

health matters

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questions & answers

Q. Can the flu shot give you the flu?

A. No. The viruses in the flu shot aren't active, so you can't get the flu by being vaccinated. You might get a sore arm, however. Or you might run a low fever for a day or two. But these side effects are minor when compared to the flu itself. So a flu shot is in your best interest. The best time to get your flu shot is in October or November.

Q. Is it OK to give my baby water?

A. Until your baby eats solid foods, your baby will get all the water that's necessary from breast milk or formula.

That's unless your baby is ill, especially with a fever. Then, giving your baby water may be a good idea. Talk to your doctor to find out. For ill breastfed babies, breast milk is the best fluid.



Bringing baby home

After nine months of waiting, your baby has finally arrived. Now it's time to bring your newborn home.

Do you feel a little nervous? Then you're like most parents. Be patient with yourself: Every day your confidence will grow.

Knowing what to expect can also put you at ease. Your baby:

- Will be hungry very often—every few hours, in fact.
- Will like to sleep—perhaps for most of the day at first.

- May be fussy and cry a lot. That's the only way your baby can let you know he or she needs something—such as comforting or a clean diaper.

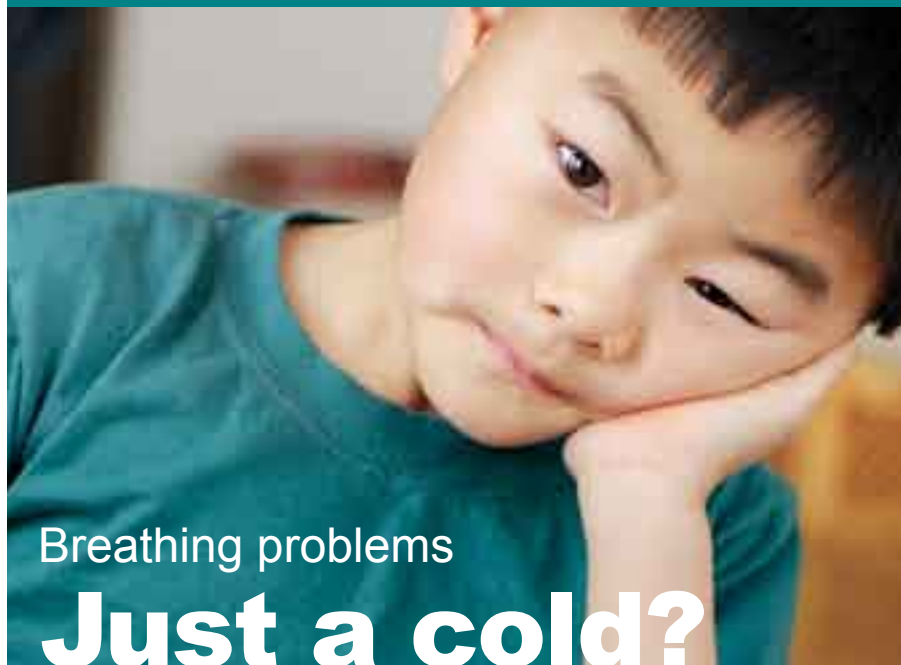
- May surprise you with his or her appearance. Newborns' heads may seem very large and their skin wrinkly and red or pink. All this is normal.

- Needs to feel secure and loved. So smile at, hold and talk to your baby as much as possible.

Source: U.S. Department of Health and Human Services

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Breathing problems

Just a cold?

Coughing, wheezing, trouble breathing—these are all signs of a respiratory illness. When your child has these symptoms, that can be scary.

Lots of things can affect the lungs. Some, like colds, aren't often serious. But others, such as the flu, can be.

If you think your child has a cold, you may help him or her feel better with:

- Fluids.
- A cool-mist vaporizer.
- Medicine to lower fever. Never give children aspirin.
- Medicine to help a stuffy nose.

Most colds last about a week. If there's fever, it usually lasts only the first few days of a cold.

Your child may have a more serious problem if he or she has:

- Trouble breathing.
- Fever that lasts more than two days or rises. (Or fever or coughing in any baby younger than 3 months.)
- Symptoms that get worse.
- Fingernails, skin or lips that look blue or gray.
- A hard time eating.
- Dry mouth, little urine or crying without tears.

Call the doctor if your child has any of these symptoms.



For more information about how to keep your child healthy, visit www.familydoctor.org.

Help protect your child from a serious illness

The term *whooping cough* might sound a little funny. But it's nothing to laugh at.

It's actually a serious illness. Infants who get it can cough so much that they have trouble eating, drinking and breathing. Some even die from the disease.

