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PatientPoint® LLC

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Take Care of Your Skin

Our skin plays a major role in protecting our bodies. There's a lot we need to understand about caring for our skin. It's amazing to watch the healing process of skin after burns, cuts, bruises, abrasions and even surgery.

Some skin conditions require more than over-the-counter treatment. When a skin condition is unrecognizable, causes discomfort or interferes with your activities, that's a signal to take it seriously and seek help. In this edition, **Our Health Matters™** shares insight about skin conditions that may require medical attention.

October is National Breast Cancer Awareness Month and a reminder to contribute to research for a cure; support women who are battling the disease and work at developing healthier habits. For some women, breast reconstruction is the next big step after a mastectomy. Patient Point®, a leader and innovator of patient and physician engagement solutions at the point of care, offers insight on what to consider when deciding to have breast reconstruction. It's an up close look at the discussion and process.

It's another fall season. We'll turn back 'clocks' soon and start all over again. I hope you found time during the summer to relax, unwind and smell the roses. A good life and great health makes all the difference.



Be Happy and Healthy,

Ruth Ramsey, Publisher and CEO

We look forward to sharing informative health topics in the coming year. Let us know what areas are of interest to you.

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Your Skin is Important to These Doctors

Dermatologists specialize in clinical and cosmetic care.

Dermatologists specialize in treating the skin, hair, nails and the mucous membranes (the lining inside the eyelids, nose and mouth). They also focus on maintaining the health of your skin. According to the American Academy of Dermatology, dermatologists diagnose and treat more than 3,000 diseases.

Examples of diseases diagnosed and treated by dermatologist include:

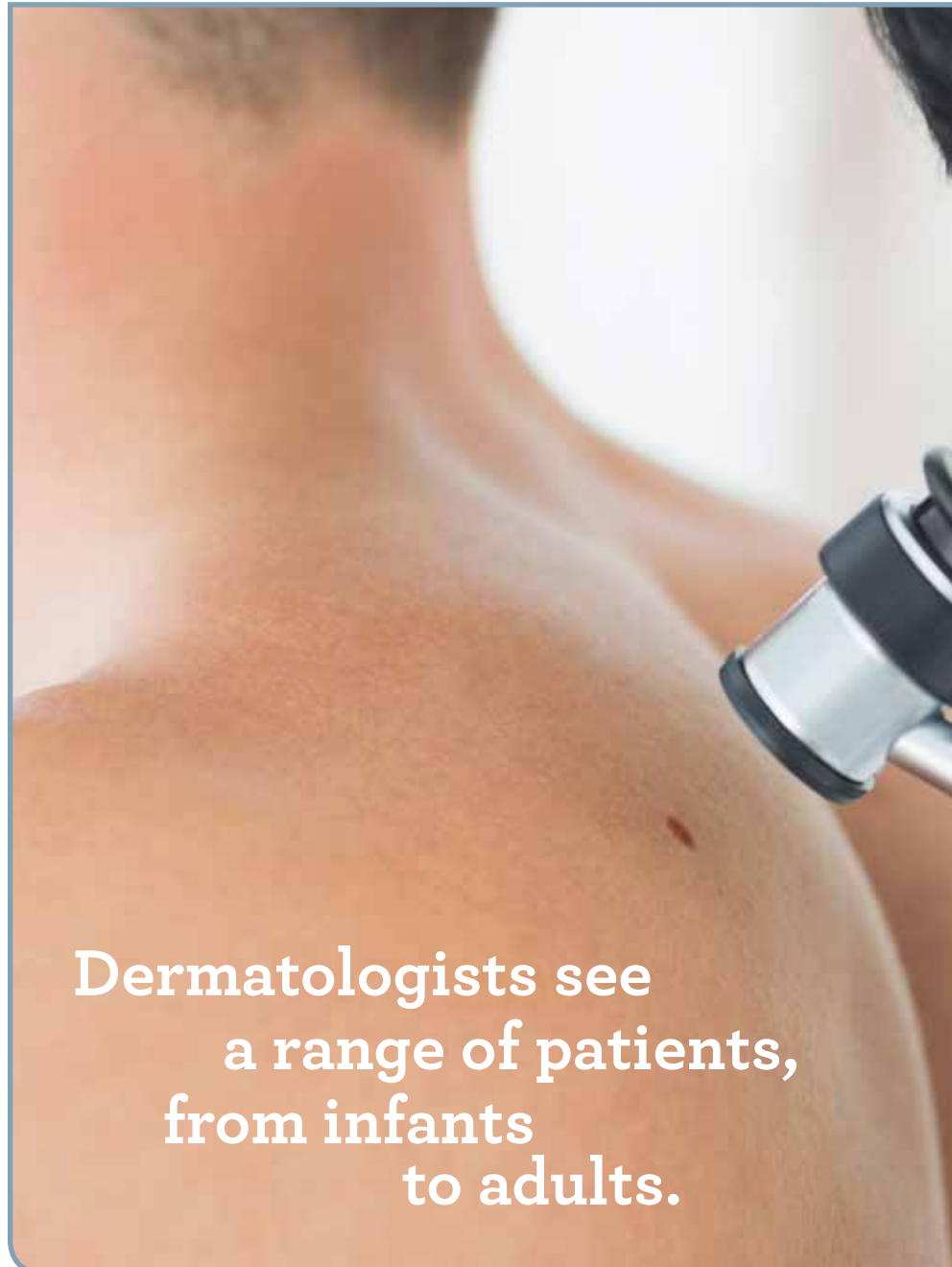
- Acne
- Psoriasis
- Nail infections
- Hair loss
- Eczema

Examples of cosmetic dermatology treatments include:

- Surgery to diminish acne scars.
- Injecting fillers and botulinum (Botox) toxins to give an aging face a more youthful appearance.
- Laser surgery to diminish or remove small veins, age spots, birthmarks, tattoos or wrinkles.

