

Mark Your Calendar for These Healthy Bodies, Healthy Minds 2005 Events

↔ Men's Night Out

Health Fair, Thursday, March 31st from 5–8 p.m. at the Basketball Hall of Fame.

↔ FoodPlay, Thursday

April 7th from 6:30–8 p.m. at the Best Western Sovereign Hotel and Conference Center in West Springfield.

↔ "Make Room for

Laughter" presented by nationally known comedian Rosemary Verri—"The Lady of Laughter"—on Thursday, May 12th at 5:30 p.m. the Storowton Tavern in West Springfield.

↔ Women's Night Out

Health Fair, Thursday, October 20th.

For additional informa-

tion, call HNE at

800.842.4464, ext. 3032. ✨

MEMBER MATTERS

PROVIDING HEALTH RELATED NEWS FOR HEALTH NEW ENGLAND MEMBERS

Presenting

Healthy Bodies, Healthy Minds 2005

A Seminar Series Created by Health New England

Each year, HNE offers several events as part of a year-long health series aimed at helping our members achieve an optimum level of health. Events are open to HNE members as well as the general public. Please join HNE this year as we focus on nurturing Healthy Bodies and Healthy Minds.

HNE will kick off the Healthy Bodies, Healthy Minds series with **Men's Night Out**. This new program, featuring a nationally known speaker, food, games,

raffles/prizes, and health screenings, is being sponsored by the American Cancer Society and HNE. The event is scheduled for March 31, 2005, from 5–8 p.m. at the Basketball Hall of Fame, which will then open from 8-10:00 p.m. for visitors. The night promises to be educational and entertaining.

The next program in the series is **FoodPlay**, the national award-winning live theater production. **FoodPlay** turns kids ages 5 to 12 on to healthy habits. **FoodPlay** doesn't just make healthy eating great fun, its messages are very important—such as the importance of eating breakfast and being active every-day, and the fact that everybody comes in different shapes and sizes. The date for this production is Thursday, April 7, 2005, and the location is the Best Western Sovereign Hotel and Conference Center in West Springfield. The program will begin promptly at 6:30 p.m. and end at 8:00 p.m.

In May, we are proud to bring you our first dinner program, **Make Room for Laughter**, presented by Rosemary Verri, "The Lady of Laughter." This event will be held at the Storowton Tavern in West Springfield on Thursday evening, May 12, 2005. Are you trying to think of a great Mother's Day gift? Bring your mom, your daughter, sisters, and friends and join us for an enjoyable evening.

A registration form for **Men's Night Out**, **FoodPlay**, and **Make Room for Laughter** is available on page 2.

Finally, back by popular demand is HNE's **Women's Night Out Health Fair**. This year's program will include health screenings, health & fitness vendors, hobby vendors, new workshops, door prizes, and raffles! Look for more information in the April *Member Matters* newsletter. ✨



HNE's Health Programs Department: Connie Lynch, Mike Gauvin, Alres Dinnall, and Maria Garrity.

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FEBRUARY 2005

 Health New England

To Eat or Not To Eat?

featuring Mike Gauvin, HNE's Health Programs Coordinator

As a personal trainer and coach, I often am asked if it's best to eat before or after a workout. Exercising on a full stomach may make you feel uncomfortable, especially with high-impact exercises. Exercising after a large meal can cause cramping, which can cut your workout short.

It's best to wait 3 or 4 hours after a large meal to exercise. But exactly how long you wait to exercise after eating depends on some important considerations: the size and content of the meal; the type of activity you will perform; and the intensity of your workout. Larger meals high in protein and fat content take longer to digest.

A smaller, high-carbohydrate meal is a better choice for pre- or post-workout nutrition. Yogurt and fruit or cereal with skim milk will fuel your body without making you feel heavy and uncomfortable. If you're exercising first thing in the morning, wait to eat a nutritious breakfast after the session. If you plan to have a rigorous training session, wait a few hours after breakfast before beginning your workout. The harder you're going to train, the longer you need to give yourself before starting your workout.

Make sure you eat a good breakfast within 1 to 2 hours after your workout. When you work out, your muscles lose glycogen stores (the fuel we burn exercising). There is a window of opportunity following a workout when your body can replenish lost glycogen stores more efficiently. A meal high in carbohydrates helps speed your recovery and ensures that you're fueled for the next workout. Your metabolism also is elevated after exercising, so eating after your workout is a way to burn calories faster.

