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JANUARY + FEBRUARY 2020

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HEALTH

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WITH YOUR
HEALTH

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THE HEALTHIEST
YOU IN
2020

Start Living
Healthier and Happier

DID YOU KNOW...

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ONLINE ARTICLES

Finding Balance in Relationships

By Diane Randall, MA, CHC

Relationships work best when we understand how to balance them. Diane Randall, author and whole-living consultant shares approaches to establishing relationship balance. Read her helpful tips on www.kcourhealthmatters.com



Take Action Against Germs — Your Hands Depend On It

By Tenille L. Lawson PharmD BCPS

Flu season has arrived. Should you use hand sanitizer or soap?



Am I Consuming Too Much Sugar?

The American Heart Association

Understanding the types of sugar and daily recommended amount of sugar for women vs men, can prevent overconsumption that leads to obesity. Find out more at kcourhealthmatters.com.

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The Healthiest YOU — Start Living Healthier and Happier in 2020

Even if you feel healthy and have no recognizable symptoms, preventive checkups are important.



Bookmark kcourhealthmatters.com on your mobile devices to stay informed about trending health news and information.



APRIL 2020 OUR HEALTH MATTERS' 15TH ANNIVERSARY EDITION

Celebrate with us all year long. It's our 15th anniversary! Take time to send us congratulatory messages by email to info@kcourhealthmatters.com.

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The Past Prepares Us for the Future

Dear friends,

For more than a decade **Our Health Matters**™ has been a steady source of valuable health news and information, unlike any other in the region. And, that's just the way we intended! Our editorial focus — solely on health and wellness — sets us apart from crowded messages hidden in lifestyle publication media that can be lost on people who need clearly defined information and resources to take action.

Through our printed pages and digital media, we've led thousands of conversations about health concerns that impact life expectancy and pose threats to the mind, body and spirit. And, we've kept uppermost in the minds of our readers that early detection is essential to understanding their health status.

In this issue, we educate readers about the importance of health screenings to detect, treat and manage chronic and infectious diseases. We learn about an injectible drug that can help with weight loss and explore the growing trend of plant-based diets.

As we celebrate 15 years, we also celebrate our readers and advertisers who know increasing health literacy is necessary to ensure that living healthy is more than an afterthought.

With the beginning of a new year, we hope you will take this opportunity — and these tips to create a New You that lasts all year and beyond. On behalf of the entire **Our Health Matters** team... Here's to your health in 2020!



A handwritten signature in blue ink that reads "Ruth Ramsey".

Ruth Ramsey, Publisher and CEO



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You May Have Diabetes and Not Know It

Are you at risk?

According to the Centers for Disease Control and Prevention more than 30 million Americans are living with diabetes. What's more alarming is 1 in 3 adults may be living with prediabetes, meaning they have a higher than normal blood sugar level, but not high enough to be diagnosed with type 2 diabetes.

Prediabetes is a wake-up call that type 2 diabetes could be in your future. With type 2 diabetes, your body does not use insulin well and is unable to keep blood sugar at normal levels. Too much sugar in your bloodstream over time can cause serious health problems such as heart disease, stroke, vision loss, and kidney disease.

What increases your risk?

- An unhealthy diet of high sugar foods and drinks, high fat, and high carbs
- A lack of regular exercise (average of less than 30 minutes per day of physical activity)
- A family member with diabetes makes you twice as likely to acquire type 2 diabetes

Early Detection is the Key

If your fingerstick blood sugar is higher than normal, your doctor will order a blood test called A1c. If you are diagnosed with diabetes, your doctor will start a treatment plan and recommend lifestyle changes to keep the disease under control.

See a Doctor if You...

- Urinate often, especially at night
- Are excessively thirsty or hungry
- Lose weight without trying
- Have blurry vision
- Notice sores that heal slowly
- Have dark, discolored, velvety skin called "acanthosis nigricans"

Call 211 if you are uninsured and need a referral to find a medical provider.

