

HillHealth

The Magazine of
Hill Physicians Medical Group

A woman wearing a light blue climbing helmet, a green t-shirt, and white pants is standing on a large, light-colored rock. She is wearing a climbing harness with various ropes and carabiners attached. She is looking off to the side with a slight smile. The background is a clear blue sky.

Top Health
TIPS
A to Z

**Increase
your health IQ**

Pages 7-10

En Español

Página 10

Hill Physician Leatrice Chang, MD, achieves success through “the flexibility to see options, strength to get through tasks and balance to stay on an even keel.”

Top Health Tips, A to Z

This special edition of *Hill Health* is filled with some of our top tips for living well – from apples and baby aspirin to yoga and getting your ZZZs.

We at Hill Physicians Medical Group believe that your health is more than just the absence of disease. It's about taking care of yourself and your loved ones at each stage of life. It's about living well, whether or not you have a health condition. It's about maintaining a balanced lifestyle and nurturing your body, mind and spirit.

We hope you enjoy this special issue. We welcome your questions and feedback. Write to us at health@hpmg.com to share your opinion.



Are You Breathing Easy?

- Have you visited your physician for bronchitis three times or more in the past year?
- Have you smoked more than 100 cigarettes in your entire life?
- Do breathing problems frequently limit your ability to do the things you would like to do?
- Do you cough up mucus or phlegm every day?

If you said yes to one or more of these questions, you might benefit from a spirometry test. This quick and painless breathing test lets you know how well your lungs are working. Spirometry testing can help diagnose Chronic Obstructive Pulmonary Disease (COPD), also called chronic bronchitis or emphysema. While COPD cannot be cured, early diagnosis and treatments can slow its progression and make breathing easier. Discuss spirometry testing with your doctor.

Hill Physicians is offering free spirometry testing at our administrative offices in Sacramento, San Ramon and Stockton. You can self-refer for an appointment by calling our Member Health Improvement Department at 877.493.5563 or emailing health@hpmg.com.

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The magazine of Hill Physicians Medical Group

Hill Physicians Medical Group is the largest independent medical group in northern California, with more than 3,000 physicians and other healthcare providers who contract with HMO health plans to provide your medical care.

Contacting Us

■ **Customer Service**
800.445.5747 | www.HillPhysicians.com

Hearing Impaired
TTY to Voice 800.735.2929
Voice to TTY 800.735.2922

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877.4WELLNESS (877.493.5563)
health@hpmg.com

■ Your health plan's phone number can be found on the back of your health plan identification card.



When you see this symbol, go to www.HillPhysicians.com/HillHealth or call 877.493.5563 for more information.

Editorial Board: Vivian Barron, Lisa Bellini, Rosalind Englander-Calo, Tracy Nakamura, Glenn Perelson and Amie Van Gompel

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We hope you enjoy our award-winning magazine. If you receive duplicate copies or no longer wish to receive *Hill Health* Magazine, please email health@hpmg.com or call 877.493.5563. Because we might have members with similar names to yours, please leave your full name, address and phone number.

Keep on Moving

Leatrice Chang, MD, a Hill Physicians board-certified family practice doctor from Walnut Creek, isn't a stranger to setting lofty goals. Whether she's seeing patients or engaging in her other passion, rock climbing, Dr. Chang brings a unique perspective to life.

"I've learned a great deal from climbing rocks these past few years," explains Dr. Chang, who started climbing when many people begin contemplating retirement. "It reinforces the need to remain active, whatever your age. Generally, rock climbing is considered a young person's sport. But you shouldn't let age – or what's considered age-appropriate – stop you."

"Remaining active is key to health and vitality," she says. "We can't control our chronological age, but we are in charge of how we act and how we feel."

Dr. Chang explains how rock climbing has helped her find balance – literally and figuratively. "It's a quick and easy way to get outside of your life. When you're focused on the rock you forget about the other things you're facing."

Read about how Dr. Chang has embraced innovative care through online medical visits on page 13.



Apples

This fall, plan an apple-picking adventure at a local orchard. At just 80 calories, one medium apple (with peel) delivers four grams of fiber plus potassium, vitamin C and disease-fighting antioxidants. Research links apples to decreased cholesterol levels and reduced risk of heart disease, certain cancers and type 2 diabetes.

