

healthmatters

Seasonal Allergy Relief

Spring is in the air, along with pollen, mold, and other sneeze triggers. For millions of people, a field of pretty flowers can only be viewed with itchy, watery eyes. Luckily, there are some steps you can take to reduce your discomfort this allergy season.

Reduce Outdoor Exposure

- Try to stay indoors when pollen count is very high.
- Keep your doors and windows closed.
- Avoid hanging your clothes outside to dry.
- If you must mow your lawn or do any gardening, wear a dust mask.

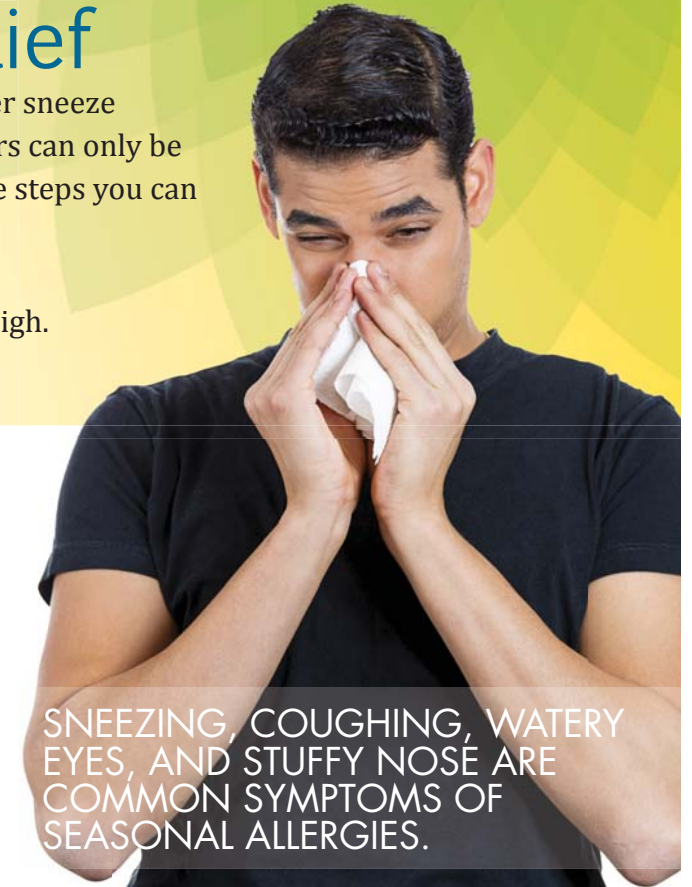
Reduce Indoor Exposure

- Change the filters in your heating and air-conditioning unit.
- Use a portable air filter in your bedroom.
- Vacuum your carpets more often, preferably with a machine that has a HEPA filter. Wear a mask to avoid breathing in the dust or pollen trapped in your carpet.
- Remove clothing you've worn outside, and shower to rinse pollen from your skin and hair.

Alternative Treatments

Get a neti pot, a small container with a spout for rinsing your nasal passage. You can buy this from a drugstore. Rinsing with a distilled water and saline solution is a quick, cheap, and effective way to ease a stuffy nose.

Visit your local farmers market (see page 6) and pick up some fresh fruit, vegetables, and local honey. A healthy diet can boost your immune system,



SNEEZING, COUGHING, WATERY EYES, AND STUFFY NOSE ARE COMMON SYMPTOMS OF SEASONAL ALLERGIES.

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Contains Health and Wellness or Prevention Information.

HealthMatters has a new look and feel! We welcome your feedback and topic suggestions.

Contact us at HealthMatters@hpsm.org.

Bayfront Park - Menlo Park, Calif.