If you plan to go straight to the gym or into a run right after work, eat an energy bar or light snack a couple of hours before you leave work. It can be too easy to skip your workout if you feel hungry when you get home after a long day on the job. If you're starving, have a light snack and wait a short time before heading out the door. A glass of sports drink, diluted apple juice, or a couple of teaspoons of yogurt may make your craving go away without weighing you down. *



Great Post-Workout

Snacks:

- * Cereal with skim milk (has protein, carbohydrates, and lots of water, which helps replace fluids lost from sweating)
- * Yogurt
- * Turkey breast slices and vegetables on a wheat bagel
- * Tuna salad on whole-wheat bread
- * Banana smoothie (banana, orange juice, and vanilla yogurt)
- * Sports drink and a cup of nonfat cottage cheese
- * Low-fat or nonfat cheese and crackers

Healthy Bodies, Healthy Minds

Registration Form

Name: _____

Address: _____

Phone (daytime): _____

HNE charges a small, nonrefundable fee to cover costs of speakers and conference space. HNE does not profit from these programs.

Check all events you plan to attend:

Men's Night Out, Thursday, March 31, 2005

Cost per person: _____ Free!

FoodPlay, Thursday, April 7, 2005

Cost per person: Adults-\$10, Children-\$2 (Children must be accompanied by a parent or guardian) \$_____

"Make Room for Laughter," Thursday May 12, 2005

Cost per person: \$40 (includes dinner) \$_____

Please indicate dinner selection:

Baked stuffed chicken

Baked scrod

Total amount enclosed: \$_____

Please make checks payable to HNE.

Mail form and payment to:

Health New England

ATTN: Health Programs Department

One Monarch Place

Springfield, MA 01144-1500

HNE wants to keep you healthy! Find what interests you and take advantage of our educational and self-help programs. Preregistration is required for most classes. For more information, visit www.hne.com and click on "Healthy Directions."

Adult Asthma Education. Offered to members who have been diagnosed with asthma. Learn how to manage your asthma, measure peak flow, and develop an asthma action plan. For more information or to register, call 413.787.4000 or 800.842.4464, ext. 3553. Classes are held from 6:00–8:30 p.m. at the Best Western Sovereign Hotel, West Springfield.

NEW!! COMING SOON!! HNE's Virtual Asthma Class. HNE is pleased to present an informative virtual asthma class that will help you learn how to manage your asthma, measure peak flow, and develop an asthma action plan. The more you know, the better you will be able to control your asthma and take charge of your health. We created this virtual tour because we are committed to helping you live a healthy life. For more information or to order a copy, call 413.787.4000 or 800.842.4464, ext. 3391. Please specify your choice of either CD-ROM, DVD, or VHS format.

Diabetes Education and Meal Planning. A nurse/diabetes educator and a dietician/nutritionist teach this exciting new workshop for HNE members who have been diagnosed with diabetes. Learn about important tests for people with diabetes, as well as daily diabetes management to prevent complications such as high and low blood sugar. Learn ways to make better food choices and still enjoy your meal plan. Free to HNE members who have been diagnosed with diabetes; you may bring a guest. To register, call HNE at 413.787.4000 or 800.842.4464, ext. 3391 or 3381. Classes are held from 6:00–8:30 p.m. at the Best Western Sovereign Hotel, West Springfield.

NEW!! COMING SOON!! HNE's Virtual Diabetes Class. HNE is pleased to present an informative virtual diabetes class. Learn about important tests for people with diabetes, as well as daily diabetes management to prevent complications such as high and low blood sugar. Learn ways to make better food choices and still enjoy your meal plan in the comfort of your own home. The more you know, the better you will be able to control your diabetes and take charge of your health. We created this virtual tour because we are committed to helping you live a healthy life. For more information or to order a copy, call 413.787.4000 or 800.842.4464, ext. 3391. Please specify your choice of either CD-ROM, DVD, or VHS format.

Living Well Grocery Store Tours. An exciting new offer for HNE members who have diabetes, high cholesterol, or coronary heart disease. Walk through the grocery store with a registered dietician and learn how to read food labels, count carbohydrates, determine portion sizes and fat and cholesterol content, and much more! Space is limited! For more information or to register, call 413.787.4000 or 800.842.4464, ext. 3031.