Examples of pediatric dermatology treatments include:

- Atopic dermatitis
- Skin infections
- Birthmarks, including port-wine stains
- Skin disease that a child is born with
- Vitiligo
- Warts



**Dermatologists see
a range of patients,
from infants
to adults.**

Working Conditions and Salary

Dermatologists see a range of patients, from infants to adults. A typical day varies in terms of the types of cases seen, and could possibly include acne treatment for one patient, and cosmetic procedures like filler injections for another.

The average salary for dermatologists in the Kansas City area is around \$300,00 annually. According to Salary.com, California, New York and Georgia are among the states with a high demand for these professionals.



What does it take to become a dermatologist?

Students must earn an undergraduate degree and then apply to be accepted into medical school. After medical school, students become a medical doctor (MD) or a doctor of osteopathic medicine (DO). Then it is on to complete a one-year internship, and a three-year residency in the dermatology specialty.

Some dermatologists pursue a fellowship, or advanced education. Fellowships in procedural dermatology or cosmetic/aesthetic dermatology provide advanced surgical training.

A fellowship in procedural dermatology usually takes one year to complete, and includes medical and cosmetic surgery training.

For medical students who choose to specialize in dermatology, they receive training in:

- **Medical dermatology:** Diagnose, treat, and prevent diseases that affect the skin, hair and nails.
- **Dermatopathology:** Diagnose diseases that affect the skin, hair, and nails by removing a sample and examining the sample with a microscope.
- **Surgical dermatology:** Treat diseases that affect the skin, hair, and nails by using a surgical procedure.
- **Cosmetic dermatology:** Treat the skin, hair, or nails using a treatment that is meant to improve patient's appearance rather than treat a disease.

Sources: American Academy of Dermatology, Salary.com

Breast Reconstruction Questions & Answers

Helping you face medically necessary breast surgery with confidence. **By Nicole Wood**

What is breast reconstruction?

Breast reconstruction refers to various types of surgery that rebuild your breast after mastectomy. If only one breast is removed, you may also have the other altered to match the reconstructed side.

What are the benefits of reconstruction?

In the U.S., approximately 75 percent of women will have one or both breasts reconstructed at some point after mastectomy. The benefits include boosting psychological, social and sexual well-being, restoring confidence, creating shape in clothes and bathing suits, avoiding daily reminders of the disease and not having to hassle with breast prostheses. That said, doctors stress the importance of realistic expectations: Even a well-constructed breast will not look exactly like your pre-mastectomy breast, nor will it have the same sensation. It also cannot completely erase the emotions associated with your cancer.

Why do some women decide against reconstruction?

According to Allison E. Lied, M.D., a Cincinnati-based board-certified plastic surgeon, regardless of the method, "reconstruction is a more involved procedure than mastectomy alone." Even if reconstruction is performed together with mastectomy, "you can expect a longer surgical time, recovery time and increased general risk." While most women are candidates for breast reconstruction, Lied notes that women with underlying health issues, which can include severe diabetes or heavy smoking, may need to forgo or delay reconstruction until they break the habit or get their health under control. Reconstruction is most often a multistage process, so you must commit to a series of surgeries.

Some women are satisfied with temporary, prosthetic options or feel that acceptance of their disease includes coming to terms with their post-surgery shape. Finally, for women without insurance, finances can be an issue. Darshan R. Shah, M.D., F.A.C.S., a plastic and

reconstructive surgeon with offices in Southern and Central California, adds another, unfortunate yet all-too-frequent, reason: "Many women don't receive the support necessary to make informed decisions before mastectomy," laments Shah, a fellowship-trained plastic surgeon.

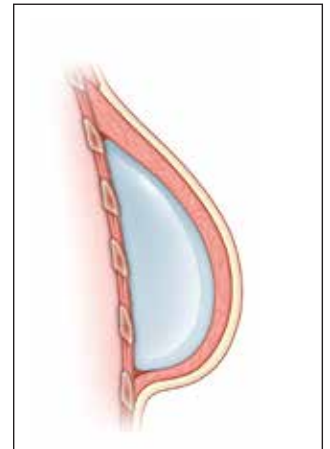
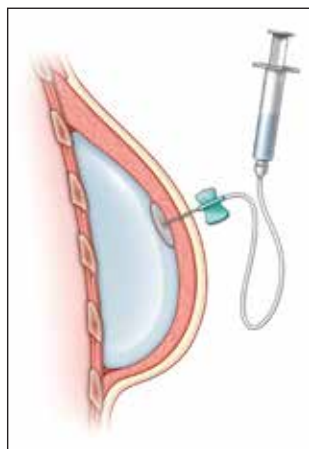
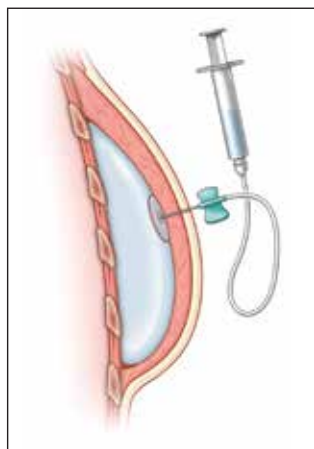
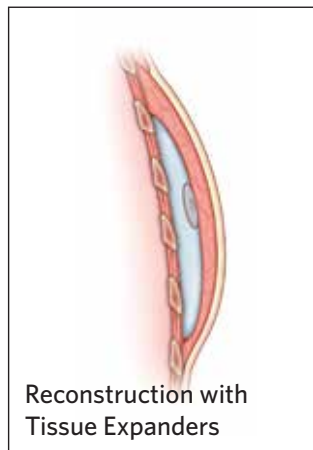
"Women are understandably fearful when diagnosed with cancer, so I hear things like 'I don't care about reconstruction; I just want the cancer out of me,'" Shah continues. "When no one takes the time to explain their options, they wind up rushing things, while they may have been excellent candidates for immediate reconstruction."