HealthMatters is published as a community service for the friends and patrons of Health Plan of San Mateo (HPSM). 701 Gateway Blvd., Suite 400, South San Francisco, CA 94080. Phone: 800-750-4776. Web: www.hpsm.org. Information in HealthMatters comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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Upcoming Events

05/08	Senior Showcase Information Fair 9:00 a.m. to 1:00 p.m. Twin Pines Senior & Community Center 20 Twin Pines Lane Belmont
06/09	San Mateo County Fair – Senior Day 11:00 a.m. to 3:00 p.m. San Mateo County Fairgrounds
06/12	Seniors on the Square Health and Wellness Fair 10:00 a.m. to 12:00 p.m. SMC History Museum 2200 Broadway Street Redwood City
06/13	3rd Annual LGBTQI Pride Event 11:00 a.m. to 6:00 p.m. San Mateo Central Park 50 East 5th Ave. San Mateo

Seasonal Allergy Relief

▶ Continued from cover page.

reducing your symptoms. There is some evidence that eating local honey may help, though not all doctors agree.

Over-the-Counter Medicines

There are many non-prescription drugs available that can reduce your allergy symptoms. An antihistamine is a type of drug that can help with sneezing, itching, runny nose, and watery eyes. You may be familiar with loratadine (*Claritin*), cetirizine (*Zyrtec*), and diphenhydramine (*Benadryl*). Be careful, some of these medications may make you drowsy.

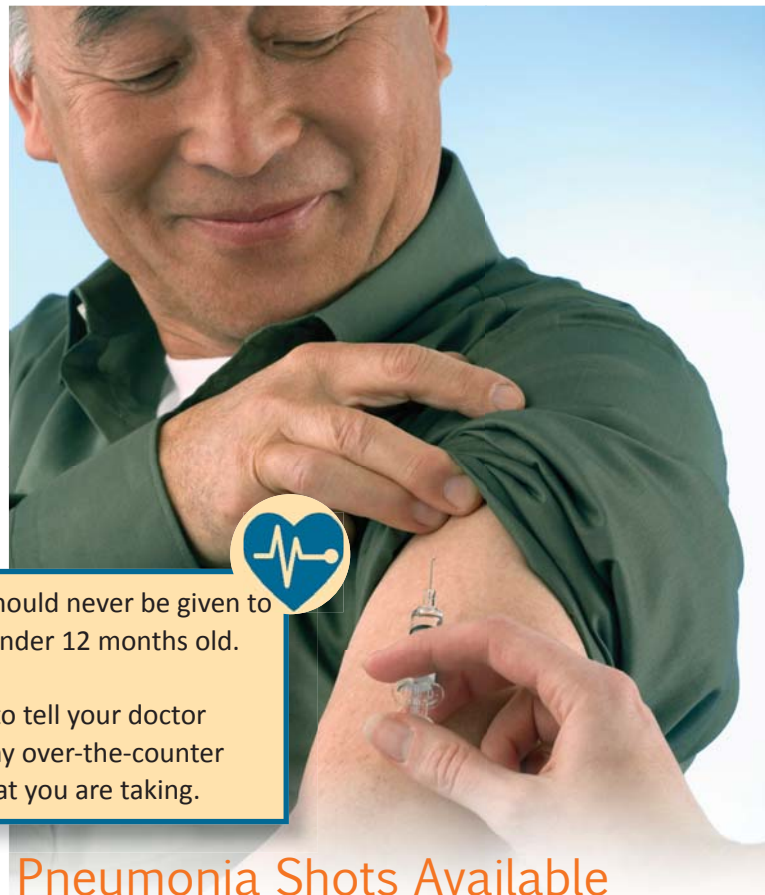
A decongestant helps with a stuffy nose. *Sudafed*, and *Afrinol* (both contain pseudoephedrine) are examples. These drugs are often available as a nasal spray, but they should only be used for a short time.

Eye drops can also be used to help with itchy, watery eyes.

See Your Doctor

Most people can manage their allergies without medical treatment. If your symptoms don't improve, your doctor may recommend stronger medications or allergy shots. ☞

Source: Mayo Clinic



Honey should never be given to infants under 12 months old.

Be sure to tell your doctor about any over-the-counter drugs that you are taking.

Pneumonia Shots Available

65 or Older?

Medicare Part B now covers two shots that can help protect you from getting pneumonia. Older adults are at high risk for getting this serious lung infection that can lead to hospitalization or even death.

Talk to Your Doctor

Two different shots are now recommended. Even if you have already received one, you need both for the best protection. ☞

Introducing “Ask the Doctor”



Chris Esguerra, M.D.