HNE's Virtual Grocery Store Tour. HNE is delighted to present the Virtual Grocery Store Tour, an informative guide to help you to read food labels, count carbohydrates, determine portion sizes, fat, sodium, cholesterol content, and much more! We created this virtual tour because we are committed to helping you live a healthy life. The more you know, the better you will be able to make better choices and take charge of your health. For more information or to order a copy, call 413.787.4000 or 800.842.4464, ext. 3031. Please specify your choice of either CD-ROM (for your computer), DVD, or VHS format.

Living Well Program. A 6-week program teaching self-management techniques that help relieve symptoms and control chronic illness. Meets weekly; fee is \$35 for materials. To register or for more information, call 413.787.4000 or 800.842.4464, ext. 3030.

Smoking Cessation. Reimbursement up to \$50 to attend a smoking cessation program. For HNE members who have asthma, diabetes, cardiovascular diseases, and/or who are pregnant. For more information, call 413.787.4000 or 800.842.4464, ext. 3553. ★

FAMILY PRACTICE

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No longer practicing as a PCP:

Ronald B. Durning, Jr., M.D.

David H. Miller, M.D.

David J. Pierangelo, M.D.

For additional changes to provider addresses, phone numbers, and other changes, please see the Provider Directory on our Web site, www.hne.com

Area hospitals also offer instruction, education, and support groups on a wide range of topics. For more information, please contact the individual hospitals directly.

Hospital	Web site	Phone Number
Baystate Medical Center	baystatehealth.com	800.377.HEALTH (4325)
Berkshire Medical Center	berkshirehealthsystems.com	413.447.2000
Cooley Dickinson Hospital	cooley-dickinson.org	413.582.2400
Fairview Hospital	berkshirehealthsystems.com	413.528.0790
Franklin Medical Center	baystatehealth.com/fmc	800.377.HEALTH (4325)
Holyoke Medical Center	holyokehealth.com	413.534.2500
Mary Lane Hospital	baystatehealth.com/mlh	800.377.HEALTH (4325)
Mercy Medical Center	mercycares.com	413.748.9000
Noble Hospital	nobleshospital.org	413.568.2811
North Adams Regional Hospital	nbhealth.org	413.663.3701



Wellness Coach

Sara Harris

With her late husband Raymond Harris, M.D., Sara Harris founded the International Society of Geriatric Cardiology. Since the incorporation of the Center for the Study of Aging in 1957, she has been executive director and chair of the International Association of Physical Activity, Aging and Sports (IAPAAS) and is author and editor of many books, papers, and the newsletter *LIFELONG HEALTH AND FITNESS*.

Aging and Health: A personal story of change

In 1983, I was 62 years old, the mother of four, an active tennis player, and executive director of the Center for the Study of Aging. However, I also was experiencing shortness of breath, angina, and occasional chest pain. My doctors found that five of the arteries pumping blood to my heart were nearly completely blocked with plaque—a condition that can lead to heart attacks. I underwent a cardiac bypass operation to replace clogged arteries with veins taken from my legs.

Although I took several medications, the arteries continued to clog. I had more procedures and surgeries—in 1990 and 1996—but there was no reason to believe the arteries would not clog again.

Meanwhile, researchers had made great strides in the field of cardiac rehabilitation. Based on this new knowledge, soon after the second surgery at age 75, I decided to take steps to save my life. So for the past 6 years, I have followed a program that involves nutrition, exercise, posture, stress management, and lifestyle.

Now my heart rate has changed from rapid to slow; I no longer take heart medication; my electrocardiogram is normal; and my blood pressure is that of a teenager. Of course, I still have regular checkups with my cardiologist.

This is what I do:

Nutrition: I eat fruit, vegetables, fish, and a diet low in meat, fowl, sugar, and salt. Three light meals plus two healthful snacks per day help keep my weight in balance.

Exercise: I enjoy exercises for the whole body 3 days a week. A trainer who also is an expert in gerontology designed this program especially for me and my needs as an older person. My workout includes stretching, strength training with weights, and aerobic exercise on a bicycle and treadmill.

Posture: I have developed techniques for good posture, which help me maintain my balance, and good looks too!

Stress: I practice relaxation techniques, breathe deeply, and try to do one thing at a time. I take breaks from work, walk away from tense situations, get enough sleep, and try not to get exhausted. It's important to slow down the day and also keep busy.

