For best results Plan B should be taken within 72 hours after unprotected sex. Plan B does not need prior authorization. It does need a prescription from your doctor.

Cultural Competency ~ Honoring Our Differences

At Capstone, we care about you. We appreciate cultural differences and enjoy the diversity that comes with it.

Cultural beliefs about cause, prevention and treatment of illness are unique in each.

Capstone understands the need for open communication. We want to meet your needs in a way that will respect your culture and beliefs about healthcare in a language you can understand.

If your doctor does not speak your language, you may use an interpreter *free of charge*.

We want you to know your healthcare plan and understand the directions you get from your doctor. We believe in respecting and honoring your cultural values. Call Member Services or ask your doctor to call for you. We can easily get translations services with no wait time.

Everyone Smiles In The Same Language and Shares The Same Color Of Blood!



The Unique Me

“I am the only unique me that will ever be. I have the power to make a difference in this world. I look forward to taking on the grand adventure of life, living, and always remember to be myself! I love being me!”

~ Unknown

Stress Tips for Caregivers!

STRESS

You may know more about stress than many of us. What you might not know is how stress affects your body.

1. Weight Gain: Chronic stress can raise levels of the hormone cortisol, which can make you hungry. Stress also makes you crave sweets and carbs, piling on empty calories.

2. Infections: Left untreated, stress can lower your immune system, making it easier for you to catch colds and other infections.

3. Digestive Problems: Stress can lead to stomach aches and diarrhea.

4. Circulation Issues: Heart disease and strokes become possibilities.

Depression, sadness and feelings of being alone and overwhelmed are very common side effects of stress.

“Where there is laughter there is always more health than sickness.”

~ Phyllis Bottome

LESS STRESS

1.) Learn and practice relaxation techniques, like deep breathing and meditation. Call us to find out more!

2.) If you believe you might need behavioral counseling call Member Services.

3.) Find a way to get some fresh air.

4.) Talk to someone you can trust.

5.) Get help when you need it.

6.) Forgive someone.

7.) Slow down & imagine doing less

8.) Make time for loved ones & practice patience

9.) Follow your heart, yield to life, yield to peace and yield to joy!

“Let laughter lift your spirits in ways that make your body feel better.” ~

Unknown