



TCSIG HEALTH AND WELLNESS

Fall 2018

For a healthier YOU!



Ryan Robison
TCSIG President

FROM THE PRESIDENT

Something incredible is taking place at Tri-County Schools Insurance Group. As a valued member of one of California's oldest and most reliable healthcare JPAs, you are participating in the transformation process that will forever shape the quality, outcome and cost of healthcare services for our members and their dependents.

The TCSIG administrative support team has been re-engineered to combat the turbulent nature of the healthcare industry. We are pleased to introduce Marisa Garramore, Finance and Operations Manager, and Becca McIntosh, Administrative Clerk. Our new organizational structure while still maintaining the highest standards in customer service, is also designed to better evaluate financial data and identify emerging cost trends. Evaluating today's financial and medical analytics allows us to form a predictive model of tomorrow's medical costs.

An analysis of the 1st quarter of the 2018/2019 fiscal year financials indicate that TCSIG is currently on track to duplicate last year's excellent financial results. The bottom line is that we are currently tracking a ZERO % increase in member premiums! There is another quarter of data to examine before rate setting, however the 1st quarter results are an indication that the recent changes that have been made to our financial staff is paying dividends already. As you may recall, the 2017/2018 financials were achieved without a rate increase and enriching all the plans to reduce out of pocket expenses for our members.

What makes a potential ZERO % rate increase even better is the fact that TCSIG is currently developing two new coverage plans: one Silver and one Bronze level will be added for the 2019/2020 fiscal year. The need for these plans was first communicated from one of our member districts and from conversations with our Employee Benefit Committee. The employee participation and input is one of the many distinctions between TCSIG and our competitors. All for one and one for all!

TCSIG will be introducing a new tool to strengthen patient advocacy and support

for our members. Members have already increased the use of Health Care Blue Book which has led to better medical outcomes. COMPASS will be a new tool added to help members select doctors and physicians. COMPASS is designed to be used in concert with Health Care Blue Book. Members who utilize COMPASS will soon realize they have been empowered to receive the best outcome at the best price. If you need medical care, we want you to get it done right the first time with no complications!

I hope you find our new quarterly newsletter beneficial. I wish you and your family a safe, healthy and happy fall season. Thank you for your continued support and all your efforts that are transforming the consumer culture of TCSIG and allowing our organization to grow and prosper for the benefit of you, our most important client.





BREAST CANCER AWARENESS

How much do you know about breast cancer?

Worldwide, breast cancer is the most frequently diagnosed life-threatening cancer in women. In less-developed countries, it is the leading cause of cancer death in women; in developed countries, however, it has been surpassed by lung cancer as a cause of cancer death in women. In the United States, breast cancer accounts for 29% of all cancers in women and is second only to lung cancer as a cause of cancer deaths.

Causes

Breast cancer risk factors[†] are things that increase the chance that you could develop breast cancer:

- Some risk factors you can control, such as drinking alcohol. Others, such as family history, you cannot control.
- The more risk factors you have, the more your risk increases. But, it does not mean you will develop cancer. Many women who develop breast cancer do not have any known risk factors or a family history.
- Understanding your risk factors can help you know how to prevent breast cancer.

Breast implants, using antiperspirants, and wearing underwire bras do not increase the risk for breast cancer. There is also no evidence of a direct link between breast cancer and pesticides.

Symptoms

Early breast cancer often does not cause symptoms. This is why regular breast exams and mammograms are important, so cancers that don't have symptoms may be found earlier.

As the cancer grows, symptoms may include:

- Breast lump[†] or lump in the armpit that is hard, has uneven edges, and usually does not hurt.
- Change in the size, shape, or feel of the breast or nipple. For example, you may have redness, dimpling, or puckering that looks like the skin of an orange.
- Fluid from the nipple. Fluid may be bloody, clear to yellow, green, or look like pus.

In men, breast cancer symptoms include breast lump and breast pain and tenderness.