Live fully: I work full time, but rarely on weekends. I laugh a lot, enjoy friends, help others, and keep learning. ✨

For more information, booklets, and publications: Center for the Study of Aging/International Association of Physical Activity and Aging, 706 Madison Avenue, Albany, NY 12208, 518.465.6927. E-mail: IAPAAS@aol.com. Web site: www.centerforthestudyofaging.org

Adding Activity to Your Day

Staying physically active is the best way to maintain overall health and improve your chances of living a long and independent life. Experts recommend engaging in a total of at least 30 minutes of physical activity of moderate intensity on most days of the week. On those days when you think you don't have the time to squeeze in a formal workout, here are some ways to stay active:

- Activities such as gardening, raking leaves, and doing household chores will help you maintain fitness and overall health.
- Walking gives you the opportunity to exercise safely with little stress to your joints.
- If it's appropriate where you live, bike to work, which will keep you fit while reducing traffic and air pollution.
- Take the stairs! It's an excellent way to build endurance, burn calories, and condition the legs and buttocks.
- Park your vehicle at the far end of the parking lot and walk the distance to the building. If you take the train or subway, get off a stop ahead and walk the rest of the way.
- Take periodic stretch breaks. Try to stretch every hour, especially if you sit or stand for extended periods of time.

- If your work involves driving for long periods, make an effort to get out and stretch the large muscles. ✨



How Sweet It Is

Too many sweetened foods in your diet can crowd out other important nutrients you need for good health, such as proteins, fats, and complex carbohydrates. Here's the scoop on sugar and its cousins:

Table sugar and other natural sugars found in fruit, milk, corn syrup, and honey give us energy in the form of carbohydrates, which is an important fuel for the body. According to the American Dietetic Association, sugar does not cause type 2 diabetes, behavioral disorders, or any other chronic condition.

However: Sugar can cause tooth decay and, used in excess, can contribute to obesity. Research shows that diets high in fructose can have a harmful effect on cholesterol and triglyceride levels and may cause digestive distress in some people, especially children.

Other approved sweeteners—saccharin, aspartame, sucralose, acesulfame-K, sugar alcohols, and neotame—generally are regarded as safe by the FDA. Using them in place of sugar can help you manage your weight, control blood glucose, and they do not promote cavities.

However: Non-nutritive sweeteners do not provide calories for energy; some sweeteners can have a laxative effect; and aspartame should not be used by people with PKU, a rare metabolic disorder.

Experts recommend using moderate amounts of any sweetener and reading food labels carefully to determine the type of sweetener you are getting.*

For more information: American Dietetic Association, www.eatright.org

"But It Hurts!"

Exercising when you have chronic pain

Doctors and patients used to think that the best medicine for muscle and joint pain was to get lots of rest. Now research shows that too much rest leads to deconditioning—in which your muscles, including your heart, lose strength and efficiency—setting you up for more muscle and joint pain, loss of flexibility and strength, and raising your risk of heart disease and other complications.

In fact, when you have a painful condition such as back pain or arthritis, regular exercise (always under the supervision of your doctor or physical therapist) is one of your most effective weapons against chronic pain. Here are some benefits of regular exercise:

- ❖ **Reduced pain:** Stronger muscles help support sore joints, which helps take the load off the bones and cartilage. Weight loss also reduces the stress on joints.
- ❖ **Improved mood:** Your body releases natural pain-relieving endorphins,



which are powerful pain blockers that also help relieve depression and anxiety.

- ❖ **Better sleep:** As the quality of sleep improves, energy increases.

With your doctor's guidance, you can tailor your exercise program. Here's how the elements will help you feel better:

- ❖ **Strength training** challenges muscles, increasing muscle mass and burning calories. Isometric exercises can work the muscles without straining a painful joint.
- ❖ **Aerobic exercise** increases stamina and helps the heart and lungs work more efficiently.
- ❖ **Range-of-motion exercises** increase flexibility, which reduces stiffness.

If your pain gets worse while you are exercising, don't "play with pain." Instead, check with your doctor—your form or the intensity of your exercise program may need to be adjusted. *

For more information: Arthritis Association, www.arthritis.org/conditions/exercise/default.asp

What do you mean, doctor?