Capitalize on this season's harvest. Try our apple pizza recipe on page 9. For snacking, consider California's crisp Braeburn variety or Red Delicious. For a tart taste, try the Cripps Pink or green Sierra Beauty. Remember to enjoy apple pies and other sweets in moderation.

Log onto www.HillPhysicians.com to find an orchard near you.



Baby Aspirin

Research says daily low-dose aspirin – about one-quarter of an adult aspirin or one baby aspirin – is optimal to reduce heart attack risk. Higher doses might not enhance protection, but increase risk of gastrointestinal bleeding and ulcers.

Aspirin therapy is not for everyone, though, so discuss it with your doctor.

“Routine use of aspirin is not warranted unless there is some risk, such as hypertension, diabetes, high cholesterol and a family history of heart problems,” says Jeff Carlson, MD, a Hill Physicians cardiologist in Fremont. “At-risk men clearly benefit, but research shows that women might benefit less.”

Last year the American Heart Association released aspirin therapy recommendations for heart disease prevention in women:

Women at high risk: 75-325 milligrams daily, if heart-related benefits outweigh risk of bleeding and complications.

Women age 65 and older: 81 milligrams daily or 100 milligrams every other day, if blood pressure is controlled and benefits outweigh risks.

Healthy women under age 65: Reduce heart attack risk with lifestyle changes. Aspirin therapy is not recommended to prevent heart attacks but might be recommended for stroke prevention if benefits outweigh risks.

High risk includes those with diabetes, high cholesterol, an apple-shaped body and other vascular and renal diseases.



Car Seat Safety

“A car seat made for your child’s age and size can make all the difference in a crash,” says Jackie Agee, MD, a Hill Physicians pediatrician in Sacramento. “But choosing and properly installing a seat can be challenging. More than half of all car seats are set up incorrectly.”

Secure car seats tightly in your vehicle’s back seat according to the manufacturer’s instructions, allowing no more than one inch of movement in any direction. Local inspection stations are available and provide guidance on proper installation; visit www.HillPhysicians.com/HillHealth to find a location near you.

Choosing a Car Seat

AGE	ACCEPTABLE SEAT TYPES	WHEN TO USE
Infants	Infant-only or rear-facing convertible	Until 1 year of age and at least 20 pounds.
Toddlers and preschoolers	Convertible, combination or forward-facing	Until child reaches seat’s weight limit or 40 pounds.
School-aged children	Booster	Until adult seat belts fit correctly, usually when child is 4 feet 9 inches tall.
Older children, teenagers and adults	Seat belt with shoulder strap	Always! Unless front passenger airbag can be turned off, children under age 13 should ride in back seat.

TIP: Always position yourself and other front seat passengers as far back from front airbags as possible.

Is aspirin therapy for you? | www.HillPhysicians.com/HillHealth



DASH Diet

A recent study suggests the DASH (Dietary Approaches to Stop Hypertension) diet – known to lower blood pressure and cholesterol – also might be effective for losing weight and keeping it off. DASH emphasizes fruits, vegetables and fat-free and low-fat dairy and encourages whole grains, fish, poultry and nuts while limiting red meat, sweets and sweetened beverages.

For some, DASH can be hard to follow. If you're struggling to stick to it, try one small change such as replacing high-sodium snacks with fresh fruit. When you consistently reach for that apple instead of those chips, add more elements of the diet, such as increasing your vegetable intake and choosing leaner poultry and meats.

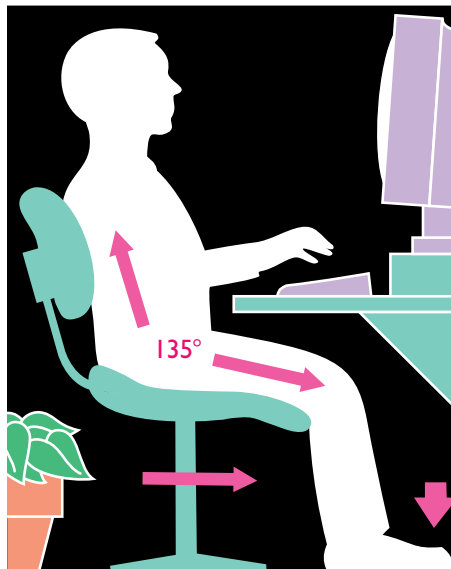
Log on to www.HillPhysicians.com/HillHealth to download the National Institutes of Health's guide to DASH.