Symptoms of advanced breast cancer may include:

- Bone pain
- Breast pain or discomfort
- Skin ulcers
- Swelling of the lymph nodes in the armpit (next to the breast with cancer)
- Weight loss

When to Contact a Medical Professional

Contact your provider if:

- You have a breast or armpit lump
- You have nipple discharge

After being treated for breast cancer, call your provider if you develop symptoms such as:

- Nipple discharge
- Rash on the breast
- New lumps in the breast

- Swelling in the area
- Pain, especially chest pain, abdominal pain, or bone pain

Prevention

Talk to your provider about how often you should have a mammogram[†] or other tests to screen for breast cancer[†]. Early breast cancers found by a mammogram have a good chance of being cured.

Women at very high risk for breast cancer may consider preventive (prophylactic) mastectomy. This is surgery to remove the breasts before breast cancer is diagnosed. Possible candidates include:

- Women who have already had one breast removed due to cancer
- Women with a strong family history of breast cancer
- Women with genes or genetic mutations that raise their risk for breast cancer (such as BRCA1 or BRCA2[†])

Many risk factors, such as your genes and family history, cannot be controlled. But making healthy lifestyle changes may reduce your overall chance of getting cancer. This includes:

- Eating healthy foods
- Maintaining a healthy weight
- Limiting alcohol consumption to one drink per day

[†] References: medlineplus.gov



NATIONAL DIABETES MONTH

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes and its impact on our families, our communities, and members like you.



Diabetes and Your Mouth

Did you know diabetes puts you at risk for gum disease? People with diabetes also have higher levels of glucose (simple sugars) in their saliva. Over 29 million people in the U.S. have diabetes. This systemic disease affects more than your blood sugar—it can also have serious consequences for dental health.

Protect yourself

- **Control your blood sugar.** The higher your glucose levels, the greater chance of developing oral health problems.
- **Brush and floss every day.** A strong defense against bacteria goes a long way.
- **Visit your dentist regularly.** Tell your dentist that you have diabetes and what medications you're taking.
- **Quit smoking.** A dangerous combo, smoking and diabetes restrict the blood flow to your mouth.

Look for warning signs

- Red, tender or swollen gums
- Bleeding gums
- Gums that separate from surrounding teeth
- Chronic bad breath or bad taste in your mouth
- Teeth that are loose or separating from each other

See your dentist if you experience any of the above symptoms.



Diabetes and Your Eyes

Did you know that an eye exam can be the first clue to detecting diabetes and other hidden health concerns? Finding these issues early can give patients a better chance at preventing damage through early treatment and management.

One of the well-known effects of diabetes is eye and vision damage caused by diabetic retinopathy. This means that delicate blood vessels in the eye swell or bleed. They may also grow abnormally on the retina itself. This allows unprocessed blood sugars, fats, and proteins to leak out of weakened blood vessels. That's what damages the retina and can cause vision loss.

Roughly 90% of diabetes-related blindness can be avoided by getting an annual eye exam.

Schedule yours today and visit with our diabetes specialist, Dr. Melissa George, DNP, at the Wellness Center. The TCSIG Health & Wellness Center offers free blood screening, monitors your A1C levels, dispenses meters and strips, provides healthy eating plans, and weight management tools.

Diabetes and Your Feet

Let's not forget feet!

- Protecting your feet by never going barefoot.
- Caring for nails and toes is a **must** in preventing diabetes complication such as amputations.
- Daily use of a mirror to check below feet.

Diabetes and Pre-diabetes Facts

Here are some surprising facts about diabetes

- 54 million Americans have pre-diabetes and most don't know it.
- Nearly 24 million Americans have diabetes
- One in three people with diabetes don't know they have it
- Diabetes accounts for about 24,000 new cases of vision loss each year
- Recent research by the U.S. National Eye Institute showed that 8% of pre-diabetics were already showing signs of retinopathy
- Lifestyle risks for diabetes are physical inactivity, poor diet, and obesity
- Diabetes has genetic factors like family history and ethnicity—Black Americans, Hispanics, American Indians, Asian and Pacific Islanders are at higher risk

Others at higher risk include older individuals, those with gestational diabetes, and babies weighing more than nine pounds at birth.

EAT TO PREVENT AND HEAL

This menu is designed for a meal plan for people with diabetes and/or people with heart disease, **as well as** members of their families who want to eat in a healthier way. Each menu is low in sodium, saturated fat, and cholesterol, yet packed with flavorful fruits and vegetables, lean protein, and low-fat dairy products.