What are the types of reconstruction?

There are two general types: breast implants, which can be saline or silicone, and tissue reconstruction, also termed autologous or tissue flap reconstruction. Both implant and tissue reconstruction can be done immediately or delayed. Although with implants, "immediate" is a little misleading. In many cases, the breasts you wake up with won't be the finished product.

Unless you had a skin-sparing mastectomy, your skin will most likely need stretching to make room for the implant. To do this, your plastic surgeon will place a balloon-like device connected to a valve—called a tissue expander—below your remaining breast skin. During regular office visits over the following 1 to 6 months, your surgeon will inject saline through your skin, into the valve. This will slowly expand the balloon, stretching your skin to the desired size (see graph below). At that point, you'll undergo outpatient surgery to replace the expander with a permanent saline or silicone implant. If you had a skin-sparing procedure initially, the implant will simply be inserted during your mastectomy.

With tissue reconstruction, your breast is rebuilt using a section of fat, skin and (most often) muscle, moved from an area of your body where you have tissue to spare: usually your abdomen, back, thigh or buttocks. Through one of several procedures, tissue is either detached completely or kept connected to its original blood supply and slid beneath your skin to the breast area.



What is recovery like following reconstruction?

Recovery time depends on your health and the type of procedure, but does require some hospital stay. For reconstruction with implants, you should expect up to one day in the hospital and a couple weeks to a month of very limited activity. Tissue reconstruction, however, is more complicated and includes two areas of the body. This can mean 6 to 8 weeks downtime, including the first week in the hospital. Just like with a mastectomy, your doctor will give you pain medicine, as well as a list of instructions.

“The most important step to reducing post-surgery risk may be to simply follow your doctor’s orders—especially in terms of taking time to recover.”

Saline vs. Silicone

Because of their more natural look and feel, silicone implants are often preferred over saline implants after mastectomy. But some women still struggle with fears about safety. According to the FDA, "There is no apparent association between silicone gel-filled breast implants and connective tissue disease, breast cancer, or reproductive problems." The FDA also states that the increased risk of anaplastic large cell lymphoma (ALCL), a rare kind of lymphoma, is very small and still being studied.

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Consistent Tiredness Could Signal a Health Problem

The causes of fatigue vary.

After an active day, it's normal to feel tired. However, there's tired and then there's fatigued. When you are fatigued, you are more than just tired — you are worn out and lack the energy and motivation to do anything.

Small lifestyle changes go a long way toward giving you back your get-up-and-go.

Consistent fatigue could be a sign that something might be wrong. Most of the time you can identify why you are feeling tired. You may be over exerting yourself with too many activities which wear you down, or too little activity which can make you feel sluggish and tired. Emotional worries such as

anxiety, depression, grief, stress and loss also take a toll on your energy. There are some simple things you can do that may help you feel more rested and energetic such as, getting a good night's rest, eating a healthy diet, drinking plenty of water throughout the day and some physical exercise.

While it is very tempting to rely on sedatives (sleeping pills) to get some rest, they actually tend to make the situation worse in the long run. There are times when this medication is appropriate if you are being treated for a medical condition. Treatment for chronic pain or depression often help with fatigue. However, some antidepressants may make fatigue worse. If this occurs contact your doctor immediately to make adjustments.

Some illnesses that may cause fatigue symptoms: arthritis, cancer, heart disease, diabetes, fibromyalgia, liver and kidney disease, to name a few. Discuss your concerns with your doctor so appropriate tests can be administered.

Making small lifestyle changes go a long way toward giving you back your get-up-and-go. However, if you find that your exhaustion doesn't improve you should seek medical advice.

To learn more about fatigue visit: National Cancer Institute, www.cancer.gov National Center for Complementary and Alternative Medicine, www.nccam.nih.gov



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COVER
STORY

By Chris Ryan,
Contributing Writer



Be Aware of Skin Conditions You Can't Treat

Know when to call your doctor.

When you think about your body's organs, your liver, kidneys or heart are probably the first that come to mind. You might not consider your skin. But skin is the body's largest organ, weighing around 8 pounds and measuring about 22 square feet.

Maybe because there's so much of it, skin can fall victim to a lot of problems. The causes of skin disorders include genetics, viruses, bacteria, fungi, allergies, lifestyle, diet, and anything that clogs, irritates or inflames the skin.