 DASH Diet | www.HillPhysicians.com/HillHealth

Ergonomics

To reduce injury risk and increase comfort and safety, aim for ergonomically correct posture and movements.

- Stand with your chest high, shoulders back, abdominal muscles in and head held straight.
- When standing, periodically shift weight by walking or resting one foot on a step or block.
- Don't slouch when seated. Scottish researchers found that sitting in a supported, slightly reclined position puts less pressure on the lower back than sitting upright. Study authors recommend a 135-degree torso-thigh angle: Sit with hips a few inches higher than knees; rest feet flat and recline slightly. Place a small pillow behind the lower back if necessary.
- Bend at the knees and avoid twisting motions to prevent back strain when lifting.
- Office workers: Keep tops of computer monitors at eye level or slightly below and align hands, wrists and forearms when typing.
- Health workers: Push – don't pull – beds and equipment carts.
- Construction professionals: Choose tools with coated handles to reduce the impact of vibrations.



FIT and IFOBT

You're over 50 and you know colon cancer can be prevented through colorectal cancer screening. You also know that having a colonoscopy every 10 years is the best way to find polyps that, if left undiscovered and untreated, can turn into cancer. Despite knowing this, you still haven't scheduled your colonoscopy. Maybe you're too busy, don't want to do the pre-exam preparation or are too nervous about the procedure itself. A fecal immunochemical test (FIT) or immunochemical fecal occult blood test (IFOBT) every year could be an option for you. These simple, non-invasive tests look for blood in the stool.

Like with the fecal occult blood test (FOBT), you will need to collect a stool sample for a FIT or IFOBT test. Unlike the FOBT, no special diet is required before this test, making it even easier and more accurate than an FOBT. While collecting a stool sample might not be appealing, it is a small price to pay to improve your chance of finding colorectal cancer earlier. While colonoscopy remains the gold standard among colorectal cancer screening methods, the best colorectal cancer screening test is the one you actually get done. Talk with your doctor about choices in colorectal cancer screening, including an annual FIT or IFOBT.

Generics

Did you know you could be saving hundreds of dollars a year by choosing generic drugs? Brand-name medication copays can cost two to three times as much as the equivalent generic. For example, if your copay for generic medications is \$15 per month, you might pay \$30 for a preferred brand medication or \$50 for a non-preferred brand. That adds up to \$420 more than the cost of the generic equivalent per medication, per year! How much could you be saving?

Annual out-of-pocket cost

# of Prescriptions	Generic copay: \$15*	Preferred brand copay: \$30*	Non-preferred brand copay: \$50*	Potential savings
1	\$180	\$360	\$600	Up to \$420
2	\$360	\$720	\$1,200	Up to \$840
3	\$540	\$1,080	\$1,800	Up to \$1,260
4	\$720	\$1,440	\$2,400	Up to \$1,680

* Example copays. Check with your health plan to determine your actual copay amounts.

Generic medications have the same active ingredients as brand-name drugs and sometimes even are manufactured by the same company. They go through the same rigorous approval process as brand-name drugs.

Because many generics have been on the market longer than new branded medications, generally more is known about managing these medications and their side effects.

Drugs work differently in different people regardless of whether you're taking a brand-name or generic medication. If you currently are taking a brand-name drug, ask your physician or pharmacist if a generic is available. Then talk to your healthcare provider to determine if switching to a generic medication is right for you.



Happiness

A cheery outlook has positive health impacts: Research links optimism with reduced stress, blood pressure and cardiovascular problems. In a long-term study of heart disease patients, the death rate was twice as high among those feeling pessimistic about their recovery compared to optimists. Another report links positive emotions with increased resistance to colds and flu.

A HAPPINESS HOW-TO

The secret to happiness rests, in part, within you. To boost happiness, reflect on the good in your life and keep mistakes and challenges in perspective. Choose friends whose values and standard of living match yours. Then stop comparing yourself to people with more money and possessions; research shows that they actually are not happier and that striving to be like them will increase your dissatisfaction. Instead, focus on appreciating what you have and what you realistically can achieve. Over time, you will realize your own power to affect positive change in your life.