For people with diabetes who need to count carbohydrates at each meal, the breakdown of these meals is as follows:

Breakfast: 3 carbohydrate servings (45 grams carbs total or less)

Lunch: 3 carbohydrate servings (45 grams carbs total or less)

Dinner: 4 carbohydrate servings (30 grams carbs total or less)

Snacks: 1 carbohydrate servings (15 grams carbs total or less)

BREAKFAST

Mushroom and Swiss Scramble

Cook 2 tbsp chopped onion and 2 large mushrooms (thinly sliced) in 1 tbsp canola oil in a small nonstick skillet for 5 minutes until soft. Whisk together 3 egg whites, 1 tbsp skim milk, and a pinch of black pepper; add to the skillet. Cook for 2 minutes, stirring often, until eggs are cooked; sprinkle with 1 tbsp shredded low sodium Swiss cheese. Serve with 100% whole-wheat English muffin that has been split and toasted.

1 cup skim milk, or almond milk, or unsweetened tea, or water

LUNCH

Fresh Mozzarella & Red Bean Salad

Whisk together 1 tbsp balsamic vinegar, 2 tsp olive oil and a pinch of black pepper in a large bowl. Add 1/3 cup canned no-salt-added red beans (rinsed and drained), 1 large tomato (chopped), 1 red bell pepper (chopped), and 1 oz fresh mozzarella cheese (diced). Toss to combine. Add 2 cups mixed salad greens and toss to combine.

SNACK (2-3 hours after main meal)

1 cup sliced strawberries topped with 2 tbsp plain low fat yogurt. *Greek is best for more protein.*

DINNER

Cheddar Turkey Burger

Stir together 4 oz ground skinless turkey breast, 1 tsp prepared horseradish, and a pinch of black pepper; shape into a patty. Cook in 1 tsp olive oil in a medium nonstick skillet for 8-10 minutes until no longer pink, topping with 1 tbsp shredded, reduced-fat, extra sharp cheddar cheese during the last 1 minute of cooking. Serve in a toasted 100% whole-wheat sandwich bun with leaf lettuce and tomato slices. *May omit the bun if blood sugar is not a goal or needing to lose weight.*

1/2 cup skim milk, or almond milk, or unsweetened tea, or water

SNACK

3/4 cup plain low-fat yogurt topped with 1/4 cup frozen unsweetened, thawed raspberries

Berries, apple, veggies, carrots, or celery sticks



MAINTAIN DON'T GAIN!

Tis the season for potlucks, festive gatherings and endless opportunities to overindulge in delicious goodies! That's why TCSIG and TeamCare are pleased to once again offer a challenge to stay ahead of those sneaky holiday pounds. Leave the stuffing to the turkey and join us for

Maintain Don't Gain!

Studies show that the average American gains 5 to 10 pounds between October and New Years, but typically loses less than 10% of that gain. Year over year, that can add up to a much bigger obstacle than "a few extra pounds." Excess weight is not only a nuisance to your waist line, but also contributes to chronic conditions such as heart disease, high blood pressure, pre-diabetes and diabetes.

Maintain Don't Gain offers support, guidance and healthy recipes to help you stay ahead of those unwanted holiday pounds. All participants who maintain their weight throughout the challenge will be entered into a drawing and **ten lucky winners** will walk away with a **\$25 TCSIG gift card**.

Simply register and report your starting weight at the beginning of the challenge, maintain your weight throughout the holiday season and report your ending weight in January - it's just that easy! During the challenge we'll send you information and tips to keep you on track and to remind you that you are not alone in this annual struggle!

Bonus Grand Prize! Accountability is a key component to success. During the challenge you will have the opportunity to "check in" to make sure you are on track. Watch your update emails for more information to learn more. All participants who check-in AND maintain their weight throughout the challenge will be entered into the Bonus Grand Prize raffle for a **Fitbit Versa valued at over \$200!**



Nov. 19, 2018 – Jan. 13, 2019

To register and report your starting weight please visit <https://www.surveymonkey.com/r/TCSIGMDGstart> or scan this code from your smart phone:

**Registration is open
November 12, 2018
to November 23,
2018.**



The challenge is open to all but only TCSIG medically covered members, spouses and retirees are eligible for prizes.