One of the most important factors affecting skin health is the sun. Dermatologists – physicians who specialize in diagnosing and treating diseases of the skin, nails and hair – put it at or near the top of the list.

Skin cancer is the most common form of cancer in the United States

“Sun damage is a primary concern for all dermatologists,” says Nicholas Rudloff, DO, a dermatologist at North Kansas City Hospital in North Kansas City, MO. “Sun damage over

time can accelerate the aging of skin, leading to precancerous spots and even skin cancers.”

Most skin problems are minor and will go away by themselves or cause little or no trouble. On the other hand, some skin conditions can be quite uncomfortable or life-threatening, requiring the care of a physician.

Check for skin cancer

In this country, skin cancer is more common than any other kind. The most dangerous but least frequently occurring type is melanoma.

“Skin cancer is absolutely an epidemic,” said Colleen Reisz, MD, a dermatologist with Midwest Medical Specialists, which operates several clinics in the Kansas City area. “Higher-potency sunscreens came about in the 70s, but the incidence of melanoma has doubled within that time frame.”

Two other kinds of skin cancer – basal cell and squamous cell – are found more often. Although they are less likely than melanoma to spread and become a serious health threat, these cancers can be dangerous.

Skin cancers are usually found on the hands and arms as well as the face, head and neck.

If a mole appears on your skin, you can check it for potential cancer by giving it the ABCD test:

- **Asymmetry:** Half the mole does not look like the other half
- **Border:** The mole has irregular edges
- **Color:** The mole shows various colors, such as tan, black and brown
- **Diameter:** The size of the mole changes, usually getting larger

If the mole shows these signs, you should have it examined by a physician.

Prevent acne scarring

The vast majority of people will have acne at some point in life, especially during the teen years. It's the most common skin disease and seems to be associated with hormone surges.

Acne happens when a follicle becomes clogged. Follicles are canals that connect the tiny holes in the skin known as pores to oil glands under the skin. A pimple forms at the site of the blockage.

This condition can be painful and embarrassing when the pimples affect areas that might be exposed, such as the face and back. Acne can also cause scarring, so it's important to seek a doctor's care when it is severe. A physician can prescribe medications or suggest over-the-counter remedies.

Look out for eczema and psoriasis

More than 7 million people in the U.S. experience psoriasis. More than 30 million develop eczema. Both diseases can be difficult to diagnose and have somewhat similar symptoms, but psoriasis can create severe problems.

- Eczema, which is also called atopic dermatitis, causes itchy, dry skin and rashes on various parts of the body, including the face, hands and feet.
- Psoriasis results in red, thick skin in many of the same areas of the body as eczema. However, around 40 percent of people with psoriasis develop psoriatic arthritis. This disease causes joint inflammation and other arthritis symptoms. It is considered a serious skin disease.

Neither Eczema nor psoriasis is curable. However, they can be treated with medications. Your doctor can help you find the best treatment for flare-ups.

Be aware of skin problem affecting older people

Skin changes with age. For example, it loses elasticity, so wrinkles form. But other problems are more serious than laugh lines and neck creases. Some of them can cause severe discomfort and call for a doctor's care.

- Pruritus is persistent itching, and it is the most prevalent skin complaint among older adults. The causes range from dry skin to HIV/AIDS. Constant scratching can result in infection, so it's important to understand the underlying cause and find the right treatment.
- Shingles is a painful, blistered rash caused by the chicken pox virus. Although the rash goes away after about two weeks, the area where it occurred can remain extremely painful. Ten to 20 percent of people who suffer from shingles experience eye damage that can result in blindness.

Know that other conditions can cause skin problems

Other diseases and conditions, as well as the methods for treating them, can affect skin health. The underlying disease can make skin more susceptible, and treatments such as medications can have skin-related side effects.

For example, hair loss, or alopecia, can be the result of medication use. "Patients can be on one or several drugs to treat blood pressure, cholesterol, gastric reflux and depression" as well as vitamins and supplements, Dr. Reisz said. "That is too much for the body to clear and can be toxic to the hair follicle."

Other conditions that can affect the skin include:

- **Diabetes:** Skin problems occur in about a third of people with diabetes. They can suffer from bacterial infections, including boils and nail infections, as well as fungal infections, such as ringworm and yeast infections. People with diabetes can develop a number of other skin conditions, some of them unique to their disease.
- **Crohn's disease and inflammatory bowel disease:** People with these diseases are susceptible to a number of skin conditions, including allergy rashes and pyoderma gangrenosum. Pyoderma gangrenosum can result in large, painful sores that take a long time to heal. Crohn's disease, Inflammatory bowel disease and the medications used to treat them can be responsible for problems that develop.

Take care for your skin

Your skin changes all the time. In fact, your body replaces the dermis – the outer layer of skin – every 35 days. It also has to work hard to protect you, and sometimes problems develop. You can help minimize the damage.

"The best ways to protect your skin are centered around the ideas of prevention and awareness," said Dr. Rudloff, North Kansas City Hospital. "Trying to prevent damage to the skin involves proper skin care regimens... Awareness entails monitoring your skin on a regular basis and seeing your dermatologist for skin exams and evaluation of any changing or concerning spots."

When you have concerns or questions about your skin, take it to the doctor. Keeping your skin in good shape is just as important to good health as taking care of your heart and other organs.

