

Program Objectives

- Learn what self-care means
- Communicate effectively with your doctor
- Become knowledgeable of recommended screenings and tests
- Learn where to seek care under various circumstances
- Understand how to use the Health at Home Guide Book as a resource.

What is Self-Care?

- Self-care is personal health maintenance
 - Making healthy lifestyle choices
 - Taking care of minor ailments such as headaches and long-term conditions like diabetes
 - Learning how to care for yourself after an illness or injury
 - Being empowered!

Eat Healthy

- Pay attention to:
 - Serving sizes
 - Number of calories
 - Types of food
- The USDA daily recommendations are:
 - 3 cups of low-fat dairy
 - 3 ounces of lean meat or beans
 - 2 cups **or more** of vegetables
 - 1 ½ cups **or more** of fruit
 - 5 ounces of grains (at least half of these should be whole grains)



Eat Healthy

- Obesity is the 2nd leading cause of preventable deaths and it is linked to heart disease, diabetes, stroke and many other illnesses
- 65% of adults in Michigan are overweight or obese
- Overweight and obesity lead to higher costs and lower quality of life
- An estimated 35-60% of all cancers are linked to dietary factors

Exercise Regularly

- 150 minutes of moderate physical activity each week = 30 minutes, 5 days a week
- Flexibility or stretching at least 1-2 times a week
- Muscle-strengthening activities 2 or more days a week
- Sticking with a Program
 - Find something you enjoy
 - Vary your routine
 - Don't push yourself too hard
 - Find an exercise buddy



The Benefits of Physical Activity:

- Decreases risk of heart disease and other chronic illnesses
- Reduces stress
- Builds strength and endurance
- Maintain healthy bones and joints
- Improves outlook



Talk to your doctor before starting any exercise program.

Avoid Tobacco Use

Cigarette smoke contains over 4,800 chemicals, 69 of which are known to cause cancer.

- Second-hand smoke
- Third-hand smoke



Limit Alcohol

- Men
- 3.0 oz hard liquor;
 - 10 oz wine;
 - 24 oz beer

- Women
- 1.5 oz hard liquor;
 - 5 oz wine;
 - 12 oz beer

Drinking more than this increases the risk of health problems. Alcohol also adds unnecessary calories.



Manage Stress

- Stress can have a very negative impact on your health
 - Loss of sleep
 - Increase of abdominal fat
 - Weaken the immune system
 - The release of cortisol can cause damage to blood vessels



Know Your Numbers

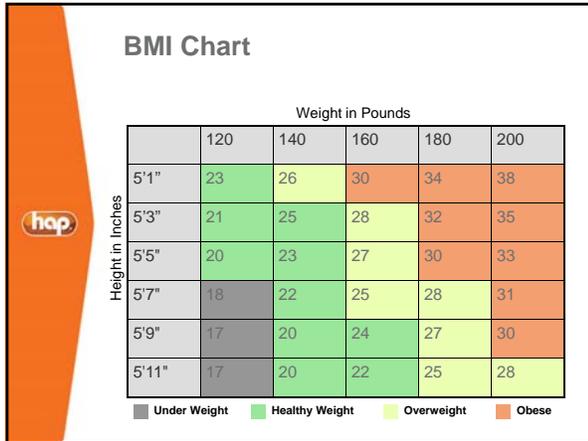
- Do you know what your numbers are?



What Should The Numbers Be?

- Blood Pressure
 - Less than 120/80 mmHG
- Blood Sugar – Fasting
 - Normal - lower than 100mg/dl
 - Pre-diabetic - 100 -126mg/dl
 - A1C - less than 7
- Waist Circumference
 - Men – less than 40 inches, (ideal is 35)
 - Women - less than 35 inches, (ideal is 32.5)
- Body Mass Index
 - Based on height and weight





- ### What Should The Numbers Be?
- Total Cholesterol
 - Less than 200mg/dl
 - Low-density lipoprotein (LDL)
 - Less than 100mg/dl
 - High-density lipoprotein (HDL)
 - Women greater than 50mg/dl
 - Men greater than 40mg/dl
 - Triglycerides
 - Less than 150mg/dl

- ### What Affects My Numbers?
- Heredity
 - Diet
 - Age/Sex
 - Lifestyle
 - Disease
 - Exercise
 - Stress
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Recommended Tests and Screenings

Regular exams/screenings can detect potential problems.

Health Test	Ages 18-29	Ages 30-39	Ages 40-49	Ages 50+
Physical Exam	Every 5 yrs.	Every 2-4 yrs.		Every 1-2 yrs.
Vision	Every 5 yrs.	Every 2-4 yrs.		Every 1-2 yrs.
Blood Pressure	At every office visit or at least every 2 years			
Dental Checkup	Every 6-12 months			

Recommended Tests and Screenings

Health Test	Ages 18-29	Ages 30-39	Ages 40-49	Ages 50+
Cholesterol & Lipid Screening	Once by age 35 (male) or 45 (female) without other risk factors		Every 5 yrs. if no risk factors	Every 5 yrs. if no risk factors
Fasting Glucose	No requirement unless high risk		Every 3 yrs.	Every 3 yrs.
Colorectal Cancer Screen	No requirement unless high risk			Every 5 yrs.
Cervical Cancer Screening	Every 3 yrs.	Every 3 yrs.	Every 3 yrs.	Every 3 yrs.
Mammography	No requirement unless high risk		Every 1-2 yrs.	Every 1-2 yrs.

