

Osteoporosis: Keep Bones Healthy

Bones give our bodies support, help us move and protect us from injuries.

But thin, weak bones can cause big problems. They are more likely to break—especially later in life.

This condition, called osteoporosis, affects many Hispanic women. It can also affect women who:

- Are older
- Have small, thin frames

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When Your Child Is Vomiting: Do You Know What to Do?



Tummy aches are no fun—especially when they make kids throw up. Here are ways to help your little one if he or she is vomiting.

If your child has a slightly dry mouth, is thirsty or cannot eat:

- Do not give any medicines.
- Give ice chips if your child is older and will not choke. Or give small amounts of water or juice mixed with water.
- If the child vomits water, try giving Pedialyte or a store-brand version. Give small sips often

for several hours. If you have questions, call your doctor.

When vomiting has stopped for 8 hours, offer bland, starchy foods. Rice or mashed potatoes are good options.

Signs of danger

Vomiting usually is not serious. But you need to know when it might be—and what to do.

Call 911 or go to the ER if your child:

- Cannot be woken up easily

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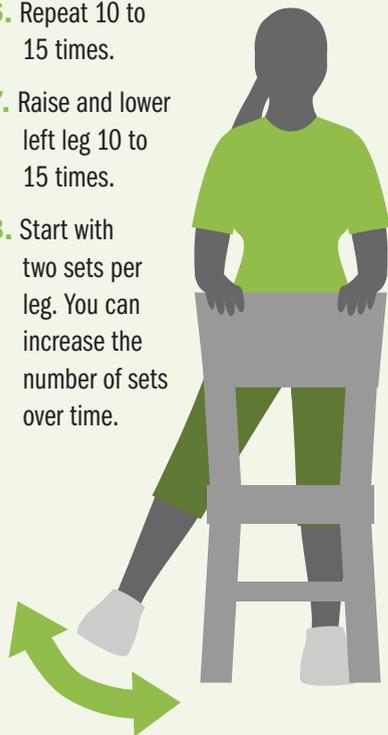
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Standing Leg Lifts

THIS STRENGTH AND FUNCTION EXERCISE HELPS WITH BALANCE

1. Hold the back of a chair, keeping your feet slightly apart and toes forward.
2. Inhale slowly.
3. Exhale slowly and raise right leg to the side. (Keep toes forward, back straight and left leg slightly bent.)
4. Hold for 1 second.
5. Lower right leg while inhaling slowly.
6. Repeat 10 to 15 times.
7. Raise and lower left leg 10 to 15 times.
8. Start with two sets per leg. You can increase the number of sets over time.



Source: National Institute on Aging

Cigarette-Free Stress Relief

If you have ever tried to quit smoking, you know it is not an easy thing. It can be even harder when you have a bad day at work. Or a flat tire. Or a bill that is late.

Really, any stressful moment can trigger a craving. And if you give in and light up, you might feel like it is no use trying to quit.

There are other ways to relax besides smoking a cigarette. Here are a few things that can help you find peace in a smoke-free life.

1. Take a short walk. A quick walk around the block can take away stress and the urge to smoke. It might even put you in a better mood.

2. Chat with a friend. Pick up the phone and talk about your day with someone you trust.

3. Focus on something else. Do something fun for a few minutes. Play a game. Or listen to a soothing song.

4. Find a quiet moment. When you start to feel stressed, close your eyes and sit quietly. It may help to picture yourself in a relaxing place, such as sitting on the beach.

5. Go for a soothing massage. You might not realize how much tension your muscles can hold.



Try giving your neck or shoulders a quick rub to relax.

6. Think happy thoughts.

Quitting smoking is one of the healthiest things you can do. And you will save money. Focusing on the good helps take your mind away from stressful moments and cravings.

7. Take a cool drink of water.

Caffeine in coffee or tea can make you feel nervous and make your stress worse. So try cutting back.

Support is available to help you quit smoking

- California Smokers' Helpline: **800-NO-BUTTS (800-662-8887)**. Medi-Cal members: Get a \$20 gift card when you call and create a plan to quit. You can get free nicotine patches too.
- Breathe California: **650-994-5868**. Attend quit-smoking classes and get free patches.
- Get free nicotine patches or gum through your pharmacy. You need to get a prescription from your doctor. ■

Sources: American Heart Association; U.S. Department of Health and Human

Four Tests Everybody Needs

Get screened.

That is smart advice if you care about your health.