For more information or assistance please contact TeamCare at **866-724-0032** or teamcare@delapro.com.

HEALTHY FOR THE HOLIDAYS

Finish your holiday dinner with this jewel-toned winter fruit salad in lieu of a traditional dessert. It's full of winter fruit favorites like pomegranate, orange, mango and kiwi.

Ingredients

- ½ cup sugar
- 1 1-inch piece ginger, peeled and thinly sliced
- 1 vanilla bean, split lengthwise and seeds scraped out
- 1 lemon
- 5 large navel or blood oranges
- 2 mangoes, peeled and diced
- 2 firm bananas, peeled and diced
- 5 kiwis, peeled and diced
- 12 kumquats, very thinly sliced crosswise, seeds removed
- 1 cup pomegranate seeds (from 1 pomegranate)

Directions

Combine the sugar, 2 cups water, the ginger and vanilla seeds and pod in saucepan. Add peels of lemon and 1 orange, to the saucepan and bring to a boil over medium-high heat. Reduce the heat and simmer 5 minutes. Refrigerate until cold.

Meanwhile, peel the remaining oranges cutting along the natural curve of the fruit. Squeeze to release the juices. Repeat with the remaining oranges. Add the mangoes, bananas, kiwis, kumquats and pomegranate seeds and gently toss. Pour the syrup over the fruit and chill overnight.

Before serving, remove the citrus zest, ginger and vanilla pod. Spoon the fruit and syrup into bowls.

To remove pomegranate seeds, cut the fruit into quarters, then break apart in a bowl of water. Skim off the pith that floats to the top and drain the seeds.

COMING SOON

Compass Professional Health Services



Why Compass?

For patients who are dissatisfied with high-cost healthcare and inconsistent doctor and hospital quality, Compass Consumer empowers you to make smarter healthcare decisions by matching you with cost effective, high quality providers and care.

Your Experience

The key to a great health benefits experience is a healthcare navigation platform that gives employees quick, intuitive technology when they want it and dedicated, empathetic healthcare experts when they need them.

What Is It?

- Get help understanding and using your benefits
- Find cost effective doctors, dentists, and eye care professionals who meet your needs, are in your network, and most importantly, are of high quality.
- Get price comparisons before receiving procedures and care. Depending on the doctor, hospital or facility, costs can vary by hundreds or thousands of dollars
- Let Compass compare medication prices and help you lower the cost of your prescriptions.

Spend time on better things.

Compass will handle the healthcare stuff.

Whether you need help making sense of confusing healthcare benefits, finding great doctors for you and your family, or lowering healthcare costs, start with Compass.

Your team of dedicated Health Pros is here to help.

Health benefits can be confusing, medical costs are rising, and finding the right care for you and your family can be frustrating and time consuming. Compass is here to simplify your healthcare experience and help you take control of healthcare costs. Your personal Compass Health Pro® consultant will take care of you, so you can take care of other things. Compass can help you

- Understand insurance benefits
- Pay less for prescriptions
- Find highly rated doctors
- Schedule your appointments
- Save money on healthcare

Get instant answers with Health Pro Cloud.

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Contact your Health Pro today:

answers@compassphs.com or 800.513.1667

FOR A HEALTHIER

Stress and Your Health

Dr. Melissa M. George, DNP, MSN, FNP-BC, CDE

You have been caring for and about others for as long as you can remember. This can cause a great deal of stress, and stress can often go unnoticed. Take a moment to be more aware about how to better manage stress.

STRESS DEFINED

Stress is a normal feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. It is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline. But when stress lasts for a long time, it may harm your health.

TYPES OF STRESS

Acute stress This is short-term stress that goes away quickly. You feel it when you slam on the brakes, have a fight with your partner, or ski down a steep slope. It helps you manage dangerous situations.

Chronic stress This is stress that lasts for weeks or months due to money problems, an unhappy marriage, or trouble at work. You can become so used to chronic stress that you don't realize it is a problem.