Luckily, there's a shot to help protect kids. It's given in five doses—the first when a child is 2 months old, the last between ages 4 years and 6 years.

Most of the time, these shots will protect kids throughout childhood. But if older kids do get the disease, it's not usually as serious as it is for young kids.

Whooping cough starts like a cold. But then the cough gets worse. A child may get short of breath and look blue around the mouth. He or she may also drool or vomit.

If you suspect whooping cough, call your child's doctor. Medicine and hospital care may be needed.

Source: Centers for Disease Control and Prevention

When an earache might be trouble

Ear infections are part of life for kids. But that doesn't mean you should ignore a child's earache.

When a child has ear pain—especially with fever, trouble hearing or fluid coming from the

ear—call a doctor. Being fussy or tugging at an ear might be signs that a young child's ear hurts.

Sometimes doctors wait for ear infections to get better on their own. Other times, they'll give your child antibiotics.

The doctor might also suggest:

- Medicine, such as Children's Motrin or Children's Tylenol.

- A warm heating pad.
- Ear drops.

To prevent ear problems:

- Breastfeed new babies for at least six months.
- Keep your child away from tobacco smoke.
- Ask a doctor about a shot that may help.

Source: American Academy of Pediatrics



Breakfast tidbits

The Breakfast Buddies need your help. They're trying to find all the words that describe why breakfast is good for you. Can you help them?



- Find these words:
- Brainpower
 - Good mood
 - Better grades
 - Nutrition
 - Vitamins
 - Concentration
 - Minerals
 - Energy

C B R A I N P O W E R G
O E O T M U U G R C E O
N T D V I T A M I N S O
C T T R N R L T O A E D
E E G N E I I R R T R M
N R O O R T T O R E N O
T G T D A I C T R C G O
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A A C N S N O I A R S M
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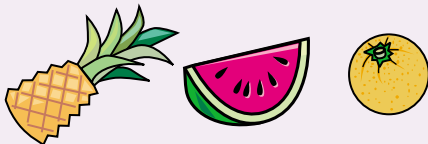
Breakfast detective

Put on your trusty detective hat and circle the right food to match the clue.

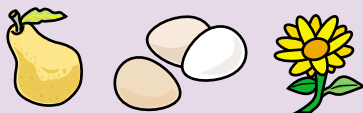
1. You eat this in a bowl with milk and a spoon.



2. This fruit has the same color as its name.



3. You can eat these scrambled, fried or hard-boiled.



4. This makes a yummy breakfast melted on toast or a bagel.



5. This goes great with bread and jelly.



ANSWERS: 1. Cereal; 2. Orange; 3. Eggs; 4. Cheese; 5. Peanut butter



Kitchen Corner

Get rolling in the morning with an easy breakfast wrap. Here's how to make it: Start with a pancake, tortilla or a piece of bread. Next, roll up your favorite fillings.

Here are some tasty ideas, but you can use whatever sounds good:

- Scrambled eggs
- Peanut butter and jelly
- Cottage cheese and fruit
- Refried beans and cheese





Help stop fraud

When people aren't honest, it can be fraud. Fraud can increase health care costs for all of us.

You can help us stop fraud and keep costs down.

Here are some things that may be health care fraud.

- Letting someone use a member ID card that doesn't belong to him or her.
- Giving wrong information on forms.
- Trying to get benefits that a person shouldn't receive.
- Trying to get medicines that a doctor didn't order.
- Forcing people to pay more for medical care than they should.
- Charging too much money for medicine at a drugstore.
- Giving people treatments that they don't really need.

These can be serious problems. If you think someone may be misusing benefits or not telling the truth in order to gain something, call us.

If you tell us when you think someone is doing something wrong, we'll try to find out if it's true. And if it is, we'll fix the problem. But we won't tell anyone that you talked to us. Your name will be kept private.

Be sure to call if something doesn't seem right. With your help, we can protect people from fraud.



To learn more about how to stop fraud, call Member Services at 1-800-624-3879.

We're committed to satisfaction

We work hard to keep you satisfied. But sometimes you might not be. When that's the case, we want to hear about it.

If you have a problem with your doctor, it's best to talk first to the doctor or his or her staff. But if that doesn't work,

we may be able to help.

You can tell us about the problem by calling Member Services. You can also write a letter or come into our office.

Let us know if:

- You're not pleased with the care your doctor is giving you.
- You're unhappy with the services you get from your plan.
- You don't think the plan should

have denied you certain services.

Someone will look into your complaint, and we'll do all we can to help you. If you're still unhappy after we try to resolve your case, we'll tell you what steps to take next.

Your satisfaction is important to us. Don't hesitate to tell us if there's something you think we could do better.