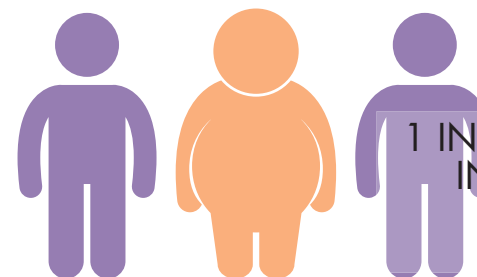
Beginning with this issue of HealthMatters, HPSM would like to invite our members to submit health questions to our Medical Director, Chris Esguerra, M.D.

Dr. Esguerra is a licensed psychiatrist and medical

doctor who has served the San Mateo County community for many years.

Dr. E says, “I am excited and look forward to your questions and providing answers that will help you stay healthy and keep fighting the healthy fight.”

You can submit your questions via email to healthmatters@hpsm.org. Some questions will be published in future issues. Your name will not be listed. ☞



1 IN 3 CHILDREN
IN SAN MATEO
COUNTY ARE
OBESE.

1 CAN OF SODA A DAY
INCREASES YOUR CHANCES OF
GETTING TYPE 2 DIABETES BY 22%.

Healthy Drink Choices

- Add a slice of fresh fruit to water or make ice cubes with chopped up fruit. Lemons, oranges, watermelon, cucumber, mint, and limes are great choices.
- Green tea – add a few drops of honey if desired.
- Mix water with 100% fruit juice
- Coconut water

For more information visit:
www.cutsugarydrinks.org

Belmont	Sunday	10:00 a.m. – 2:00 p.m.	El Camino Real & O'Neill Ave	Year Round
Brisbane	Thursday	2:30 p.m. – 6:30 p.m.	11 Old County Road	Year Round
	Sunday	10:00 a.m. – 2:00 p.m.	11 Old County Road	Year Round
Burlingame	Thursday	3:00 p.m. – 7:00 p.m.	1300 Burlingame Ave	May – Sep.
	Sunday	9:00 a.m. – 1:30 p.m.	1300 Burlingame Ave	Mar. – Dec.
Daly City	Thursday	9:00 a.m. – 1:00 p.m.	3 Serramonte Center	Year Round
	Saturday	9:00 a.m. – 1:00 p.m.	3 Serramonte Center	Year Round
East Palo Alto	Wednesday	12:00 p.m. – 3:00 p.m.	1798-A Bay Road	Apr. – Dec.
Foster City	2nd and 4th	9:00 a.m. – 12:30 p.m.	800 Foster City Blvd	Year Round
	Wednesday	10:00 a.m. – 2:00 p.m.	900 Metro Center	Year Round
	Wednesday	2:30 p.m. – 6:30 p.m.	791 Beach Park Blvd	Year Round
	Saturday	9:00 a.m. – 1:00 p.m.	791 Beach Park Blvd	Year Round
Half Moon Bay	Saturday	9:00 a.m. – 1:00 p.m.	225 Cabrillo Highway	May – Dec.
	Sunday	9:00 a.m. – 4:00 p.m.	270 Capistrano Road	Year Round
Menlo Park	Sunday	9:00 a.m. – 1:00 p.m.	1050 Chestnut Street	Year Round
Millbrae	Saturday	8:00 a.m. – 1:00 p.m.	200 Broadway	Year Round
Pacifica	Wednesday	2:30 p.m. – 6:30 p.m.	400 Old County Road	May – Dec.
Pescadero	Thursday	3:00 p.m. – 7:00 p.m.	251 Stage Road	June – Nov.
Portola Valley	Thursday	3:00 p.m. – 7:00 p.m.	765 Portola Road	May – Oct.
	Thursday	2:00 p.m. – 5:00 p.m.	765 Portola Road	Nov. – Dec.
Redwood City	Wednesday	10:00 a.m. – 2:00 p.m.	Maple St at Marshall St	May – Oct.
	Saturday	8:00 a.m. – 12:00 p.m.	850 Winslow Street	Apr. – Nov.
San Carlos	Wednesday	4:00 p.m. – 8:00 p.m.	700 Laurel Street	May – Sep.
San Mateo	Tuesday	4:00 p.m. – 8:00 p.m.	194 W 25th Avenue	May – Oct.
	Saturday	9:00 a.m. – 1:00 p.m.	700 West Hillsdale Blvd	Year Round
South San Francisco	Tuesday	10:00 a.m. – 2:00 p.m.	1200 El Camino Real	May – Oct.
	Saturday	9:00 a.m. – 1:00 p.m.	781 Tennis Drive	May – Oct.
Woodside	Sunday	10:00 a.m. – 2:00 p.m.	3195 Woodside Road	Apr. – Oct.

