

communityone

PATIENT NEWS

ENGLISH EDITION

SUMMER 2004

A New Prevention Program You May Need

A program to help people prevent health and other problems caused by drug or alcohol use is offered now by the Harris County Hospital District.

Our new program helps patients look at their alcohol or drug use and make healthy choices. This program is offered at Ben Taub General Hospital and Strawberry Health Center. The program will begin at three other health centers (Martin Luther King, Casa de Amigos and Aldine) and three school-based clinics later this year.

Our nurses, doctors and other workers will ask you some questions about your life, including drinking and drug use. Your answers will help our staff give you the best medical care you need.

How much drinking is too much? Here are some guidelines.

	Drinks per Week	Drinks per Event
Men	14	4
Women	7	3
Age 65+	7	3

Drinking more than these guidelines could cause illness, injury, or problems at work and at home. Using drugs that are not prescribed for you could lead to legal problems, too.

If you need help, or know someone who might, please ask our staff. If you want to learn more about this new program, call 713-873-2535.

Healthy Eating Tips

Eating healthy doesn't have to be hard. If you take some small steps you can cut down on calories and extra fat. Try these smart healthy eating tips:

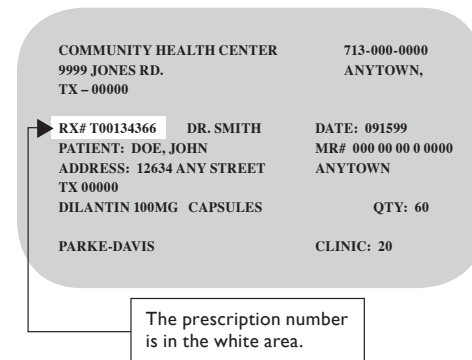
- ✗ Eat smaller serving sizes.
- ✗ Cut down on junk food like chips, cookies, and cakes.
- ✗ Eat more fresh fruits and vegetables.
- ✗ Eat three meals a day plus healthy snacks.
- ✗ Drink at least 8 glasses of water every day.
- ✗ Have gravy on the side and not on your food.
- ✗ Use lemon juice, garlic, onion, or other spices rather than salt.



Along with a healthy diet, exercise at least 30 minutes a day 3 times a week. Small changes in your diet make big changes in your life. Make healthy eating a way of life.

Refill Prescriptions by Phone

Save time when you need to refill your prescription. Call our automatic refill telephone line at 713-842-4310 and you won't have to stand in line. Here's how it works:



1. Call the refill line five days before your medicine runs out.
2. Have your medicine bottle ready when you call.
3. Enter the prescription number and then press the # key.
4. After you enter the number, you will be told when to pick up your medicine. *It's that easy.*

SPOTLIGHT ON HEALTH:

Childhood Obesity

The number of overweight children in the U.S. has doubled in the past 30 years. One of every five children is considered overweight. One reason is family history. Other reasons are overeating and lack of exercise. Not exercising enough is bad for a person's health, no matter what age they are. Most children watch between three to five hours of TV every day.

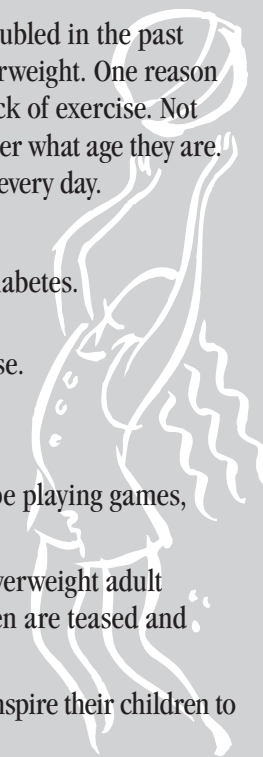
Did You Know That?

- ✗ Overweight kids have a higher chance of getting diabetes.
- ✗ Overweight kids can have high cholesterol and high blood pressure, which can cause heart disease.
- ✗ Overweight kids have a greater chance of bone problems, liver disease and asthma.

All children should exercise every day. Exercise can be playing games, sports or physical education (PE).

Overweight kids can become overweight adults. An overweight adult has a higher risk of heart disease. Overweight children are teased and can become depressed.

Remember – exercise should be fun. Parents should inspire their children to exercise. It can be fun for the entire family.



Need to Make an Appointment?

Call the 24-hour HCHD appointment line at 713-526-4243. It's open seven days a week for your convenience.

When you call the appointment line, you also can get eligibility information. The operator helping you will make sure all your information is correct.

When you call the hotline:

- ✓ Have your Gold card or communityone card ready.
- ✓ Know what type of appointment you want (such as dental, a check-up or eye clinic).

Preventing Cancer

Cancer is the second leading cause of death in the United States. Many people survive cancer and many others live with it.

Changing your diet or exercising can lower your risk of getting the disease. Some things you can do to live a healthier life:

- ✗ Eat three vegetables and two fruits every day.
- ✗ Exercise.
- ✗ Limit drinking alcohol.
- ✗ Don't smoke or use other tobacco products.

The American Cancer Society has resource centers at Ben Taub and Lyndon B. Johnson general hospitals. The centers offer support and education to help patients and their families understand their cancer diagnosis and treatment. The centers also offers gift items like wigs, scarves, hats, educational materials and comfort pillows.

At Ben Taub Hospital, the resource center (713-873-2556) is located on the second floor. Office hours are 9 a.m. to 4 p.m. on Tuesdays and Thursdays and 10 a.m. to 2 p.m. on Wednesdays.

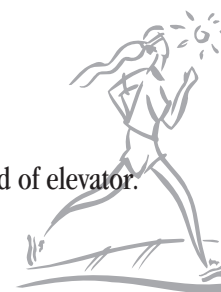
At LBJ Hospital, the resource center (713-566-4608) is located in the fourth floor Chemotherapy Unit. Office Hours are 10 a.m. to Noon Monday through Friday and 10 a.m. to 3 p.m. on Wednesdays.

Moving to Better Health

The best way to add exercise to your life is to find activities that fit into your day. Staying active helps protect you from diseases like heart disease, high blood pressure, diabetes and colon cancer.

Moving Ideas

- ✗ Walk to work.
- ✗ Garden.
- ✗ Take stairs instead of elevator.
- ✗ Mow the lawn.
- ✗ Walk your pet.
- ✗ Exercise while watching TV.
- ✗ Dance.



Warning Signs

Here are warning signs that you should know about. The word CAUTION is used to help remember the signs. If any of these are happening to you, see your doctor immediately.

- C**hange in bowel or bladder
- A**sore that does not go away
- U**nusual bleeding or discharge
- T**hickening or lump in the breast
- I**ndigestion or difficulty in swallowing
- O**bvious change in wart or mole
- N**agging cough or hoarseness

Based on Healthier U.S.: The President's Health and Fitness Initiative