The best ways to protect your skin are centered around the ideas of prevention and awareness

-Dr. Rudloff

How to Keep Your Skin Healthy

Dermatologists believe the sun is among the most important factors affecting skin health. Here are some ways to protect against sun damage and other potential threats.



Wear Broad Spectrum Sunscreen with SPF 30 or Above on a Consistent Basis

Avoid Tanning and Sunburning



Never Use Indoor Tanning Beds



Seek Shade Between 10 a.m. and 4 p.m.



Cover Up With Clothing, Wide-Brim Hats And Sunglasses



Hydrate Your Skin With Moisturizers To Help Repair The Skin Barrier and Consider Antioxidants To Help Repair Damage

If you have concerns about a change in your skin or that of someone you care about, talk to your doctor.

Suicide Prevention, Offering Hope and Erasing the Myths

Learn the signs and break the silence.

Suicide is a reaction to intense feelings of loneliness, worthlessness, hopelessness or depression. Threats or attempts of suicide are calls for help. On average, one person dies by suicide every 16.2 minutes. Knowing the warning signs and being prepared to answer the call for help could save a life.

Why people commit suicide

Problems that seem overwhelming may lead a person to think the only solution is to end his or her life. A few of stressful situations that can trigger suicidal feelings include:

- Depression
- Old age
- Crisis
- Substance abuse

Six high-risk groups

There are no social or cultural boundaries, however, members of some groups are more prone to attempt or commit suicide than others. Please note, that you do not have to suffer from mental illness to have suicidal feelings.

1. The elderly – caused by feelings of loneliness, loss of friends or spouse, loss of income and independence or declining health.
2. Young adults and college students – burdened with independence and responsibility for the first-time and pressures to succeed.
3. Business people and professionals – disillusioned over unfulfilled dreams and pressures to succeed.
4. Native Americans – who are living on a reservation with high rates of unemployment and substance abuse, coupled with the exclusion from mainstream society.

5. Minorities and the poor – individuals suffering from despair caused by discrimination, poverty, unemployment and feelings of being trapped.
6. Children – depression caused by child abuse or neglect and the inability to communicate feelings or calls for help.

Know the warning signs

Suicide is rarely an impulsive incident. Most people give warnings such as:

- Threatening, writing or talking about hurting or killing oneself
- Looking for ways to kill oneself by seeking access to firearms, alcohol or drug use
- Feeling hopeless, rage or uncontrollable anger or seeking revenge
- Increasing alcohol or drug use
- Withdrawing from friends, family, activities and society
- Giving away prized personal possessions
- Sudden sense of calm and happiness after being extremely depressed

What you can do

Give emotional support, encourage positive action and seek professional help. Visit these websites to learn more and get additional resources.

- 1-877-SUICIDA (Spanish)
- suicidepreventionlifeline.org
- kansassuicideprevention.org
- www.suicide.org/hotlines/missouri-suicide-hotlines.html

Sources: www.suicide.org and www.crisisline.org

September is National Suicide Prevention Month

SUICIDE RATES

According to the Center for Disease Control and Prevention (January 2015), the suicide death rate is higher than the national average in Kansas and Missouri since 2000 and 2002, respectively. In Missouri, more people die of suicide than by homicide and DWI combined. In Kansas, suicide is the 10th leading cause of death, as well.

United States:



Kansas:



Missouri:



Suicide can be prevented. For more assistance or information contact:

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Tips for a Successful School Year

Activities to help improve your child's performance.



By Derald Davis, Ed.S.
Assistant Superintendent
of School Leadership
Kansas City Public Schools