Important HPSM Phone Numbers

Member Services

Medical Benefits
 Monday – Thursday
 8:00 a.m. to 6:00 p.m.
 Friday
 9:30 a.m. to 6:00 p.m.
1-800-750-4776 or **650-616-2133**
 TTY: **1-800-735-2929** or **7-1-1**

Denti-Cal

Dental Benefits
 Monday – Friday
 8:00 a.m. to 5:00 p.m.
1-800-322-6384

Delta Dental

Healthy Kids Members Dental
 Benefits
 Monday – Friday
 8:00 a.m. to 5:00 p.m.
1-866-527-9564
 Group number: SM60

HPSM Nurse Advice Line

Non-Emergency Health Questions
 24 hours
1-866-535-6977

Behavioral Health and Recovery Services

Mental Health Benefits
1-800-686-0101
 TTY: **1-800-943-2833**

 **HealthPlan
 OF SAN MATEO**
 701 Gateway Blvd., Suite 400
 South San Francisco, CA 94080

What You Should Know About Measles

Measles is a highly spreadable virus. There is no known treatment for measles. An infected patient must allow the disease to run its course.

Symptoms

Symptoms typically last around two weeks. It may include the following:

- Full-body rash
- High fever
- Hacking cough
- Breathing problems

Measles are spread when people breathe in, or

come into contact with, an infected person's fluids. This could be droplets from a sneeze or cough. The virus can live on cold surfaces for several hours. You do not have to be in direct contact with the infected person to get measles.

Most children receive two shots that helps prevent them from catching measles. Infants too young to receive the shots and people with chronic illnesses or weak immune systems are at the highest risk of catching

measles. ☹

There are at least three confirmed cases of measles in San Mateo County. If you think you or your child has been exposed call your doctor or the HPSM Nurse Advice Line at **1-866-535-6977**.

A Reason to Smile

Dental benefits for adults in the Medi-Cal program were added back last year. Health Plan of San Mateo (HPSM) Medi-Cal members can go to any dentist who accepts Denti-Cal.

Adult dental benefits include:

- Exams and x-rays
- Cleanings
- Fluoride treatments
- Fillings
- Root canals for front teeth
- Crowns
- Dentures
- Emergency dental services



If you have questions about Denti-Cal benefits, or want to find a dentist in your area, call Denti-Cal at **1-800-322-6384** (toll free). Or visit their website, www.denti-cal.ca.gov. ☹

San Mateo and San Francisco Counties have resources for patients without dental coverage. The following clinics provide free or low-cost treatment:

- Sonrisas Community Dental Center (Coastside only)
650-726-2144
- Dental Hygiene Clinic at Foothill College – Los Altos
650-949-7335
- Dental Clinic at UCSF
415-476-3276
- San Mateo County Dental Society
650-637-1121



Kids are more likely to try a new food if they choose it themselves.

Spring Into Your Local Farmers Market

Spring and summer are especially good times of the year to buy fresh fruits and vegetables. Most items at farmers markets are sold within 24 hours of being picked. This makes the produce fresher than those at the supermarket.

More for Your Money

Fruits and vegetables at the supermarket are often grown far away and shipped. This makes the price higher. When you buy from local farmers you pay less. Many farmers markets even accept EBT, WIC, and Senior Nutrition Checks.

Bored by Broccoli? Try Something New!

You can find many items at the farmers market that you cannot find in supermarkets. There are many fruits and vegetables that are grown right here in northern California that you may not have even heard of!