HEALTH PROBLEMS CAUSED BY STRESS

- High blood pressure - while the link between stress and high blood pressure is still being studied, stress is known to contribute to a poor diet and excessive alcohol consumption. Also, our bodies react by releasing stress hormones (adrenaline and cortisol) which make our heart beat faster and constrict blood vessels. This can increase blood pressure.
- Diabetes - any stressor on your body (mental like worrying or physical like a cold) can raise your blood sugar. Long-term stress can cause long-term high blood sugar levels.

YOU!

Signs of Too Much Stress

Diarrhea or constipation
Stiff jaw or neck
Weight loss or gain
Forgetfulness
Tiredness
Upset stomach/indigestion
Frequent aches and pains
Trouble sleeping or sleeping too much
Sexual problems
Headaches
Use of alcohol or drugs to relax
Lack of energy or focus

When to Contact a Medical Professional

- Call a suicide hotline 800-273-8255 if you have thoughts of harming yourself or others.
- Call your health care provider if you feel overwhelmed by stress, or if it is affecting your health.
- You have feelings of panic, such as dizziness, rapid breathing, or a racing heartbeat.
- You are unable to work or function at home or at your job.
- You have fears that you cannot control.
- You are having memories of a traumatic event.
- Your provider may refer you to a mental health care provider. You can talk to this professional about your feelings, what seems to make your stress better or worse, and why you think you are having this problem.

Learn to fight stress by:

- Making choices like talking with family and friends and making time for physical activity you enjoy (walking, swimming, hiking, biking).
- Giving yourself enough time to get things done. Time management works wonders for reducing stress. Don't try to pack too much in.
- Learning to say "no". Don't promise too much.
- Reducing the amount of tension by having a shorter list of items that must be done. This may require you to reevaluate priorities and make difficult choices, but everyone must learn to live within manageable limits.

- Accepting things you can't change. You don't have to solve all of life's problems.
- Thinking about problems under your control and make a plan to solve them.
- Talking to your boss about difficulties at work, your neighbor if his dog bothers you, or getting help with To Do lists.
- Limit alcohol, don't overeat, and don't smoke.
- Relaxing for short periods during your workday, at night and on weekends may help lower your blood pressure.

Reduce stress by practicing gratitude and joy:

- Practice gratitude.
- Change how you respond to difficult situations, focusing on the positive, not the negative.
- Expressing gratitude to others can also boost your level of feeling good about life and reduce stressful thoughts.
- Know what brings you pleasure and find ways to enjoy the experience.
- Perhaps you enjoy volunteer opportunities or cooking your favorite foods. By taking time not only to participate in these activities but to intentionally enjoy them, you can build a satisfying life rather than hurry through your "relaxing activities" at a stressful pace.

Human Behavior Associates, Inc., is the provider of your member assistance program and reminds you that you and your dependents may access program services by calling 1-800-937-7770, 24 hours a day, 7 days a week to request assistance with personal, family, financial or legal problems. The three Employee Assistance Program (EAP) visits are offered to all TCSIG members - those that have Anthem, as well as members who have Kaiser. The three EAP visits also cover members who have the CDHP plan.

Meet Your Provider



Dr. Melissa M. George DNP, FNP-BC, MSN, CDE

A doctorate prepared Nurse Practitioner (DNP) and Certified Diabetes Educator whose over 12 years experience include Primary and Acute Care, Diabetes Management, Wellness Coaching, Obesity and Nutrition Counselling/Management, as well as teaching at the master's level. Current position as Wellness Director and Nurse Practitioner at Acorn Health Solutions.

Melissa's experiences extend outside of healthcare as she began her professional career with a Bachelors in Computer Information Systems, and worked as a Programmer/Analyst developing decision support systems for Toyota dealerships in the South East. However, feeling a strong need to follow her gifts to serve in a more meaningful manner, she transitioned into the healthcare industry after obtaining her Bachelors, followed by Masters, Board Certification as a Family Nurse Practitioner, and finally her Doctorate in Nursing.

In addition to providing holistic care for chronic conditions like high blood pressure and cholesterol, Dr. George has chosen to specialize in diabetes after training with two top-notch Endocrinologists in Florida. She has since been affectionately referred to as "Magic Melissa" by her peers as she's able to help patients make their problem with high blood sugar disappear like magic through coaching, education and empowerment that's second to none.