Screening tests can find health problems before you have symptoms and feel that something may be wrong. And that is important. When you find a disease early, it may be easier to treat. ■



1 test for BLOOD PRESSURE

| | |
|-------------------------|--|
| WHEN you need it | Starting at age 20, get tested at least every 2 years.* |
| HOW it is done | Your provider can test your blood pressure at a checkup. |
| WHY you need it | High blood pressure often has no signs. The only way to know you have it is to be tested. Left untreated, it can cause a heart attack or stroke. |

2 test for DIABETES

| | |
|-------------------------|---|
| WHEN you need it | Starting at age 45, get tested at least every 3 years.* |
| HOW it is done | A blood sample is drawn and tested. |
| WHY you need it | There are only a few symptoms of diabetes in its early stages. That means it often is not diagnosed for up to 10 years. During this time, it could harm your heart, eyes, kidneys and nerves. |

3 test for CHOLESTEROL

| | |
|-------------------------|--|
| WHEN you need it | Starting at age 20, get tested at least every 4 to 6 years.* |
| HOW it is done | A blood sample is drawn and tested. |
| WHY you need it | Too much cholesterol in your blood can cause a heart attack. But even when cholesterol is high, you might not feel sick. |

4 test for COLON CANCER

| | |
|-------------------------|--|
| WHEN you need it | Start at 50. There are many ways to be tested. Some tests are done every 1 to 2 years, others every 5 to 10 years.* |
| HOW it is done | That depends on which test you have. Some tests can be done at home. Others need to be done at a clinic or hospital. Call Health Plan of San Mateo at 650-616-2165 for a free kit you can do at home. |
| WHY you need it | Testing can find growths before they turn into cancer. If it is found early, it can be cured. |

*You may need to be tested earlier or more often depending on your personal or family medical history.

Sources: American Diabetes Association; Centers for Disease Control and Prevention; National Institutes of Health

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Make the Switch

Choose healthy fats and carbs

You want your food to taste good—but also be good for you. And you can have it both ways.

Start with simple changes. Replace some of the bad fats and carbohydrates in your diet with healthy ones.

Fats: Choose liquid, not solid. Solid fats stay thick at room temperature. They are also called saturated or trans fats. Examples include butter, animal fat, shortening and coconut oil. These fats are in foods like regular cheeses, the skin or fat in meat and poultry, baked goods, and most desserts. You will want to avoid solid fats or save them for special days.

Instead, try cooking with fats that stay liquid on your kitchen counter. Examples are canola, olive, peanut, sesame and vegetable oils.

Carbs: Choose complex over simple. All carbs are a type of sugar, but complex carbs are higher in fiber than simple carbs. Most fruits and vegetables are complex. So are whole grains, like oats, barley and brown rice. These carbs are healthy and also fill you up.

Simple carbs are made mostly of sugars. They include processed



grains (like white bread and white rice), some natural sugars (like fruit juice), and the sugars added to foods and drinks. Simple carbs have lots of calories and little or no health value. That is why it is best to limit or avoid them.

Read the fine print

Read food labels when you shop. Avoid foods that are high in saturated and trans fats. Choose foods that are high in fiber and low in sugar. ■

Source: Academy of Nutrition and Dietetics

Time for Tomatoes

Probably one of the most common vegetables in the kitchen, this late-summer staple is nutrient-packed.



Tomatoes are low in sodium and fat while being high in vitamins A and C.

They are also high in lycopene, which helps prevent disease.

Choosing: Pick tomatoes that

are firm with shiny skin.

Storage: Do not refrigerate. And keep them away from direct sunlight.

Prep: Tomatoes are a great snack alternative to junk food. Or try baking or broiling them as a side dish. For a refreshing salad, combine fresh tomatoes with cucumbers, onions and a vinaigrette.

Sources: Produce for Better Health Foundation; U.S. Department of Agriculture

Osteoporosis

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- Do not get enough calcium
- Smoke or use a lot of alcohol
- Have a family history of fractures

Diabetes is another risk factor for this bone disease. And Hispanic women are at high risk for diabetes. So bone health is a real concern for this group of women.

Bone builders

To keep bones in shape:

Go for calcium. It is the building block of bones. Eat lots of calcium-rich foods like leafy green veggies or drink low-fat milk.

Do not forget vitamin D. It

helps your body use calcium. Vitamin D is added to many foods, such as milk. You can also take pills with vitamin D.