Nearly all produce can be eaten raw. Just wash it and enjoy! However, most vendors will be happy to share recipes or give you tips on how to prepare the items you want to try.

Be sure to mention any food allergies you may have, just in case.

Give your kids two or three dollars and let them pick out something. They will be more likely to try a new food if they have chosen it themselves.



**FRUITS AND VEGETABLES
IN SEASON**

Almonds, Apricots, Arugula, Avocados, Beets, Bitter Melon, Blackberries, Blueberries, Bok Choy, Broccoli, Cabbage, Cactus, Carrots, Cauliflower, Celeriac, Celery, Chard, Cherries, Chicory, Collard Greens, Corn, Cress, Cucumbers, Eggplant, Endive, Fennel, Figs, Garlic, Green Beans, Horseradish, Kale, Leeks, Lemons, Lettuce, Mizuna, Mustard Greens, Nectarines, Okra, Onions, Orach, Oranges, Peaches, Peas, Peppers, Plums, Pluots, Radishes, Raspberries, Rhubarb, Strawberries, Spinach, Sprouts, Summer Squash, Tomatillos, Tomatoes, Turnips

MAY THROUGH AUGUST

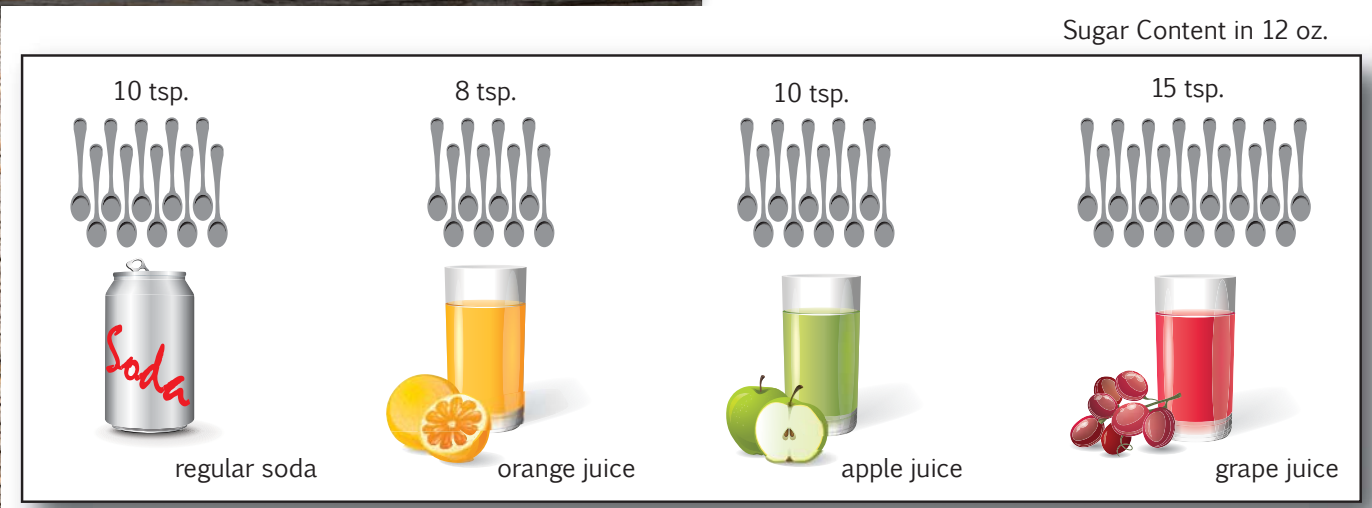
Sugary Drink Dangers

Most people know that soda is bad for their children. Even so, many parents allow their kids to drink other sugary drinks, such as fruit juice, flavored milk, or sports beverages. There can be just as much sugar in these drinks as in a regular soda.

Dr. Esguerra says, "Water is always our best option. The more we avoid added sugars, the healthier we and our children can be. Check out the options on page 7 for other ways to quench your thirst."

Allowing your children to drink too much sugar can cause:

- Obesity
- Memory and attention disorders
- Diabetes
- Heart disease
- Tooth decay



www.hookedonjuice.com