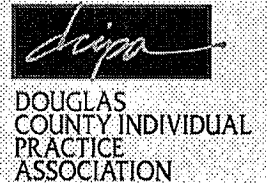


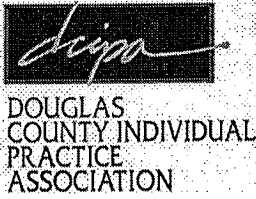
Member News



Spring 2007

"Serving the needs of providers and their patients in Douglas County."

<p>Smoking Cessation Classes Available</p> <p>DCIPA is now providing smoking cessation classes. Dr. Stanhiser is providing the classes through Douglas Medical Clinic. If you have already tried to quit and weren't successful, this class is highly recommended. The 20-hour class is a five-day, four-hour long evening program. Volunteer coaches are available for telephone consultations and follow-up meetings when the training is over.</p> <p>If you are interested in the classes and are committed to quit smoking, contact Douglas Medical Clinic (541-440-6390) to get more information. The classes will be held quarterly and are limited in size, so sign-up is required. There is no charge for DCIPA OHP members.</p> <p>The Oregon Tobacco Quit Line is also a free source of help. You may contact the Quit Line by calling toll free: 1-877-270-7876 seven days a week, from 5am to 9pm.</p> <p>Tobacco cessation products are also available to DCIPA OHP members. Contact your provider for a prescription if you are interested.</p>	<p>Pregnancy and Oral Health</p> <p>How does oral health affect my pregnancy? Research suggests that serious gum disease, called periodontitis, can cause your baby to be born early (premature birth) and too small. Periodontal disease is an infection of the gums that surround your teeth. It is caused by food collecting on your teeth that is not routinely removed by brushing. Pregnant women that have periodontal disease are seven times more likely to have a premature baby. Premature births are the leading cause of death of a newborn within the first month of life. It can also lead to serious life-long health problems such as mental retardation, blindness, chronic lung disease and cerebral palsy.</p> <p>If you are pregnant, make sure you see your dentist so he can check for periodontal disease or other sources of infection that may be caused by badly decayed teeth or an impacted wisdom tooth. Be sure to tell your dentist that you are pregnant so he can take the necessary precautions.</p> <p>Other reasons for mothers having premature babies include: smoking tobacco, using alcohol or drugs, and infections.</p>
<p>ENCC Services</p> <p>DCIPA's exceptional needs care coordinator, Lori, RN, is available Monday through Friday, 8am to 5pm to assist members who are blind, aged, disabled, or children with special needs who need help to coordinate their medical care. DCIPA can also help with medical equipment needs, supplies, scheduling appointments, or other medical needs. If you, a family member, or a care provider is in need of assistance, call DCIPA at 541-673-1462, and ask for Lori.</p>	<p>Fraud and Abuse Pointers</p> <p>Not all prescription drug cards are Medicare approved. Illegal drug card companies are trying to take advantage of the Medicare prescription drug card program by having sales people call or go door to door to sell the illegal cards to seniors. Medicare does not allow prescription drug cards to be sold by people <i>that you did not contact for assistance.</i></p> <p>Beware of identity theft. Identity thieves are using the new drug discount card program as an enticement to get personal financial information from seniors to use for credit card fraud. Do not share your personal information such as bank account numbers, Social Security numbers, Medicare or Medicaid number with anyone who calls or comes to your door claiming to sell any Medicare related product.</p> <p>Contact the local police if you have concerns about being approached for financial information by an unauthorized person.</p>
<p>Warmline</p> <p>Douglas County has a county-wide resource center that is available to assist you with finding services in the community that meet your needs. Call 1-541-677-9276 or toll free 1-866-677-9276.</p>	<p>Immunization Clinics</p> <p>The Douglas County Health Department offers immunization clinics that will provide childhood vaccinations. Contact the health department by calling 1-541-440-3516 or 1-800-234-0985 for the days and times the clinics are available. There is no charge to DCIPA OHP members.</p>



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Back Injury Prevention

Rules to live by to keep your back healthy:

1. Change positions frequently.
2. Women should wear low heeled shoes.
3. When you cough or sneeze, round your back and bend your knees.
4. Hold heavy objects close to your body.
5. Face the object you want to lift.
6. Avoid lifting objects higher than your waist or carrying unbalanced loads.
7. Move with purpose, avoid sudden movements.
8. Bend with your hips and your knees; try not to bend from the waist only.
9. When using a tool with a handle, such as a rake, hold it close to your body, and don't use large steps and a long reach.
10. Sit down to put on your socks and shoes; avoid bending at the waist and balancing on one foot.
11. Avoid exercise that arches or strains your low back, such as forward bends to touch the toes, or backward bends.

Good posture is an important part of good back health. You should always stand tall with your chin in, back flat, pelvis tucked under and knees relaxed. Avoid standing with stiff knees, swayback, or chin forward.

Good posture allows the use of the body without strain on muscles, joints, ligaments, and internal organs.

An important part of treating any back pain is good posture. Consider it in all your activities such as sitting, resting, working, playing, and exercising.

How to Prevent Skin Cancer

The best way to prevent skin cancer is to limit sun exposure, use a sunscreen with an SPF of at least 15, and wear protective outdoor clothing, including long sleeves and a wide-brimmed hat.

You are exposed to damaging rays all year long. The UV rays can burn your skin by reflecting off the snow or penetrating through light clouds, mist, or fog.

There are three types of skin cancer: basal cell, squamous cell, and melanoma. Melanoma can spread quickly and to the lungs, liver, brain, and bones. It is highly treatable with early detection and treatment. Melanomas can occur in areas that are hard to see and aren't exposed to the sun. In women, melanomas are often found on the lower legs as well as between the shoulders and hips. In men, melanomas are often found between the shoulders and hips or on the head and neck area.

Check your body routinely for anything changing, growing, or bleeding on your skin. Notify your doctor if you find anything that looks suspicious. Remember, skin cancer is treatable when found in the early stages.

Weight Loss

Summer is coming and Americans everywhere are thinking about losing the weight they gained during the winter. Weight gain usually comes from little activity and eating more calories than the body burns in a day. So start your weight loss with this simple plan: Increase your activity by walking your dog, playing with your grandchildren, dancing, bike riding, skating, bowling, or gardening. Eat fewer calories by eliminating treats such as soda with sugar, candy bars, chips, cakes, cookies, and pastries.