"People, wellness, and education are my passions!"

WHAT'S NEW

THE PATIENT PORTAL



Call the Wellness Center to set up your TCSIG Health and Wellness patient portal.

Through the Patient Portal via the Healow app, you will be able to

- ask questions of providers, nurses, and staff members
- request prescription refills and referrals
- request appointments via message

... all from the comfort of your home, whenever it is convenient for you!

By using the Patient Portal you no longer have to call the office, leave a message, and wait for a response to get the results of your lab work; those results will be available to you on the Portal. You no longer have to call with a question or concern; you can send a message to the office through the Portal.

Download the Healow app today to take an active role in managing your health care.

INTRODUCING COVERED STANDARD

PROGRESSIVES—ONLY WITH VSP®

TCSIG members already get low out-of-pocket costs on the widest range of lens enhancements and, once again, we're setting a new standard as the only vision care company to offer fully covered standard progressive lenses—including as part of the plans. Plus, you'll continue to enjoy great pricing on premium or custom progressives.



Why standard progressive lenses? With 34% of the U.S. population experiencing presbyopia, which is a normal loss of the ability to focus on nearby objects that happens with age, progressive lenses are an attractive solution when VSP network providers are considering the eyewear that best meets their patients' needs.

GARDASIL 9, NOW FOR 27-45 YEAR OLDS

FDA approves use of Gardasil 9 now including individuals age 27-45 years old. **TCSIG Wellness Center does stock Gardasil 9 for members.** Please call the Wellness Center for an appointment for vaccination today.

Previously approved for females and males aged 9-26 years old, the most recent study shows the vaccination has proven effectiveness of 88% in the older age range of 27-45. Gardasil 9 is a series of 2 or 3 vaccinations over a six month period. Guidelines recommend if the individual is less than 15 years of age, they receive a series of two injections. Any one greater than the age of fifteen requires a three dose series.

This vaccine protects against HPV (human papillomavirus)- which is the cause of many cancers, including cervical, vaginal, vulvar, and anal forms. Additionally, it protects against genital warts caused by 9 types of HPV.

The safety of Gardasil for the most recent study of approx 13,000 males and females showed the most commonly reported adverse events being injection site pain, swelling, redness and headache--all temporary.

MEMBER INCENTIVES

DID YOU KNOW TCSIG PAYS ITS MEMBERS?

\$1,675: Walk Across America paid in gift cards to its winning participants

\$9,900: The Wellness Center gave \$25 VISA gift cards to 396 members who reviewed the Health Incentive Blood Screening results.

\$22,250: Health Care Blue Book rewards (See tables below)

\$53,775: Health Incentive Blood Screening paid 1,279 members

HEALTH CARE BLUE BOOK REWARDS PAID THROUGH AUGUST 2018

Procedure	Member Incentive	Total Paid
Colonoscopy	\$100	\$9,200
CT	\$25	\$2,625
Heart Perfusion Imaging	\$50	\$1,200
MRI	\$25	\$2,050
Shoulder Arthroscopy	\$100	\$200
Laparoscopic Cholecystectomy	\$50	\$50

Procedure	Member Incentive	Total Paid
Transthoracia Echocardiogram	\$25	\$1,575
Sleep Study	\$50	\$1,350
Upper GI Endoscopy	\$100	\$2,900
Cataract Surgery	\$50	\$700
Knee Arthroscopy	\$100	\$400

Facts your provider wants you to know about HPV

What is HPV?

- HPV, or human papillomavirus, is a virus that may lead to certain HPV-related cancers and disease in both males and females.

Who gets HPV?

- HPV is the most common sexually transmitted infection (STI) in the United States.
- Modeling estimates suggest 85% to 90% of sexually active males and females will be infected with HPV in their lifetime.
- Approximately 14 million people will become infected each year and about 50% of new infections occur in 15 to 24 year olds.

For most people, HPV clears on its own. But for others who don't clear the virus, it could cause certain cancers and other diseases. There is no way to predict who will or will not clear the virus.

