

September 2007

Health & Wellness Information to  
Improve Your Condition

# HealthSTAT

## focus

### September **ASTHMA** Epidemic

Each year in September the number of Asthmatic episodes increases causing the largest number of children hospitalizations. This seems to be a consistent pattern each year. It is believed this occurs due to the start of school and the subsequent increase in viral infections among children, as well as increased pollen and outdoor mold counts.

Parents can **prevent** their children from **hospitalizations** by:

1. Schedule a **"well-asthma" exam** with the child's health care provider.
2. Obtain an up-to-date **Asthma Action Plan (AAP)** from the child's health care provider and give a copy to the school nurse and/or day care provider.
3. Be sure the child has asthma **rescue medications, holding chambers and peak flow meters for both home and school.**
4. Make sure the child has **access** to his/her asthma medications and knows how to use them.
5. **Minimize** the **child's exposure** to things that could trigger asthma attacks, such as dust mites, secondhand smoke, mold, and pet dander.
6. Get the child a **flu-shot** when the vaccine is available.



Source: [www.aaaai.org](http://www.aaaai.org)



#### How can your Health care Provider help you prepare?

1. Health care providers can write a prescription specifically for a second rescue medication and holding chamber for school.
2. Pharmacists can work with the family and the child's healthcare provider to get the proper asthma medications and equipment for both home and school.
3. School nurses can work with the family, teachers, and coaches to support the child at school with an Asthma Action Plan (AAP) from the child's healthcare provider.

*By **working together**, families and health care providers can help **minimize the possibility** that children will need to be hospitalized for asthma attacks this fall.*

# Shingles

## What you should know. . .

### What causes Shingles?

**Shingles is caused by the same virus that causes Chickenpox; Varicella Zoster. Only individuals who have had chickenpox or the chickenpox vaccine can even get shingles. This is because the virus stays in your body and many years later can reappear as shingles. Shingles are only contagious to people who have never had chickenpox or received the chickenpox vaccine.**

Shingles appear as a painful skin rash, often with blisters, on one side of the face or body. Typically shingles last for about two to four weeks. The main symptom of shingles is pain which can be quite severe. Some other symptoms that may occur are; fever, headache, chills, and upset stomach. About one in five people experience continued severe pain even after the rash clears up called, post-herpetic neuralgia.



The single dose of shingles vaccine was licensed in 2006. It reduced the amount of shingle occurrences by half in individuals 60 and older during clinical trials. The vaccine also helps to reduce the pain associated with shingles.

**Shingles (single dose) vaccine is indicated for adults 60 and older.**

#### **Vaccine SIDE EFFECTS:**

- Redness, soreness, swelling, or itching at the site of the injection (about 1 person in 3).
- Headache (about 1 person in 70)

As with any vaccine, shingles vaccine is being closely monitored for unusual or severe problems. Just like with any vaccine, serious problems could occur; such as severe allergic reactions. No serious problems have been identified with shingles vaccine.

Check with your insurance carrier for information on coverage.  
The shingles vaccine is rather pricey.

Source: [www.cdc.gov](http://www.cdc.gov)

This newsletter is a monthly publication of HealthSTAT, Inc., for its clients and their employees. It is for informational purposes only, and is not intended to replace medical advice.

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# Diabetes Management Program

**HealthSTAT** offers a variety of **Wellness Programs**, each of which we will be featuring in the newsletter over the next few months. This month features our *Diabetes Management Program*, strategically designed to help individuals significantly decrease their risk of diabetes-related health consequences by either (1) preventing the onset of disease or (2) motivating and assisting persons with diabetes to better manage the disease. HealthSTAT recognizes the importance of early disease detecting and treatment, and appreciates that utilizing evidence-based guidelines in the care of diabetes will result in reduced complication and, accordingly, decreased healthcare costs associated with the disease.

**HealthSTAT's Diabetes Management Program** consists of **eight (8) required sessions** and an **Initial 'Kick-off' Session**.

- ✓ One (1) **Initial 'Kick-off' Session**
- ✓ Four (4) **Individual Counseling Sessions** (required attendance)
- ✓ Four (4) **Education Sessions** (required attendance)

## Initial 'Kick-off' Session

This session will explain the goals of the program; program components; including the role of the onsite clinic provider; any incentives given for participating; and program schedule. This session will also begin to cover health consequences associated with diabetes. Program materials will be distributed during this session as well; including participant workbooks, glucose logs, and other health education materials.

## Education Sessions 1-4 (required attendance)

The four education sessions will provide an opportunity for participants to socialize and receive social support in their diabetes prevention/management efforts. Specifically, diet changes, exercise, and insulin/medication therapy will be discussed, and participants will have the opportunity to share personal successes and/or struggles with one another, ask questions and receive additional health information pertaining to diabetes. Participants will also receive motivation and encouragement to follow their personalized goals.



## Individual Counseling Sessions 1-4 (required attendance)

Individual Counseling Sessions are conducted by the onsite clinic provider. These sessions will assist participants in determining a personalized diabetes prevention/management goal. The onsite clinician will monitor goal progress over time, providing social/clinical support and educational materials as needed. The counseling sessions will also help participants to better understand diabetes, evaluate their diabetic (prediabetic/at risk) condition, and identify an appropriate plan for personal change (e.g, change in diet/exercise, better management of diabetes by medication or glucose monitoring, etc.). Careful documentation will be required so that goal progress can be assessed.

## What you need to know about DIABETES: Blood Sugar. . .

Our bodies need blood sugar to work. All our muscles move because they use blood sugar as fuel. Our brains use blood sugar to function. You may notice that if you go too long without eating you will begin to lose focus, feel shaky, or may feel tired. These can be signs of low blood sugar. Eating a snack will usually make these symptoms go away.

In a healthy person, blood sugar levels are controlled by insulin. Insulin is a hormone that is made inside our bodies in the pancreas. It helps to move the glucose (blood sugar) from your blood into your cells to make energy. High blood sugar levels could mean that your pancreas is not making enough insulin (Type 1 diabetes), but that is not always the case. Some people have plenty of insulin, but their body does not respond to the insulin. This is known as "insulin resistance" (Type 2 diabetes). In either case, the cells do not get enough glucose for energy and glucose builds up in the blood.

Your blood sugar goes up after you eat or drink anything other than water. High levels of blood sugar can be a sign of the disease **Diabetes Mellitus**. High blood sugar levels that are not controlled by diet, exercise and/or medication, can eventually cause health consequences.

### Glucose (Blood Sugar) Standards

HIGH RISK	MODERATE RISK	LOW RISK
140 or >	125-139	124 or <

### Diabetes Related Health-Consequences

- Heart disease
- Stroke
- High Blood Pressure (Hypertension)
- Blindness
- Pregnancy complications
- Kidney disease
- Nervous system damage
- Dental disease
- Amputations
- Other complications

## What can you do?

- ✓ Maintain a healthy weight
- ✓ Choose low fat foods
- ✓ Exercise regularly (*30-60 minutes at least 3 times per week*)
- ✓ Monitor and control blood glucose levels
- ✓ Take medications as directed by your healthcare provider
- ✓ Stop smoking and/or DON'T start smoking
- ✓ Avoid alcohol consumption
- ✓ Maintain a healthy blood pressure (120/80 or below is normal)
- ✓ Drink 8 or more glasses of water a day
- ✓ Check your feet daily
- ✓ Keep protein intake moderate