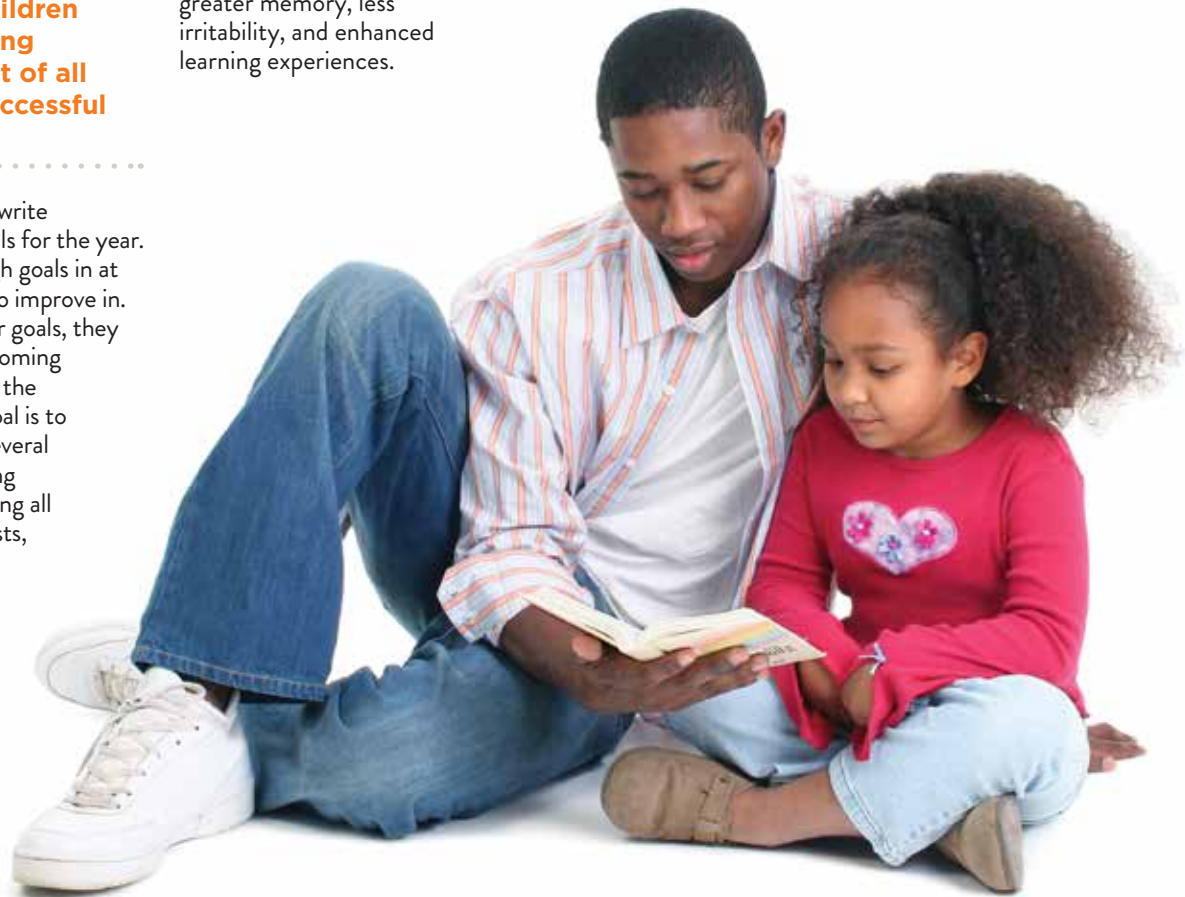
Summer vacation has come to an end and “back-to-school” excitement is everywhere. After a few months away from school, some students may have a tough time getting back into the swing of things. Here are a few tips for parents to help children transition back to school successfully.

Implementing these important activities will help children maximize their learning experiences and most of all set the stage for a successful school year.

1 Encourage children to write down their personal goals for the year. Challenge children to set high goals in at least three areas they want to improve in. Once they have written their goals, they will need your assistance in coming up with strategies to achieve the goals. For example, if one goal is to increase their math grade, several strategies could include taking good notes in class, completing all assignments, studying for tests, asking the teacher for help, and signing up for tutoring. Keep and review these goals and strategies at the end of each month, as a reminder and to see how well they are doing. As goals are achieved, be sure to celebrate their accomplishments.

2 Help children understand the importance of sleep. Elementary students need 10-11 hours of sleep each night, and teenage students need 8-9 hours of sleep each night in order to perform at their optimal level. Therefore, parents should insist that children go to bed early in order to minimize daytime fatigue and sleepiness. Students who rest properly experience greater memory, less irritability, and enhanced learning experiences.

3 Block out time for reading, studying, and homework. One of the most important things parents can do at home is to establish a regular time for children to read and study each evening.



The Importance of Tutoring

All children learn, but not at the same pace nor in the same way. When a teacher has delivered a unit and a child has not grasped the essential knowledge from that unit, it does not mean that they are incapable of learning it. The child simply needs more time.

Given enough time and support, every child can learn. Tutoring provides children the opportunity to receive the additional time and support needed to achieve understanding.

Please contact your child's school to inquire about their after-school tutoring program.

Students who are at risk of failing a class or falling behind, can greatly increase their scores and grades with the help of intensive tutoring. Please contact your child's school to inquire about their after-school tutoring program.



Some additional tips for helping children to focus on their homework:

Prepare a comfortable and quiet place at home that is free from distractions to do homework.

Turn off the radio and television.

Make sure they have text books, reference materials and a home computer. Establish a rule that when they are doing homework on the computer, visiting social media sites is not permitted. Maintaining these daily activities will have a significant impact on a child's academic achievement.



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Make Talking to Your Child the Best Part of Your Day

Good communications help foster a positive relationship.

As your child gets older open communications will make it easier for you to talk to them about things like alcohol and drugs.

Here are a few things to consider:

- PRAISE your child when he or she does something right. The more you praise a behavior, the more likely it is your child will behave the same way again.
- PAY ATTENTION when they are talking or trying to communicate with you. Giving your full attention will help you understand what your child is telling you. It will also make them feel like you care about what they have to say.
- SET ASIDE TIME each day to talk and play with your child. Creating a special time lets them know they are important. It also strengthens the bond between the two of you.



If you need help to strengthen parenting skills and want to enhance your child's ability to learn, contact your local school district's Parents as Teachers program. It's free!

Source: Centers for Disease Control and Prevention (CDC)

FREE!

COMBAT PICNIC

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Saturday, September 19TH
Tower Park
77TH & Holmes
11:00 AM - 1:00 PM

T-SHIRTS • FOOD • ZOOMOBILE • FACE PAINTING • GAMES • RESOURCES • PETTING ZOO

For More Information, call
(816) 881-1410 or visit
jacksoncountycombat.com

Jackson County
COMBAT
Save a life. Save a neighborhood.

FREE SHUTTLE PARKING
South-Broadland Presbyterian Church
7850 Holmes Road

COMBAT Celebrates
National
Recovery Month
Prevention Works • Treatment is Effective • People Recover

SEPTEMBER 2015

Two photographs showing people at a picnic event. The left photo shows a group of people sitting at a table with a sign that says 'COME BACK TO OUR CITY!'. The right photo shows a group of people, including children, standing around a table with balloons.