Medical terms don't have to be a mystery. Look at how a word begins or ends—it will give you a clue about its meaning. This list will help you piece together some of medicine's vocabulary.

If a word starts with:	It refers to:	For example:
angio-	blood vessels	angiography
arthro-	joints	arthritis
cardio-	heart	cardiovascular
gastro-	stomach	gastritis
melano-	dark, black	melanoma
nephro-	kidney	nephritis

If a word ends with:	It refers to:	For example:
-aholic	addiction	alcoholic
-ectomy	removal of	hysterectomy
-itis	inflammation	sinusitis
-oma	tumor	melanoma
-pathy	abnormality	cardiomyopathy
-plasty	rebuilding	rhinoplasty

Here's how it works: Break the word, *melanoma* into its two parts: *melano-* and *-oma*. Refer to the lists above and you'll see that melanoma means a "dark tumor," which describes the appearance of this dangerous skin cancer.

Try this one: angioplasty.

"angio-" means:

"-plasty" means:

Therefore, *angioplasty* means:

_____, which is a procedure to repair diseased or damaged blood vessels.

It's not a foreign language after all! It's just a matter of putting the pieces of the puzzle together. ✨

For more information: Well Informed: Your guide to health and vitality. WorkCare Press, Charlottesville, VA, 2004.

This begins a new series exploring various supplements, methods, and practices commonly used in complementary and alternative medicine.

Echinacea

Echinacea is a popular herbal supplement made from the purple coneflower, a perennial wildflower found in fields and gardens. It is one of the most common herbal products used to fight colds. Some research shows that echinacea contains potentially active ingredients that may stimulate the immune system, scavenge free-radicals, and affect inflammation, hormones, and viruses.

Here's what we know about echinacea:

- * A 2003 study by the National Center for Complementary and Alternative Medicine found echinacea was not effective in treating children's colds. Another large study is underway to test the safety and effectiveness of echinacea for treating and preventing upper respiratory infections.
- * Allergic reactions to echinacea are rare but can be severe.
- * The American Herbal Products Association rates echinacea as safe when used as instructed by the product label and under the guidance of a health care professional.
- * People with tuberculosis, leukemia, diabetes, connective tissue disorders, multiple sclerosis, HIV or AIDS, any autoimmune diseases, or, possibly, liver disorders should not take echinacea.
- * Echinacea may reduce the effectiveness of medications that suppress the immune system, so people receiving organ transplants should avoid this herb.
- * New evidence suggests that the use of echinacea is safe to use during pregnancy.

Bottom Line: The quality of dietary supplements varies and is often unsatisfactory. Remember, dietary supplements are not regulated by the U.S. Food and Drug Administration. So keep a critical eye when reading about echinacea: Some material may be based on studies that are out of date or not up to rigid clinical standards. Finally, always tell your doctor about any dietary supplements you are taking or are considering taking. ✨

For more information: National Center for Complementary and Alternative Medicine, www.nccam.nih.gov

What can I do for bronchitis?

Sometimes after the onset of the initial symptoms of a cold, your cough gets worse, you cough up yellow, green, or gray mucus, and you might have a slight fever. Bronchitis clogs airways with mucus and creates a rattling cough. Acute bronchitis will go away within a week or so. But chronic bronchitis can create symptoms that linger for weeks or longer.

Smoking, allergies, exposure to chemical irritants in the air, or breathing too much dust can cause chronic or acute bronchitis. In either case, don't ignore your symptoms because repeated or prolonged bouts of bronchitis can cause irreversible lung damage or pneumonia, or contribute to heart problems.

Signs and Symptoms

- ❖ Acute bronchitis: tightness in the chest; deep, heavy cough that brings up yellow or grayish mucus; slight fever; is associated with a severe cold; clears up within 5 to 7 days without treatment.
- ❖ Chronic bronchitis: persistent mucus-producing cough; no other explanation for the cough; symptoms are worse in the morning and in cold weather. ✨

Talk to Your Doctor If:

- ❖ You have repeated bouts of acute bronchitis or your cough does not improve after a week.
- ❖ You cough up blood or mucus tinged with blood.

Get Emergency Care If:

- ❖ You have a fever higher than 101 F, chest pain, shaking chills, shortness of breath, or night sweats with your bronchitis symptoms.