MORE WAYS TO BOOST YOUR OUTLOOK

- **Express gratitude.** Each week, write down five things for which you are grateful. Read your list daily.
- **Strike a balance.** Maintain balance between work and home life.
- **Be social.** Surround yourself with family and friends. Join a new club or sign up for a sports league.
- **Help others.** Volunteer or donate to a cause that inspires you. Perform random acts of kindness.
- **Find purpose.** Spending your time on compelling and enjoyable work – paid or not – gives you a stronger sense of satisfaction.



Inflammation

Inflammation is the body's natural reaction to injury and illness: It produces the swelling, redness or fever we experience when immune cells battle infection. Left unchecked, however, inflammation becomes harmful. Chronic inflammation can loosen arterial plaque, triggering heart attack and stroke, and research links it to Alzheimer's, diabetes and cancer.

"To fight inflammation and promote wellness, eat plenty of fruits, vegetables and whole grains every day," says Christine Salazar, RD, a Hill Physicians dietitian in Stockton. "Omega-3 fatty acids from fish, ground flaxseed and pumpkin seeds are beneficial, as is limiting high-sugar candy, pastries and pre-sweetened cereals."

TO PREVENT INFLAMMATION:

- Read food labels. Choose whole-grain products.
- Eliminate trans-fats found in margarines, fast food and packaged foods.
- Limit high-fat meats.
- Replace white bread and pastas with brown rice, barley and whole-grain pastas.
- Cook with extra virgin olive oil.
- Snack on walnuts, apples and low-fat yogurt instead of crackers, cookies or chips.
- Drink water, green tea or black tea instead of sugary juices and sodas.
- Exercise regularly.
- Consider daily fish oil supplements containing 0.3-0.5 gram eicosapentaenoic acid (EPA) and 0.8-1.1 grams docosahexaenoic acid (DHA) if you do not regularly eat fish.
- Consider daily aspirin if you are at high risk for heart disease or stroke. (See page 3 to learn more, then discuss with your physician.)



JOINTS



If joint pain affects you, consider these strategies to encourage joint health.

Slim down. Every pound of body weight places four pounds of pressure per step on the knees. Losing 10 pounds translates to 48,000 fewer pounds of pressure per mile walked.

Stretch. Regular stretching keeps joints, muscles and ligaments limber and strong, while reducing injury risk, lowering stress and encouraging weight loss.

Strength train. Weight-bearing exercise builds bone density and protects joints by strengthening the muscles that stabilize them. For better results, combine strength training with low-impact activities such as swimming or water aerobics.

Glucosamine and chondroitin.

Though study results are mixed, some find glucosamine or glucosamine plus chondroitin helpful and they appear to do no harm. To determine if these supplements are helpful for you, try 1,500 milligrams of glucosamine in one or divided doses daily* with or without 400-1,200 milligrams chondroitin in one or divided doses daily*, then evaluate your pain level after three months.

*Dosing for adults 18 years and older.

Knowledge

Gathering knowledge is the first step toward lifelong wellness – and Hill Physicians is here to help. We offer resources designed to educate and inspire as you work toward your health goals.

Our class topics include blood pressure, diabetes, nutrition and weight management, insomnia, depression and more. Some classes are taught over the telephone; others are located right in your community. Many are free. See pages 7-10 to learn more.

Our online health information centers and health library on www.HillPhysicians.com offer current, medically reviewed health information that you can trust. We also offer tools to help you communicate online with your Hill Physician, register for classes and reduce your stress level.

Classes & Programs

All classes and support groups require advance registration. Unless otherwise noted, register online at www.HillPhysicians.com/Classes or call Member Health Improvement at **877.493.5563**.

Arthritis

Hot Joints – Easier Living with Arthritis Teleclass | Free

Join others living with arthritis in this interactive two-session class. Classes are scheduled every other month or as needed.

Asthma

Adult Asthma Classes

Learn the latest treatment options, how to establish a treatment plan with your doctor and how allergies and infections relate to asthma. Call 916.453.4268 for information. (Sacramento area only.)

