



Missouri CareSM
HEALTH PLAN

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www.missouricare.com

your family's health

Help protect against HPV

Human papilloma virus (HPV) tops the list as the most common sexually transmitted disease. But there's a new vaccine that helps protect women from certain types of this dangerous disease.

The new vaccine is a series of 3 shots for girls only. It is recommended starting at 11 to 12 years of age, but can be taken as late as 25 years of age.

HPV is not something to take lightly. HPV can cause genital warts and is the leading cause of cervical cancer.

What makes HPV so dangerous? Many people don't know they have it. HPV often does not

cause symptoms.

HPV also spreads very easily. The virus is spread by skin-to-skin contact during any kind of sexual activity, not just intercourse. Both men and women can get HPV and pass it on without knowing it.

■ ■ **Learn more—call
Member Services at
1-800-322-6027.**

Keep in mind that there are more than 40 types of HPV, so it's important that women continue to receive regular Pap tests even after getting the vaccine.



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look

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WIC provides food to keep you healthy

Are you pregnant, or do you have a child under the age of 5? You may be eligible for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).

WIC helps families by teaching them about good nutrition and giving them funds to buy food. Good nutrition provides the best possible start in life and is needed for your child to grow up strong and healthy.

There are many good reasons to enroll. They are:

- To learn about good food choices for you and your child.
- To receive WIC checks for food. Each month one child can receive five gallons of milk, 36 ounces of cereal, four containers of juice, two dozen eggs, and a jar of peanut butter or beans. You can save an average of \$40 a month in groceries.
- To connect you to other health and community resources to help

you and your child.

Most Missouri Care members are eligible for WIC. To learn more about the WIC program and to see if you are eligible, call your local public health agency.



If you need transportation to a WIC appointment, call MTM transportation at **1-800-695-5791**.

There is no charge to Missouri Care members for this service. You must call 3 days before the appointment date. (Some members are

not eligible for this service.) Remember: It is very important to keep each WIC appointment, even when you are pregnant. If you miss your appointment, you cannot get your check for healthy food. If you must reschedule an appointment, call your WIC program as soon as possible.

Help yourself and your child stay healthy. Join a WIC program in your county.

Keep children safe from lead

There are many dangers for kids. Some, like busy streets, are obvious. But others aren't. Lead poisoning is one of the less obvious dangers.

Lead poisoning occurs when lead builds up in the blood. It's especially bad for kids because it can lead to health problems. It can also make it hard for kids to learn.

Often, lead is found in chips and dust from old paint. Kids may breathe in the dust. They also might get it on their hands and then put their hands in their mouths.

But there are things you can do to help protect your child:

- Clean and cover any chipped paint with new paint or duct tape.
- Have kids wash their hands often, especially before eating.
- If you have lead pipes, run the water for two minutes before drinking it or cooking with it. Don't use hot tap water for making baby formula, drinking or cooking.

Ask your child's Primary Care Provider (PCP) for more tips and whether your child should be tested for lead.

Source: American Academy of Pediatrics



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Important Missouri Care Phone Numbers

Member Services	800-322-6027
MTM Transportation	800-695-5791
Informed Health Line	800-556-1555
(24-hour nurse advice line)	
Behavioral Health	800-889-4073

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My child is hurting... what can I do?

By: Cla Stearns, PhD, Licensed Psychologist, Behavioral Health Care Manager

Sometimes, bad things happen to kids. Physical and sexual abuse, serious health problems, and violent crime do occur, perhaps more often than we realize. It's a sad truth that parents can't always protect children. They can, though, have a huge positive

Help your child talk about what happened.

impact on the long-term effects of these events. Here are some suggestions:

- Don't give the event the power to keep hurting your child. Making the trauma a secret or acting as if it didn't happen gives it an enormous amount of importance.

- Be aware that your reaction will be remembered by the child. The way a parent responds to an event teaches their children how they should react.

- Let your child know that his or her feelings about what happened are important. Encourage him or her to talk about the event. Have this talk as soon as possible. Make sure he or she knows that you don't blame him or her for the event and that you are proud of him or her for talking to you.

- Don't treat the child as if he or she is "damaged goods." Don't allow others to treat him or her that way, either. Children need to be told that just because something bad happened *to* them, it didn't happen *because of* them.

- Encourage the child to talk about his or her emotions. If he or she is sad or mad or anxious, let him or her

know that you understand and care. Tell him or her how you feel, too.

- Don't turn the traumatic event into the most important thing that has ever happened in the child's life.

- If the child is abused by another person, let him or her know that it's okay to be angry or afraid of the person. Make sure that the child knows what you are doing to make sure that the trauma doesn't happen again.

- Give the child back some power over his or her life by having him or her help with a safety plan. When you do this, don't frustrate the child by dismissing or minimizing his or her suggestions.

- Discuss the good things about the event (and, no matter how horrible, there are always good things you can find). If the child was brave, recognize that bravery. If he or she was too scared to act, let him or her know that that's okay too, and help the child figure out what he or she might do if he or she is in that situation in the future. If the child's actions helped protect other people, praise him or her for that.

- Most importantly, be sure to tell the child that he or she is always loved, that he or she has absolutely no blame for the event, and that you don't think one tiny bit less of him or her because of it.

» action

take

If you would like some help dealing with a trauma, contact one of the Behavioral Health providers in your area. Missouri Care's Behavioral Health department can be reached at 1-800-889-4073, option 7.

Ways to help you keep fit

You're busy at work and home. But try to make time to exercise. Being fit helps you look, feel and do your best. It's also good for your overall health.

To get fit or to help stay that way, do 30 minutes of brisk exercise five days a week. Also try to do strength exercises twice a week. Lift weights, for example. If you're older than 35, haven't been active for a while or have health problems, check with your Primary Care Provider (PCP) before starting an exercise program.

 **Have questions about exercise? Call Member Services at 1-800-322-6027.**

Three kinds of exercise can help you, each in a different way. All three are good for you.

1. Aerobic. This kind of activity makes your heart beat faster and is good for your heart and lungs. It's also a good way to lose weight and lower your blood pressure and cholesterol levels.

Examples are brisk walking, jogging, swimming and bicycling.

2. Strength. This type of activity makes your muscles stronger. It's also good for your heart.

Examples are lifting weights and doing sit-ups, push-ups, pull-ups and leg lifts.

3. Flexibility. This kind of activity stretches your muscles. As you get older, your muscles and joints may not work as well. Stretching can help you stay flexible.

You should stretch before starting any type of exercise. The most important muscles to stretch are in your legs, lower back and shoulders.

Remember, by staying fit, you can help keep your body in top running order.



Staying active—advice for you

Having asthma doesn't mean you can't exercise.

In fact, regular exercise can help you manage your asthma. You just need to be safe about it.

Talk to your Primary Care Provider (PCP) first. Ask what kinds of exercises you shouldn't do. Be sure you know what to do if symptoms get worse.

Use your inhaler. Take a puff of your rescue inhaler 15 minutes before you start to exercise. That can help control your asthma during exercise.

Avoid allergens. Exercise indoors if you're allergic to pollens or pollution. Are you

allergic to dust mites? Don't lie on a carpet. Use an exercise mat.

Dive in. Swimming is a great exercise for people with asthma. The warm, moist air of a swimming pool is easy on the lungs.

Stop and go. Nonstop sports, such as running, can be hard on people with asthma. Try softball or walking instead.

Listen to your body. Don't exercise if you feel ill or if your asthma is flaring up. Stop exercising if you have trouble breathing. Never push yourself too hard. Ask your PCP for more advice on exercising with asthma.

Source: American College of Allergy, Asthma and Immunology