HONEY CHICKEN LEMON WITH SPINACH

Chicken Recipe:

Serves: 8

Ingredients:

- > 1 tbsp vegetable oil
- > 4 pounds of chicken (cut into 8 pieces)
- > 1/2 cup flour
- > 1 tsp salt
- > 1/4 cup honey
- > 1/4 cup lemon juice

Directions:

1. Preheat oven to 375 degrees. Line baking pan with foil for easy cleanup. Lightly oil foil.
2. Combine flour and salt in a plastic bag. Shake chicken pieces in flour mixture, remove from bag and place on prepared pan.
3. Bake for 45 minutes.
4. Combine honey and lemon. Spoon over chicken to glaze pieces. Bake another 15 minutes.

Nutrition facts: Based on serving size of 1 chicken piece.

330 calories; 8g fat; 150mg cholesterol; 160mg sodium;
15g total carbohydrate; 46g protein.

Spinach Recipe:

Serves: 8

Ingredients:

- > 2 bunches of spinach (2 pounds)
- > 1/2 tsp. black pepper
- > 2 tbsp lemon juice

Directions:

1. Wash the spinach and trim of the stems
2. Put the spinach, black pepper, and lemon juice in a pan
3. Cook over medium heat. Let the spinach boil for about 3 minutes, until just tender.

Nutrition facts: Based on serving size of 1/4 cup.

25 calories; 0g fat; 0mg cholesterol; 90mg sodium;
4g total carbohydrate; 3g protein.

Sources: Pennsylvania Nutrition Education Program.
Montana State University Extension Service.



Open Insurance Enrollment Approaching

Wondering what to do about your family's medical insurance?

Insurance enrollment starts November 1, 2015 and ends January 31, 2016. Don't risk getting penalized for not having insurance. Find out if you can qualify for lower premium costs based on your household income.

Take time to consult with insurance counselors at local community health centers or insurance agents. Learn about the diverse plans offered and select one that meets your family's needs.

If you are the only person in your household:

- If your yearly income is between \$11,670 and \$46,680, you may qualify for lower premiums on a Marketplace insurance plan.
- If your yearly income is between \$11,670 and \$29,175, you may qualify for lower premiums and out-of-pocket costs for Marketplace insurance.

Number in household	1	2	3	4
You may qualify for lower premiums on a Marketplace insurance plan if your yearly income is in between:	\$11,670- \$46,680	\$15,730- \$62,920	\$19,790- \$79,160	\$23,850- \$95,400
You may qualify for lower premiums AND lower out-of-pocket costs for Marketplace insurance plan if your yearly income is in between:	\$11,670- \$29,175	\$15,730- \$39,325	\$19,790- \$49,475	\$23,850- \$59,625
If your state is expanding Medicaid: You may qualify for Medical Coverage if your yearly income is below:	\$16,243	\$21,983	\$27,724	\$33,465
If your state isn't expanding Medicaid: You may not qualify for any Marketplace saving programs if your yearly income is below:	\$11,670	\$15,730	\$19,790	\$31,970

- If your yearly income is below \$16,243 and your state is expanding Medicaid, you may qualify for Medicaid coverage.
- If your yearly income is below \$11,670 and your state isn't expanding Medicaid, you may not qualify for any Marketplace savings programs.

If there are 2 people in your household:

- If your yearly income is between \$15,730 and \$62,920, you may qualify for lower premiums on a Marketplace insurance plan.
- If your yearly income is between \$15,730 and \$39,325, you may qualify for lower premiums and out-of-pocket costs for Marketplace insurance.
- If your yearly income is below \$21,983 and your state is expanding Medicaid, you may qualify for Medicaid coverage.
- If your yearly income is below \$15,730 and your state isn't expanding Medicaid, you may not qualify for any Marketplace savings programs.

If there are 3 people in your household:

- If your yearly income is between \$19,790 and \$79,160, you may qualify for lower premiums on a Marketplace insurance plan.
- If your yearly income is between \$19,790 and \$49,475, you may qualify for lower premiums and out-of-pocket costs for Marketplace insurance.
- If your yearly income is below \$27,724 and your state is expanding Medicaid, you may qualify for Medicaid coverage.
- If your yearly income is below \$19,790 and your state isn't expanding Medicaid, you may not qualify for any Marketplace savings programs.

Mental Health Matters

Our Wyandot, Inc. family of organizations is dedicated to helping kids, adolescents and adults with mental health concerns transition from hurting to healing to thriving. From pre-schoolers to young adults, from teenagers to seniors, from ADHD to major depression, we're here to meet your needs:
 913-328-4600
 24-hour Crisis Line: 913-788-4200

Ad sponsored by:
 Wyandot Center
 PACES
 Kim Wilson Housing Inc.
 RSI
 Health Care Foundation of Greater Kansas City
 www.hcfkcc.org

For more information related to your family structure and plan cost examples visit <https://www.healthcare.gov>



GRACE

I am reducing HIV stigma through faith **ONE PEW AT A TIME.**



**Find your status. Call 816-513-6132 for HIV/STD testing.
HIV positive and need medical care? Call 816-990-2411.**

"No person(s) eligible for services shall, on the grounds of race, color, religion, national origin, gender, handicap, veteran status, age or sexual orientation, be excluded from participation in, be denied the benefits of or be otherwise subject to discrimination of any service provided by this agency."