Pediatric Asthma Classes

Learn to manage asthma through discussion and hands-on activities. Children must be at least 5 years old and attend with a parent or guardian. Call 916.453.4268 for information. (Sacramento area only.)

Cancer

Recently Diagnosed Packet | Free

If you have been diagnosed with breast or prostate cancer recently, call to receive an informational packet about your treatment options and coping and support services.

Cancer Support Services | Free

A comprehensive program of cancer support groups, educational workshops, stress management classes and more for people with cancer and their loved ones.

Walnut Creek, The Wellness Community

Call 925.933.0107 for information.

Chronic Conditions

Coping with Chronic Conditions Teleclass | Free

(Hill Physicians members only)

Learn skills to cope with sleep issues, fatigue, pain, stress, anger and depression, dietary challenges and improve communication with your doctor and others. Groups include orientation and six sessions and start every other month or as needed.

“I now have many tools for feeling better and coping with my recently diagnosed condition after participating in the Chronic Conditions teleclass. The discussion among the participants was very helpful, and the facilitator provided lots of personal coaching, information and support.”

– Dawn, Sacramento

Complementary and Alternative Medicine

Aromatherapy for Couples \$20 per couple

(Partner required)

Learn about the healing properties of essential oils and herbs to help relax and stimulate your senses. Great stress reliever during the holidays.

Sacramento, Hill Physicians Auditorium
Dec. 9, 6-8 pm

Discounted Massage Services

We're pleased to partner with independent massage therapists to offer Hill Physicians members a 15 percent discount on massage services. To locate a participating therapist near you, contact Member Health Improvement at 877.493.5563.

Depression

Learning about Depression Teleclass | Free

Have you been feeling sad or moody recently? Join our class from the comfort and privacy of your home or other personal environment to learn about the symptoms of depression, treatment options and things you can do for self-care.

Oct. 15, 6-8 pm

Nov. 18, 6-8 pm

Dec. 9, 6-8 pm

To find out who your behavioral health provider is, call your health plan or our Customer Services department at 800.445.5747.

Diabetes

Diabetes Pathway Packet | Free

(Hill Physicians members only)

This guide to your first year of living with diabetes includes checklists to evaluate what you should know and be doing at specific times.

Diabetes Primer: Getting Started | Free

Learn about routine tests to monitor and control blood glucose, medications, exercise, complications, meal planning and timing, overall nutrition and making healthy choices to achieve weight goals. Call 916.733.6341 for information. (Sacramento area only.)

Diabetes continued on next page

Depression help comes to Lafayette

Depression is a very common condition that affects about one in 10 Americans. Attendees of our recent “Help for Depression” class in San Ramon had such positive results we are expanding this successful program to Lafayette! If you or someone you care about has been struggling with symptoms such as sadness, difficulty achieving restful sleep or lack of interest in activities that once were pleasurable, this eight-week series offers hope and support. Each session teaches daily skills shown to be effective in decreasing common symptoms of depression.

Dates: Tuesdays,
Sept. 30 – Nov. 18

Time: 6:30-8:30 pm

Location: Community Psychiatry
Associates' Lafayette office

Cost: \$10 copay per week

For more information or to register, call Rosalind Englander-Calo at 925.552.6806 by September 21.



This symbol indicates free classes taught over the telephone. Participate from the comfort and convenience of your home or other private environment.



This symbol indicates free on-demand podcasts available at www.HillPhysicians.com. Download and listen any time, anywhere.

Classes & Programs

All classes and support groups require advance registration. Visit www.HillPhysicians.com/Classes or call 877.493.5563 to register.

Diabetes, continued

Diabetes Management Classes

(Fees charged at some locations)

Learn how to monitor and control your blood sugar levels, eat right, manage your medications and benefit from self-care and regular exercise. Content, number of sessions and costs vary by location.

Berkeley, Alta Bates Summit Diabetes Center

A covered benefit for Hill Physicians members. Medical copay might apply. Call 510.204.1081 for information.

Carmichael, Mercy Physicians Plaza

Call 916.733.6341 for information.

Concord, Mt. Diablo Center for Diabetes

Call 925.674.2077 for information.

Folsom, Mercy Hospital

Call 888.637.2956 for information.