Social Connections Mean More Than You May Know

Healthcare providers are adding another perspective to achieving better health outcomes.

Healthcare and community-based organizations (CBOs) are realizing they need to work together to address the whole person with patient-centered care and client-centered programs and services. A joint effort is emerging to standardize patient screening, streamline referrals, provide navigation assistance, and track outcomes for social needs. These organizations are striving to identify and remove the barriers individuals and families face with accessing community resources and public benefits.

A JOINT EFFORT IS EMERGING TO STANDARDIZE PATIENT SCREENING TOOLS TO TRACK OUTCOMES FOR SOCIAL NEEDS.

What are considered to be social needs and why are they important to the health of people?

Social needs include:

- Healthy food
- Affordable housing
- Reliable transportation
- Quality education
- Full employment
- Supportive family and social relationships

Did you know having social needs met is essential to your health and well-being? Studies are finding this connection helps prevent medical conditions and related costs, lengthens life expectancy and improves the overall quality of your life.

Where are Screenings Performed?

Screening for social needs can take place in a variety of settings

from your healthcare provider's office to a community center, your place of worship, your child's school, or over the phone with an outreach worker. A few professionals who might ask you to participate in a screening are: hospital discharge planners, social workers, community health workers, case workers, case managers, care coordinators, counselors, health plan representatives, community navigators, and family advocates.

Before making referrals for your social needs, organizations will help you determine your priorities and set goals. Organizations will then provide up-to-date referral information and a warm handoff (phone call, fax, email, secure text message, or electronic referral application), if possible.

Ongoing navigation assistance may be necessary to remove barriers that you encounter, such as transportation, or limited resources. With closed-loop referrals, outcomes can be tracked whereby CBOs communicate back to healthcare organizations when services are rendered or programs are completed.

Since social needs change over time, the screening process should be repeated periodically and progress on goals assessed. Plus, additional social need referrals may be necessary to address new issues, priorities, and goals.

By being honest during the screening process, thoughtfully setting goals, following-up on referrals, and communicating barriers encountered, you can access valuable community resources and public benefits for your family and you. •



By Teresa Gerard, MBA
CEO, Guardian Group, LLC



SOMETIMES YOU JUST NEED A FRESH START

**2020 IS A GREAT TIME TO GET THE FAMILY INVOLVED
IN A FITNESS PROGRAM THAT SUPPORTS AND
BENEFITS THEIR OVERALL HEALTH AND WELLNESS
NEEDS AND INTERESTS.**



At Calvary Community Wellness Center we know just how important it is to support youth, adults and seniors who need help to achieve their fitness goals. The Center's staff and personal trainers are skilled in assessing health risks and provide personalized health and fitness opportunities based on sound medical principles.

CONVENIENT, PROFESSIONAL, WELCOMING ENVIRONMENT

Schedule a tour to learn how a membership can help you on your journey to better health! No contract is required and there's plenty of convenient parking.

CALVARY COMMUNITY WELLNESS CENTER OFFERS • Health screenings and fitness evaluations • Personal training, group exercise and cardiovascular fitness programs • Free weights and circuit training • Specialty classes in Zumba, yoga and more
• Weight management programs • Nutrition counseling • Health seminars • Facility rentals for special events



“ I never thought of taking care of myself because I had so many others to take care of.

I was so out of shape and extremely over weight. I was about to fight the hardest battle of my life — Thyroid Cancer. Midway through I could feel my energy level ramping up. This is not an ordinary gym — it's a Wellness Center. If I hadn't been working out I honestly don't think I would be here today. If we don't have things in place like this Center, so many people will fall through the cracks. We can save people.” — Martina, member

THE HEALTHIEST
YOU IN
2020

Start Living
Healthier and Happier

The new year presents the opportunity to make positive changes in all aspects of your life. If you have committed to living a healthier lifestyle, add health screenings to your priority list this year. Even if you feel fine and have no symptoms, blood and urine testing can detect chronic diseases like high blood pressure, diabetes, kidney disease and others.