If you are sexually active

- Condoms may lower the risk of getting HPV if used all the time and in the right way. But keep in mind that the virus can affect areas that aren't covered by a condom – so it may not fully protect against HPV.
- While there's no way to know

whether your partner could expose you to HPV, limiting your number of sexual partners may help lower your chances of getting the virus.

Why am I at Risk?

- You can get infected through any type of sexual activity with someone who has HPV. Sex is the most common way people get HPV, but any genital skin-to-skin contact can put you at risk.

What diseases are caused by HPV?

There are about 40 types of HPV that can infect the genital area.

Certain types of HPV cause the majority of HPV-related cancers and diseases.

Genital Warts

Certain types (6-11) cause ~90% of all genital warts cases in both males and females.

There are about 320,000 genital warts cases each year caused by certain HPV types.

Treatment for genital warts can be painful- it involves freezing or applying medicine to the warts, however in about 25% of cases, warts return within 3 months.

HPV-related Cancers

Certain types (16, 18, 31, 33, 45, 52, 58) cause ~90% of all cervical cancer cases and ~90% to 95% of HPV-related anal cancer cases in males and females.

Cervical Cancer: There are about 12, 800 cervical cancer cases each year caused by certain HPV types.

Anal Cancer: There are about 7,100 anal cancer cases each year caused by certain HPV types.

Not all cancer cases are caused by HPV. Approximately 85% to 90% of anal cancer cases are HPV related.

Meet Your Provider



Diane Davina

MSN-FNP-BC, BSN-RN

Diane Davina, MSN-FNP-BC, BSN-RN obtained her Bachelors of Nursing, RN degree in 1993 in Oregon. She has worked in many areas of practice including physical medicine/ Rehabilitation, acute care with focuses in orthopedics, neurology, medical-surgical units. Additionally she has experience as a college educator, hospice provider, research primary investigator at OHSU, and community health clinics. After her children were grown, she went on to obtain her MSN-FNP in New Mexico in 2014, graduating Suma Cum Laude. She has a combined 25 years experience in the medical/nursing field. She is an active member in AANP (American Assoc. of Nurse Practitioners) and CANP (California Assoc. of Nurse Practitioners).

Diane is married to the love of her life, and has three amazing adult children, a beautiful Golden Retriever named Lily, and one adorable grandson. She is passionate about her job as a provider, and in her spare time away from work she enjoys creating art, being outdoors, and travel adventures to warm tropical places.



FLU SEASON IS HERE!

Protect yourself and your loved ones with the flu vaccine

How to Prevent the Flu

Want to avoid spending the winter curled up with a pile of tissues and painkillers? The single best way to prevent the flu is to get vaccinated each fall before the season begins in November. (See *the back cover for flu vaccine info.*) While getting your annual flu shot can't offer total protection, it will greatly reduce your chances of contracting this potentially deadly virus – or passing it on to someone else.

The Centers for Disease Control and Prevention recommends that everyone 6 months and older receive a flu shot. The vaccine is especially important for people at higher risk of complications from the flu including:

- Pregnant women
- People with certain medical conditions including asthma, diabetes and chronic lung disease
- People who live with or care for infants
- Adults ages 65 and older
- Children ages 5 and younger

Some people should NOT receive a flu shot without first speaking with their health care provider, including those who:

- Have had a bad reaction to the flu shot in the past
- Are allergic to chicken eggs
- Have a fever on the day they are scheduled for a flu shot
- Patients with other underlying diseases such as diabetes, or certain blood or neuromuscular disorders, or those who require hemodialysis, should also speak with their provider about whether or not they should receive the flu vaccine.

If you believe you may be at increased risk for developing flu complications, talk with your provider.

Influenza vaccine has been used in the United States for many years. Since flu viruses change often, the vaccine is typically updated every year.

It begins to protect individuals from the flu about two weeks after injection and may last up to a year. Some people who get vaccinated still may come down with the flu, but they usually will experience a milder case than those who did not receive the shot. In the absence of vaccine, however, there are other ways to protect against flu.

In addition, there are a number of ways to reduce contracting and spreading respiratory illnesses like the flu:

Wash your hands. Hand washing is one of the most basic and proven methods for preventing the spread of disease. Wash your hands frequently using soap and water, especially after coughing, sneezing or touching commonly shared items in your house or workplace.