"This material was made possible by federal grant #CFDA 93.940-3303 through the Missouri Department of Health and Senior Services and the Kansas City, Missouri Health Department."



Pacific Health



SICKLE CELL DISEASE

Tips for Healthy Living.

Living Well With Sickle Cell Disease

People with sickle cell disease can live full lives and enjoy most of the activities that other people do. The following tips will help you, or someone you know with sickle cell disease, stay as healthy as possible.

- **Find good medical care.** Sickle cell disease is a complex disease. Good quality medical care from doctors and nurses who know a lot about the disease can help prevent some serious problems. Often the best choice is a hematologist (a doctor who specializes in blood diseases) working with a team of specialists.
- **Get regular checkups.** Regular health checkups with a primary care doctor can help prevent some serious problems.
 - Babies from birth to 1 year of age should see a doctor every 2 to 3 months.
 - Children from 1 to 2 years of age should see a doctor at least every 3 months.
 - Children and adults from 2 years of age or older should see a doctor at least once every year.
- **Prevent infections.** Common illnesses, like the flu, can quickly become dangerous for a child with sickle cell disease. The best defense is to take simple steps to help prevent infections.
- **Learn healthy habits.** People with sickle cell disease should drink 8 to 10 glasses of water every day and eat healthy food. They also should try not to get too hot, too cold, or too tired.
 - Children can, and should, participate in physical activity to help stay healthy. However, it's important that they don't overdo it, rest when tired, and drink plenty of water.
- **Look for clinical studies.** New clinical research studies are happening all the time to find better treatments and, hopefully, a cure for sickle cell disease. People who participate in these studies might have access to new medicines and treatment options.
- **Get support.** Find a patient support group or community-based organization that can provide information, assistance, and support.

For more information, please visit www.cdc.gov/ncbddd/sicklecell

National Center on Birth Defects and Developmental Disabilities Tip Sheet Series

Coming in the November+December 2015 Edition

• Feature Article:



Quitting Smoking

According to the American Cancer Society there are about 42 million Americans who still smoke cigarettes — that’s slightly 1 in every 5 adults. The third Thursday of November each year is designated as The Great American Smokeout by the American Cancer Society. Smokers are encouraged to make a plan to quit, or to plan in advance and quit smoking that day. For people who truly want to quit smoking there’s help. Find out what’s working and where to get help.

Diabetes Awareness Care and Treatment Matters

The Centers for Disease Control and Prevention (CDC) reports that more than 86 million Americans are living with prediabetes and nearly 90 percent of them unaware of it. Each year, more than 200,000 deaths occur among people with diabetes in the United States. Get the facts about prevention and approach to care and treatment.



Our Health Matters

Bring your message into the homes and businesses of health-minded individuals and families. Health and wellness matters to everyone.

Reserve your Ad today!
816-361-6400



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The Kansas City Anti-Violence Project...

provides support and advocacy to LGBTQ (lesbian, gay, bisexual, transgender and queer) youth and adult survivors of domestic violence, sexual assault, and hate crimes in Kansas and Missouri.

KCAVP

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Health Care Foundation
OF GREATER KANSAS CITY
www.hcfgkc.org

The public is invited to attend our Domestic Violence Awareness Month event; “Queering Violence” on **October 8th**. Learn more about domestic violence in the LGBTQ community.

Kansas City _____
Anti-Violence _____
Project _____

For more information, visit us on Facebook:
[Facebook.com/KCAVP](https://www.facebook.com/KCAVP)

Our Crisis Line:
816-561-0550 is available 24/7

What Are Your Core Values?

Everyone needs to have values that set the standard for how they will live to make the world a better place.

If you haven't given much thought to it, now is a good time to examine the values you teach your children or adopt as a rule for yourself.

The following categories offer up some areas to start. Keep in mind living and teaching "good" values is a work in process—so don't give up.

If you need guidance and support seek out, clergy, faith-based organizations, mental health counselors, therapists and respected family members.

CHARACTER VALUES

- Honest
- Loving
- Truthful
- Faithful
- Trustworthy
- Obedient
- Teachable
- Tolerant
- Temperate
- Patient
- Loyal
- Financial ethics

FAMILY VALUES

- Commitment to your mate
- Level of importance of commitment to each other as a family
- Level of importance of grandparents and relatives

RELATIONAL VALUES

- Respect for others
- Friendly
- Gracious
- Compassionate
- Merciful
- Caring
- Thoughtful
- Kind
- Helpful
- Giving
- Generous

LIFESTYLE VALUES

- How you spend your time each day
- Level of emphasis on material things
- Work ethic
- Level of emphasis on relationships
- Mission mindset

MORAL VALUES

- What you base your moral choices on
- Stands on moral issues

SPIRITUAL VALUES

- Know, love and trust God
- Hope in Christ
- Forgiving
- Faithful
- Humble
- Tenderhearted

CIVIC AND CULTURAL VALUES

- Law-abiding
- Social-minded
- Patriotic
- Convictions about specific issues
- Sense of Christian ethics

PERSONAL/DEVELOPMENT VALUES

- Personal health convictions
- Intellectual growth
- Developing skills and hobbies
- Cleanliness
- Discipline