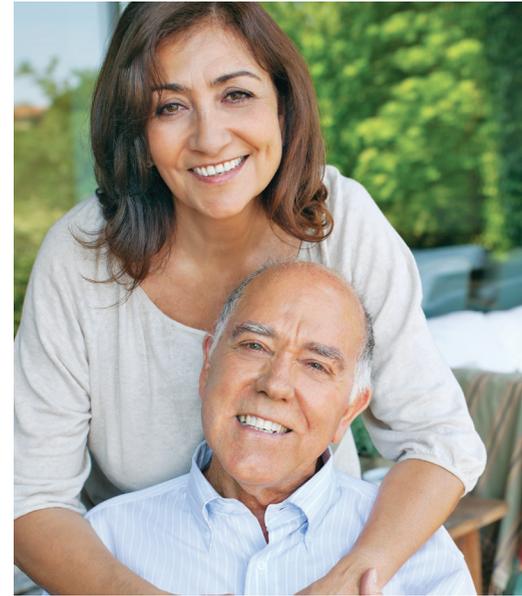
Get moving. It helps you build stronger bones. Try walking, jogging, stair-climbing or lifting weights.

Kick the habit. Cigarettes can cause bone loss. If you need help quitting, see page 2 for a list of resources.

Avoid drinking. Too much alcohol can lead to weak bones and make them more likely to break.

Strong bones for life

Tests can help find out if bones are thin or weak. And there are medicines to help prevent or treat



the problem. Ask your doctor if you might need tests or medicines for osteoporosis. ■

Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases



3 Ways to Get Happy

Clip and save these time-tested ways to make a bad day better.

- 1.** Write down or tell a friend three things you are thankful for. It will help you continue feeling happy. Repeat as necessary.
- 2.** Do a small good deed for another person. Try to fit five acts of kindness into your day. You might offer a friend a ride, help a stranger carry groceries or write a thank-you note to someone who has helped you.
- 3.** Take a negative thought you

often have and ask yourself: Is it really true? Chances are, it is not or it is not as bad as you think. Often, we are our own worst critics or think that we are doomed to repeat our past mistakes.

Instead, focus on the good things you have done and what you have learned from hard times. Then imagine what you would like your life to be like next year, and go for it! ■

Sources: American Psychological Association; Mental Health America



Clip and Save

Vomiting

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- Is not moving or responding
- Is too weak to stand

Call your doctor right away—day or night—if your child:

- Looks or acts very sick or confused or you feel your child needs help right now.
- May have swallowed poison.
- Has vomit that is green or blood-tinged.

- Has a headache, stiff neck or bad tummy pain that does not go away after vomiting.

- Has dry mouth or sunken eyes. These are signs of dehydration. In babies and young kids, also watch for crying without tears or no urine for 4 to 6 hours. In older kids, watch for no urine for 6 to 8 hours.

If your child is older than 3 months and has been vomiting for over 24 hours, call the child's doctor as soon as the office opens.

Care for infants

Is your baby a newborn or up to around 3 months old? If so, you need to be extra careful when your child vomits. Take your child to a doctor right away if he or she vomits two times or more or has a fever over 100.4 degrees. Take the temperature through the rectum. ■

Sources: American Academy of Pediatrics; UpToDate

Call your doctor anytime you are worried about your child's health.

Is Your Child's Rash Serious?

One day your child will have a rash. Do not panic. It may not be serious. But you need to be able to tell when it is. Here is a quick guide to help your child.

When to call 911

If a rash comes with these symptoms, call 911:

- Your child has a hard time breathing or swallowing
- He or she has a purple or blood-colored rash and a fever
- Your child is very weak or cannot stand

Mild rashes

A mild rash may show up in just one small area, and your child may seem fine.

Mild rashes are often caused by

something that touched the skin, such as poison ivy or an allergen.

Wash the skin—just once. Then avoid using soap on the area. A cold, wet cloth may help itching. Tell your child not to scratch.

If the rash does not get better in 2 or 3 days, call your child's doctor. Call sooner if it gets worse.

Large rashes

Sometimes a rash can cover a large area, but your child will seem OK. A large rash may be caused by a



virus or other problem. This type of rash will often get better on its own. If it does not, or it comes with symptoms that concern you, call your child's doctor. ■

Source: American Academy of Pediatrics

Prenatal Care Program

If you think you may be pregnant, it is important to see a doctor within your first 3 months. Go before you show! If you are pregnant, join our program to get gift cards

for going to prenatal checkups. Call Health Plan of San Mateo at **650-616-2165** to join.

Get free tips on your cellphone to help you through your pregnancy and your baby's first year. Text **BABY** to **511411**.