If physician referral is not recommended at this time,

Try HomeCare™:

MEDICATION

- As long as your cough produces mucus, don't use cough suppressants; coughing removes secretions that harbor infection.
- Ask your doctor whether an over-the-counter or prescription bronchodilator (inhaler or tablet) would help relieve your symptoms.
- Take a cough expectorant if your cough does not bring up mucus.

HEAT/COLD

- Breathe in warm, moist air (from a hot shower, a sink filled with boiling water, or a vaporizer) to loosen mucus and open airways.

FLUIDS

- Drink extra fluids to keep mucus thin and moving freely.
- Avoid alcohol and caffeine, which promote dehydration.

NOTE WELL

- Quit smoking.
- Whenever possible, lie with your head lower than your chest to help clear your lungs of mucus. Ask your doctor what position would work best for you.
- Get adequate rest.

PREVENTION

- Avoid contact with people who have colds, flu, or respiratory infections.
- Avoid secondhand smoke, dust, and other air pollutants.
- Exercise regularly, but avoid exercise fatigue.

This article is intended to increase awareness of health and medical care issues. None of the information in this text is intended to be a substitute for appropriate physician diagnosis and medical care.

NEXT ISSUE: HOMECARE™ FOR HIVES

Reality Check

“Reality Check” is a new feature with interactive tools to help you evaluate your health and well-being. It may be useful to share this information with your health care provider.

Depression Questionnaire

Have you—or has someone you care about—had at least one of the following two symptoms everyday, for 2 weeks or more:

- ✗ Feeling sad, blue, or down in the dumps
- ✗ Loss of interest in things that were once enjoyable

With at least four of the following, nearly every day:

- ✗ Losing or gaining weight
- ✗ Feeling tired or having low energy all the time
- ✗ Difficulty concentrating or making decisions
- ✗ Racing thoughts or slowed thinking
- ✗ Feeling worthless or guilty
- ✗ Trouble sleeping, or sleeping too much

- ✗ Thoughts of death or suicide

If you answered “yes” to this last one, please seek treatment immediately.

If you answered “yes” to at least one of the first two symptoms and at least four of the remaining seven, and symptoms have lasted for 2 weeks or more, you may be clinically depressed. Talk with your health care provider about your symptoms. ✨

Adapted from Diagnostic and Statistical Manual of Mental Disorders fourth edition (DSM-IV)

Drugs for Pain and Inflammation

by Rich Hoeckh, RPh, HNE's Clinical Pharmacist



The past few months have been newsworthy ones for the health care industry. First, the flu vaccine shortage; then, the recall of the popular prescription drug Vioxx® by its manufacturer, Merck; followed by questions about how the Food and Drug Administration (FDA) evaluates new drugs. As a consumer, it's hard to know where to turn to get the information you need to make informed decisions. At HNE, we're here to help. By working with you and your doctor, we want to make sure you get the safest, most effective care possible.

Recently, the FDA issued a public health advisory concerning the use of nonsteroidal anti-inflammatory drugs (NSAIDs) and COX-2 inhibitors. The warning includes both over-the-counter (OTC) and prescription versions. Most of us are familiar with these drugs, commonly used to treat many types of pain—such as arthritis pain, menstrual pain, and pain after surgery.

In recent weeks, studies have suggested that the use of Celebrex®, Bextra®, Vioxx® (COX-2 inhibitors), and naproxen (an NSAID) could increase the risk of cardiovascular disease such as stroke or heart attack.

What should you do if you take one of these medications? First, don't panic. These study results are preliminary.

In some cases, they conflict with results from other studies of these same drugs that do not show the increased risk of cardiovascular disease. Next, talk to your doctor or pharmacist about how this information relates to your condition.

The FDA has suggested the following guidelines for NSAIDs and COX-2 inhibitors:

- ❖ COX-2 drugs may be appropriate for you if you are at high risk of gastrointestinal bleeding (for example, stomach ulcers) or have a history of not being able to take NSAIDs.
- ❖ If you have a history of cardiovascular disease, talk to your doctor before you take either an NSAID or a COX-2 drug.
- ❖ Always follow the instructions on the label when you use OTC pain medications such as NSAIDs. If you need an OTC pain medication for longer than 10 days, make sure you talk to your doctor. ✨

The FDA has set up a Web site for more information about this public health advisory at <http://www.fda.gov/cder/drug/advisory/nsaids.htm>

MEMBER MATTERS

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