Oakland, Family Bridges Diabetes Education Center

Classes available in English and many Asian languages. Call 510.419.0888 for information.

Sacramento, Mercy Learning Center

Call 916.733.6341 for information.

Sacramento, Methodist Hospital

Call 916.733.6341 for information.

Stockton, St. Joseph's Medical Center

Call 209.461.5061 for information.

Tracy, Nutrition Studio

Call 209.832.3432 for information.

San Francisco, St. Mary's Medical Center

Call 415.750.5513 for information.

Diabetes Nutrition: Eating Well | Free

Discover the basics of healthy cooking and good nutrition. Call 916.733.6341 for information. (Sacramento area only.)

Diabetes Support Group | Free

Learn healthy habits for diabetes self-management, including proper nutrition and exercise. Share your successes and challenges with others who have diabetes. Call 510.351.1193 for information.

San Leandro, San Leandro Surgery Center

Oct. 6, 5-6 pm

Nov. 3, 5-6 pm

Dec. 1, 5-6 pm

Diabetes Teleclasses | Free

These teleclasses are recommended for those recently diagnosed or who could use a refresher in diabetes management.

Eating Well with Diabetes

Oct. 7, 6:30-8 pm

Dec. 2, 6:30-8 pm

Living Well with Diabetes

Two-session program:

Nov. 18 & 25, 6:30-8 pm

Nutrition Counseling and Diabetes Education | Free

(Hill Physicians members only)

Receive one-on-one diabetes counseling with a registered dietitian or certified diabetes educator. Obtain a physician referral or contact Member Health Improvement. Attending a diabetes education class before pursuing this service is recommended.

Fitness

Group Personal Training

Discover the most efficient way to burn calories and build muscle. Get the expertise of a personal trainer in a group setting. Suitable for all fitness levels. All equipment is provided. Space is limited; registration is required. Call 925.765.2776 for information.

San Ramon, Hill Physicians Education Center

Tuesdays and Thursdays, 4:15 pm

Tuesdays and Thursdays, 5:00 pm

Discounted Yoga Classes

We're pleased to partner with independent yoga instructors to offer Hill Physicians members a 15 percent discount on yoga classes. To find class near you, contact Member Health Improvement at 877.493.5563.

Heart Health

Blood Pressure Teleclass | Free

Learn how diet, weight, exercise and lifestyle can affect blood pressure. Find ways to eat healthier, get moving and reduce stress in your life. An advanced discussion of hypertension and ways to prevent its progression will be included. It is recommended that you have knowledge of your blood pressure values. [See page 4 to learn about dietary approaches to stop hypertension.](#)

Oct. 21, 6:30-8 pm

Dec. 16, 6:30-8 pm

Cholesterol Highway Teleclass | Free

Learn the difference between HDL, LDL and total cholesterol, how to identify foods and exercises that can improve your cholesterol and current medication options. An advanced discussion of high cholesterol and ways to prevent its progression will be included. It is recommended that you have knowledge of your cholesterol lab values.

Nov. 18, 6:30-8 pm



Peripheral Artery Disease (PAD)

Do you experience pain in your legs while walking? You might be at an increased risk for heart attack or stroke if you have blocked arteries in your legs. Call 877.9HEART9 to schedule a quick and painless screening for blockages in your vessels. (Sacramento area only.)

Understanding Coronary Artery Disease

Learn about heart disease, risk factors and lifestyle changes.

Auburn, Sutter Auburn Faith Hospital

Call 530.889.6066 for information.

Heartburn

Healing Heartburn Teleclass | Free

Discuss self-help and treatment techniques with a gastroesophageal reflux disease (GERD) specialist. Nov. 12, 6-7:30 pm

Hepatitis

Hepatitis C: Coping and Curing Teleclass | Free

Learn to live with hepatitis C in this 90-minute class led by a gastroenterologist who specializes in hepatitis C. You'll discuss prevention, transmission, symptoms, testing, treatment options (including complementary as well as traditional approaches) and self-management of this condition. New teleclasses start every other month or as needed.

Hepatitis C Telephone Support Group | Free

Learn healthy habits and management of hepatitis C and treatment. Share your successes and challenges with others who have hepatitis C. Registration is required; call 209.833.0998 to register.