According to HealthyPeople.gov, “clinical preventive services, such as routine disease screening and scheduled immunizations, are key to reducing death and disability and improving the Nation’s health.”

In addition to basic screenings, your healthcare provider will also provide additional age appropriate and gender-based screenings. To help you plan, we’ve provided a list of basic health checkups for women, men, teens and babies. However, if you’re not sure what screenings you should receive, talk to your healthcare provider or visit MedlinePlus.gov to view a list of recommended screenings by age and gender.

We’ve listed a few:

Women’s Health

Women need exams and screenings to find problems before they start. Well-women exams generally include:

- A pelvic exam — an exam to check if internal female organs are normal by feeling their shape and size.



- A Pap test — a test to check for cancer of the cervix, the opening to a woman’s uterus. Cells from the cervix are examined under a microscope.
- A clinical breast exam — to check for breast cancer by feeling and looking at your breasts.



Your healthcare provider may also recommend other tests, including a mammogram or a test for HPV (*human papillomavirus*).

Men’s Health

Compared to women, men are the least likely to pay attention to their health. Men are more likely to smoke and drink alcohol, make unhealthy or risky choices, and delay getting checkups. Many of the major health risks that men face such as prostate cancer, low testosterone, colon cancer or heart disease can increase life expectancy with early detection.

Teens’ Health

Teenagers go through many changes as they become more independent and start making their own

choices. Some of the biggest choices they face will involve their health. Pay attention to their physical and mental health.

For starters, healthy habits, including eating a healthy diet and being physically active, can help them feel good and do their best in school, work, or sports. E-cigarettes and vaping have become popular with teens. Be sure to discuss the dangers of becoming addicted. Remember, it's never too early to work on preventing chronic conditions such as diabetes, high blood pressure, heart disease, osteoporosis and stroke. Ask your teen's pediatrician for help early when you know something is wrong.

Infant Health

Well-baby exams are important in making sure that your baby is growing and developing properly. If there are problems, they can be identified and



treated early. During these checkups, your baby will receive recommended immunizations and screenings. This is also a good time to ask your healthcare provider specific questions about caring for your baby.



Most importantly, annual and regular checkups ensure that early detection can determine the course of how these and other conditions are treated and managed by your healthcare provider.

In addition to screening for chronic and infectious diseases, annual exams:

- Assess risk for future medical issues
- Provide a documented record of your health status
- Update vaccinations, if applicable
- Provide healthy lifestyle counseling
- Establish a relationship with a health provider should a more serious health condition arise.

If your household is uninsured or underinsured, community clinics provide health screenings on a sliding scale based on your income. Community clinics offer the full menu of services ranging from basic physicals to eye and dental care, mental health services and hearing screenings.

Sources: [HealthyPeople.gov](https://www.healthypeople.gov) and [Medline Plus](https://pubmed.ncbi.nlm.nih.gov/)



A Healthy YOU Throughout the Year

Health awareness and disease prevention focuses on keeping people healthy. Healthcare providers are trained to be one of the first lines of defense against preventing chronic diseases, by supplying us with knowledge to help us understand how to live healthier lives.

Everyone should have annual screenings to assess their health, as well as receive appropriate immunizations that can protect from serious illnesses. Preventive care helps you and your healthcare provider detect potential chronic illnesses.

Health screening recommendations varies by age and family history and may be different for each family member. Preventive care solutions also vary by environmental factors and lifestyle choices. Recommended screenings include but are not limited to:

- Blood tests
- Blood pressure screening
- Breast cancer screening
- Cervical cancer screening
- Diabetes screening

A full list of recommendations from the U.S Preventive Services Task Force at can be found at the USPSTF website (www.uspreventiveservices-taskforce.org/).

Even if you feel healthy and have no recognizable symptoms, preventive checkups are important. They are performed to establish a relationship with a healthcare provider, identify risk factors for disease and discuss options for a healthy and balanced lifestyle.