Cover your mouth and nose. Cough or sneeze into your elbow or upper sleeve and ask that those around you do the same.

Avoid touching your eyes, nose and mouth. Germs often spread when people handle something contaminated and then touch their eyes, nose or mouth.

Limit close contact. Limit contact with people who are sick. And when you are sick, keep your distance from others as well.

Stay home when you are sick. When you have the flu, take precautions to limit exposing others to the virus. If possible, stay home from work and school. It is best to avoid attending public and family gatherings as well as running errands.



Signs and Symptoms of the Flu

Signs and symptoms of the flu include:

- Fever, often around 102° Fahrenheit
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches

In addition, gastrointestinal symptoms, such as nausea, vomiting and diarrhea, sometimes accompany the flu and are much more common in children than in adults.

Many people use the term “stomach flu” to describe illnesses with nausea, vomiting or diarrhea. Although these symptoms sometimes can be related to the flu, they are rarely the main symptoms of influenza, which tends to be a respiratory rather than a stomach or intestinal disease. Different viruses, bacteria or even parasites can cause gastrointestinal symptoms.

Flu Transmission

The flu is contagious. A person can spread the flu starting one day before he or she feels sick and up to seven days after getting sick. Children can be contagious for longer than seven days.

Flu viruses are spread when a person who has the flu coughs, sneezes or speaks and spreads virus-laden droplets into the air that others inhale. The virus also can spread when a person handles a surface with flu viruses on it, such as a door handle, and then touches his or her eyes, nose or mouth.

Diagnosis

You may have the flu if you experience a sudden onset of body aches, fever and respiratory symptoms, especially if your illness occurs during November through April, which is the usual flu season in the United States. However, people can get the flu at any time of the year.

Although providers often diagnose the flu by evaluating symptoms, it is impossible to tell for sure if you have the flu based on symptoms alone, as other respiratory illnesses can cause similar symptoms. Tests can offer a definitive diagnosis but need to be performed within the first two or three days after your symptoms begin. A physical examination may be needed to determine if you have another health issue that is a complication of the flu.

Flu Treatment

If you develop the flu, it is best to rest and give your body a chance for a complete and speedy recovery.

- Get plenty of rest
- Drink a lot of liquids
- Avoid using alcohol and tobacco

You can take medications to relieve your symptoms but never give aspirin to children or teenagers who have flu-like symptoms, particularly fever, without first speaking to a provider. Giving aspirin to children and teenagers with the flu can cause a rare but serious illness called Reye syndrome. Children or teenagers with the flu should get plenty of rest, drink lots of liquids and take medicines that do not contain aspirin to relieve symptoms.

If you experience unusually severe symptoms, such as trouble breathing, or if you are at special risk of complications, contact your provider as soon as your symptoms begin. You may be able to take one of the new antiviral medications, which could lessen the severity and possibly shorten the course of the illness. Talk with your provider right away, as you must start these medications within the first two days of illness.

Complications of the Flu

Some of the complications caused by the flu include bacterial pneumonia and dehydration. In addition, the flu can worsen chronic medical conditions, such as congestive heart failure.

Prevention

Vitamins, healthy eating, exercise, healthy drinking



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PROTECT YOURSELF AND YOUR LOVED ONES WITH THE FLU VACCINE

An annual flu shot is the single best way to help protect yourself and those around you against the flu. If you're ready to get vaccinated this flu season, this year's vaccine, FLUCELVAX QUADRIVALENT, is available now at the TCSIG Wellness Center and in many other locations. No appointment is required.

What is the quadrivalent flucelvax vaccine?

The quadrivalent flu vaccine is designed to protect against four different flu viruses; two influenza A viruses and two influenza B viruses. Compared to the regular flu vaccine which is trivalent and protects only against three viruses.

Introducing a flu shot for adults aged 65 years and older

The Wellness Center also offers FLUAD, the only adjuvanted seasonal influenza vaccine specifically developed for people 65 years and older. FLUAD™ generates a strong immune response in adults 65+ to help protect them against the flu.

Influenza Vaccine
FLUCELVAX™
QUADRIVALENT

