

long term care  
**connection**

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things to know

### Quitting tobacco

Are you thinking about quitting tobacco? If so, there is free help for you.

The Arizona Department of Health Services has a program called Tobacco Education and Prevention. It offers classes and phone counseling to help you quit.

If you join one of these programs, you may also get help in the form of nicotine replacement therapy (NRT).

NRT options include:

- Patches
- Gum
- Lozenges
- Some products that need a prescription from your doctor

If you want more information or are ready to take the first step toward quitting:

- Call the Arizona Smokers' Helpline at **(800) 55-66-222**.
- Visit its Web site at [www.ashline.org](http://www.ashline.org).
- Talk to your doctor.



## Protect yourself from colds and flu



It can be hard to avoid all those cold and flu germs when everyone around you is coughing and sneezing.

But there are at least two ways to protect yourself:

1. Get a flu shot.
2. Wash your hands.

The yearly vaccine is the best defense against the flu. It's a particularly good idea for people 65 and older.

Sadly, there's no vaccine to protect against a cold. Instead, the best way to avoid cold germs is to wash your hands often.

Use soap and water and rub

your hands for 15 to 20 seconds, or about the same time that it would take you to sing "Happy Birthday" twice.

Here are some other ways to avoid cold and flu germs:

- Stay away from sick people when you can.
- Don't touch your nose, eyes or mouth.
- Use disinfectant to clean surfaces touched by sick people.

If you have a cold or the flu, don't spread it. When you sneeze or cough, use a tissue, and then throw it away and wash up.

Source: U.S. Centers for Disease Control and Prevention

## We've moved!

Beginning Nov. 1, Mercy Care Plan's new address is 4350 E. Cotton Center Blvd., Building D, Phoenix, AZ 85040. Our telephone numbers are the same: **(602) 263-3000** and **(800) 624-3879**.

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you control your weight. Most are low in calories. Many are high in fiber. They'll fill you up, not out.

### How you can do it

Here are some easy ways you can fit more fruits and vegetables into your meals.

### Breakfast

- Add fruit to your cereal.
- Drink a glass of 100 percent fruit or vegetable juice.
- Blend low-fat yogurt, orange juice and a banana into a smoothie.

### Lunch

- Add chopped pears or apples to a green salad.
- Toss kidney beans, chickpeas and green beans with a low-fat dressing.
- Add 1 or 2 cups of

frozen vegetables to canned soup before heating.

### Dinner

- Have a veggie pizza.
- Add fresh or frozen veggies to your spaghetti sauce.

*Eating healthy foods helps you get the vitamins you need.*

- Have fresh fruit for dessert. You can find more ideas at [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov). Or ask your doctor for help.

Source: U.S. Centers for Disease Control and Prevention



**Do you need to find a primary care provider or a specialist? You can find one of our trusted physicians online. Just visit [www.MercyCarePlan.com](http://www.MercyCarePlan.com) and click on "Find a Provider."**

## Ask 3 questions for better health

Getting better health care can be as easy as 1, 2, 3.

At your doctor visit, ask:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

Asking these questions can help you understand what you need to know.

For example, your doctor may say you have high blood pressure or diabetes. Asking the three questions will help you learn:

- How your condition harms your health
- How to reduce your risks
- Why it's important to take action

If you still don't understand something, be sure to ask more questions. Don't be shy about speaking up. Your doctor wants you to understand.

Source: Partnership for Clear Health Communication

# Tasty ways to add fruits and veggies

Health experts say we should eat five to nine servings of fruits and vegetables every day.

That may sound like a lot, but there are some fairly easy—and tasty—ways you can do it.

### Why it's a good goal

Fruits and vegetables are health foods wrapped in nature's colorful containers. You don't need a bottle opener. Just bite an apple or peel a banana to find the vitamins and minerals your body needs to stay healthy.

Fruits and veggies can also help