Lifestyle-based prevention

Maintaining good health throughout your lifetime centers on making a few sacrifices.

- Choose healthier foods.
- Incorporate exercise into your daily routine.
- Avoid destructive substances like alcohol and tobacco.

Healthy habits are an “automatic” defense against most illnesses and can increase your chances of living a long, healthy and productive life.



By LeAnn Kridelbaugh MD, FAAP

Chief Medical Officer, Samuel U. Rodgers Health Center

Partner with your provider

Patient-centered care requires working with your healthcare provider to ensure the best health outcomes. Be open with your doctors and remember that you are a part of the medical team.

Taking care of ourselves should be a priority. Making that appointment to visit your provider and mapping out a plan to LIVE HEALTHY is a great way to start 2020.

LeAnn Kridelbaugh is a 22-year board-certified pediatrician, and has built a career focused entirely on serving underserved populations.

Weight Loss

Injectable Weight-Loss Medication May be the Missing Piece

People struggling with chronic weight gain may want to explore this option.

If you struggle with obesity you're not alone. Finding the right methods to manage your weight can be challenging. You have tried—harder than others realize—to improve your diet and physical activity, but you are still not reaching your goals. Be encouraged. Your commitment to finding a tool that works with eating well and exercising is a step in the right direction. One of the most recently FDA-approved treatments to help you control your weight is an injectable medication called liraglutide. Here are four ways to gain more knowledge about this treatment option.

Team up with a Qualified Physician

Discussing your weight-loss treatment options with a physician who understands the complexities of your individual situation could be a game-changer. Addressing obesity is a health concern that should be managed appropriately. "Obesity is a chronic condition similar to high blood pressure; not everyone will be successful controlling it without medication," says board-certified physician Dr. Erin Chamberlin of Indianapolis.

Understand Your Hormones

A powerful hormone called GLP-1 (glucagon-like-peptide-1) could be the force behind your roller-coaster journey. After you eat, hormones including GLP-1 usually make you feel full to stop you from craving more food. Studies suggest the opposite happens when you diet—your appetite increases. If you have a body mass index (BMI) of 30 or greater—the clinical definition of obesity—you may benefit from using a medication to counteract this effect.

Talk About Medication

According to the National Institutes of Health, there are five FDA-approved prescription weight-loss medications used safely long-term, leading to reduced complications from obesity such as diabetes, high blood pressure and sleep apnea. The only injectable form, liraglutide 3mg, acts like GLP-1 to decrease your appetite, ultimately helping you manage your weight. In clinical trials, many participants, who followed a low-calorie meal plan and exercised consistently, reported at least a 5% weight loss while using the medication.

Consider Your Risks

Keep in mind, miracle drugs do not exist. Liraglutide may cause side effects, such as unbearable nausea that many people tolerate by self-administering the medication according to the directions and slowly increasing the dose. Talk with your doctor about risks of thyroid cancer or pancreatitis before using the medication. Finally, discuss stopping liraglutide if you do not lose at least 5% of your starting weight after three months on the full dose of the medication.

ALWAYS consult with your doctor before making health decisions. Your determination will ensure you start your year off right. To learn more about long-term weight loss, search weight management at The National Institute of Diabetes and Digestive and Kidney Diseases website www.niddk.nih.gov.



By **Tenille L. Lawson**
PharmD, BCPS

"I know of nothing else in medicine that can do what a plant-based diet can do."

– T. Colin Campbell, PhD

Plant-Based Foods Lifestyle Gaining in Popularity

The health benefits are winning the conversation.

Think about it. Old eating habits are hard to break. For the better part of our lives we've eaten what our great-grandparents, grandparents and parents ate. Holidays and special occasions are always centered on food – healthy, or not. Times have changed and so have attitudes about eating healthier. Now, it's a matter of health.