- ### Getting the Most From Your Doctor Visit
- Your doctor is your health care partner. It is important to choose doctors who will give you good care and who you can work well with.
 - Good communication is the key to a successful relationship!
- ### How to Choose a Doctor
- Look for a doctor who accepts your insurance and who is in your network (if you have an HMO or PPO)
 - Ask relatives and friends for recommendations.

How to Find a Physician

- HAP website
<https://www.hap.org/pcp/home.do>
- Michigan Doctors
<http://michigan-doctors.org/>
- American Medical Association
<http://webapps.ama-assn.org/doctrofinder/home.html>



Medication Safety – the W's

- Why am I taking it?
- When do I take it?
- What do I do if I miss a dose?
- Who do I call if I have questions?
- What do I do if I miss a dose?
- Where should I store it?
- What should I expect? How can I tell if the medication is working?



Medication Safety

- Tell your doctor about:
 - all prescription medications
 - over-the-counter medications, including vitamins and supplements
 - any allergies
 - experiencing any side effects
- Take and finish as directed
- Use one pharmacy



Questions to Ask Your Doctor and/or Pharmacist

- Is the medication covered by my health plan?
- Is there a generic available as a substitute?
- What are the possible side effects? What should I do if a side effect occurs?
- Are there food, drinks, other medicines or activities that I should avoid while taking this medication?
- How long will I need to take it for?
- Is there any written information I can take home with me?



When Can Medication Use Problems Occur?

- When a new medication is added or stopped
- When a dose is changed
- When your health status changes
- When alcohol is consumed
- When over-the-counter and dietary supplements are taken without the doctor or pharmacist knowing
- **Any time**



Cutting Medication Costs

- Ask that your medication be filled with a generic, if available
- If you take a maintenance medication, see if you can order it in a 90-day mail order supply
- If you don't have prescription coverage, ask your doctor for samples or look into free or low cost offers that many large pharmacies are offering



Brand vs. Generic

Generic drugs must work equivalently to the brand drug

Similarities Between Brand-Name Drugs and Generic

Brand-Name Drugs	Generic
Safe	✓
Effective	✓
FDA-approved	✓
Active ingredients	✓
Strength	✓
Dosage	✓
Quality	✓
Performance	✓
Risks and benefits	✓
Rigorous approval process	✓

The 3 R's for Safe Medication Use

- Risk – All medications have risks as well as benefits; weigh these risks and benefits carefully for every medication you take
- Respect – The power of your medication and the value of medications properly used
- Responsibility – Take responsibility for learning about how to take your medication safely

Your Home Medicine Cabinet

- See [pages 42-45](#) in your Self-Care Guide Book
- A list of common medications that we should keep at home to treat minor conditions. The list also includes use and side effects/warnings.
- A list of basic supplies that can help with self-care
- Also a medication log that can be copied and brought to the physician's office



Getting the Most Appropriate Care

- More than 100 million Americans go to the emergency room every year for symptoms ranging from high fever to chest pain

How do you know if you need urgent or emergency care?



Urgent vs. Emergency Care

Urgent Condition	Emergency
• Sprained Ankle	• Chest Pain
• Most Burns	• Loss of Consciousness
• Minor wounds needing stitches	• Excessive Bleeding
• Back Pain	• Difficulty Breathing
• Earaches	
• Severe Colds or Flu	

For Urgent Care

- First contact your doctors office.
 - Request a same day appointment
 - Your doctor knows your health history
 - You'll have a scheduled appointment
- If not possible, you may be referred to an urgent care facility.
 - Open beyond regular business hours
 - Accepts patients without an appointment
 - In most cases, your copay will be considerably less than an emergency room copay
 - Keep a list of urgent care centers – along with their hours of operation handy



Plan Ahead for Emergencies

- Talk with your doctor to know where to get help when the office is closed
- Know your preferred hospital/network hospital
- Keep medical contact phone numbers with you
 - Program "I.C.E." (In Case of Emergency) in your cell phone



Know Your Medical Rights

- Advanced Directives
 - What is it?
 - a legal document that allows you to be specific about your end-of-life care ahead of time
 - Why should I have one?
 - to make sure your wishes are honored
 - to alleviate confusion with family, friends and caregivers



Know Your Medical Rights

Types of Advanced Directives

- Durable Power of Attorney for Health care
 - Patient advocate designation
 - Focuses on who makes the decision
- Living Will
 - Written by you
 - Focuses on what the decisions should be
 - Not considered a legal document in Michigan
- Do Not Resuscitate (DNR) Declaration



Health at Home® Lifetime Guide Book

- A step-by-step reference guide to over 300 common health conditions
- Use this book to help you determine when and how to treat a condition at home, or learn when you need to seek other care



How to Use the Guide Book

- With this book you will locate and read about the condition you are experiencing to find out the cause, the symptoms, and treatments



= Often treatable with self-care



= Call your doctor



= Get immediate assistance.

Thank-you!!!