Plant-based or plant-forward eating patterns focus on foods primarily from plants. This includes not only fruits and vegetables, but also nuts, seeds, oils, whole grains, legumes and beans. It doesn't mean that you are vegetarian or vegan and never eat meat or dairy. It does mean you are proportionately choosing more of your foods from plant sources.

According to the T. Colin Campbell Center for Nutrition Studies, when you adopt a whole food, plant-based lifestyle you can increase the odds that you will:

- Lower risk of prostate, breast and other cancers.
- Prevent, even reverse, heart disease.
- Prevent and treat diabetes.
- Lose weight and have more energy.

The Harvard Health blog describes a couple of popular plant-based diets:

Mediterranean and vegetarian diets

The Mediterranean diet has been shown in both large population studies and randomized clinical trials to reduce risk of heart disease, metabolic

syndrome, diabetes, certain cancers (specifically colon, breast, and prostate cancer), depression, and in older adults, a decreased risk of frailty, along with better mental and physical function.

Vegetarian diets have also been shown to support health, including a lower risk of developing coronary heart disease, high blood pressure, diabetes, and increased longevity.

Plant-based diets offer all the necessary protein, fats, carbohydrates, vitamins and minerals for optimal health, and are often higher

in fiber and phytonutrients. However, some vegetarians may need to add a supplement (specifically, vitamin B12) to ensure they receive all the nutrients the body requires.

Always consult with your doctor and nutritionist before making any diet changes.

Explore the topic of a plant-based lifestyle in greater detail by visiting the National Kidney Foundation, www.kidney.org and the T. Colin Campbell Center for Nutrition Studies, www.nutritionstudies.org.

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CREATING BRAIN-BUILDING ENVIRONMENTS FOR YOUNG CHILDREN

NINETY PERCENT OF BRAIN GROWTH OCCURS BY AGE 5. THAT'S WHY EVERY CHILD DESERVES ACCESS TO A QUALITY EARLY LEARNING EXPERIENCE.

In the first five years of life, children's brains are growing rapidly. During this period amazing opportunities exist as children are processing and retaining information more efficiently than at any other time in their life.

The Family Conservancy is focused on making the most of this opportunity. Their work is focused on helping children have the best early learning experiences possible – whether in their own home or in a child care setting. They work with parents, teachers and child care providers, to ensure all children receive the nurturing, caring interactions they need.

In 2018, The Family Conservancy supported the healthy development of more than 60,000 children, provided almost 7,000 teachers training and coaching, and helped more than 22,000 parents become better teachers and caregivers.

WE ALL WIN

The importance of the early years cannot be overstated. Kindergarten readiness, workforce participation, and even community health outcomes can all be enhanced by high-quality early learning. Enabling children to take advantage of this once-in-a-lifetime opportunity is an investment that transforms every community's future.

HOW CAN YOU HELP?

Invest in a child's future and learn more about the work of The Family Conservancy at www.tfckc.org. For more information, contact: Jocelyn Mourning, VP of development and communications at jmourning@tfckc.org or call 913.342.1110.

The Family Conservancy has been responding to the community's greatest needs since 1880. Over the years, the organization has grown from its reactive conception to a proactive organization focused on building strong families and ensuring children are prepared for success in school and life.





**IT'S OUR ANNIVERSARY!
YOUR HEALTH MATTERS TO YOU AND TO US. THANK YOU
FOR BEING A PART OF OUR 15-YEAR JOURNEY.**

WHAT'S NEXT APRIL 2020 Navigating Healthcare Systems

As healthcare systems continually modernize to offer personalized patient-centered care, their processes can become more complex to understand and navigate. Whether you need to make a doctor's appointment, or receive an outpatient or in-hospital medical procedure, knowing how to prepare will make the process easier. *Our Health Matters'* 15th year anniversary edition shares ways to ensure your healthcare needs are being met. We explain why telehealth is becoming more popular and beneficial; why knowing what's in your medical records is important; types of personal information you need to share with medical providers and types of payment methods. You will also gain a better understanding of what legal health documents you need to prepare.

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