Incontinence

Hold It! Three Weeks to Staying Dry Teleclass | Free

For women who want to learn the types, causes and treatments of urinary incontinence and skills to achieve better bladder control. Three-session program: Oct. 8, 15 & 22, 6:30-8 pm

Insomnia

12 Techniques to Sleep Through Insomnia Teleclass | Free

Solve your sleep problems! Techniques include progressive relaxation, herbs, reframing your thoughts about sleep and more. Classes are scheduled every other month or as needed.



This symbol indicates free classes taught over the telephone. Participate from the comfort and convenience of your home or other private environment.

Irritable Bowel Syndrome

Living Well with IBS Teleclass | Free

Do you experience constipation, gas and bloating, abdominal cramping or frequent diarrhea? Learn IBS causes and treatment options from the privacy of your home. Led by a gastroenterologist specializing in IBS. Nov. 11, 6-7:30 pm

Migraines

Managing Migraines Teleclass | Free

Learn new, lesser-known tips for self-management of migraines from a behavior modification specialist. Topics include diagnosing migraines and herbal, nutrition, prescription and lifestyle approaches that can reduce frequency and severity. New four-session programs start quarterly or as needed.

Nov. 5-Dec. 3, 6:30-8 pm

Nutrition and Weight Management

Building Blocks for Healthy Kids:

Weight Management Teleclass | Free

Are you trying to adopt a healthier lifestyle for you and your children but don't know how? Discover practical tips for proper nutrition, how to plan physical activities with children and basic lifestyle changes for the entire family. Led by a registered dietitian.

Nov. 4, 6:30-7:30 pm

Living in Balance: Weight

Management Teleclass | Free

Ready to lose weight and looking for the tools to help? A registered dietitian will cover behavioral awareness, beliefs and attitudes toward food and dieting, healthy eating basics, portion control, stress management, tips for cooking and dining out, exercise and making a plan that leads to long-term success. This is an introductory series to nutrition and weight management. Four-session program:

Oct. 7-28, 6:30-7:30 pm

Nutrition Counseling | Free

(Hill Physicians members only)

Hill Physicians members who have been diagnosed with a chronic or diet-related condition can receive one-on-one nutrition counseling. Obtain a referral from your physician or contact Member Health Improvement.

Nutrition Teleclass Series | Free

Explore important nutrition topics in our nutrition teleclass series.

Making Your Healthy Resolutions Stick

Nov. 25, 6:30-7:30 pm

Prenatal and Post-Pregnancy Education

Classes and resources are available during each stage of your pregnancy and after delivery.

Preconception Planning | Free

Call for a free copy of *Are You Ready? A Guide to Planning a Healthy and Happy Pregnancy*.

First Trimester (Weeks 0-12)

Early Prenatal Education Packet | Free

Find out what to expect during your pregnancy, especially during the first three months. This information packet is geared to those in their first trimesters.

Early Prenatal Program | Free

(Fee for nonmembers)

Learn all about prenatal care, fetal growth and development, nutrition, exercise, normal changes during pregnancy and signs and symptoms of potential problems. Partners are encouraged to attend.

Sacramento area

Call 916.614.2200 for information.

San Francisco, California Pacific Medical Center

Call 415.600.2229 for information.

Walnut Creek, Women's Health Center

Call 925.941.7900 for information.

Monthly Pregnancy Forum | Free

Features a different topic each month for expectant parents. Call 510.889.5078 for information.

Castro Valley, Eden Medical Center

Keeping Mom & Baby Healthy: Pregnancy and Nutrition

Oct. 6, 7-9 pm

Keeping Baby Safe: Baby-proofing Your Home

Nov. 3, 7-9 pm

Introducing: Your Shiny New Baby!

Dec. 1, 7-9 pm

Second Trimester (Weeks 13-26)

Infant Care and Safety

Learn how to care for your newborn, what to expect during the first three months and how to develop a baby-safe home environment.

San Ramon, Hill Physicians Education Center

\$30 per couple

Oct. 14, 6:30-9:30 pm

Stockton, St. Joseph's Medical Center

Call 209.943.2000, ext. 6331 for information.

Infant CPR Kit | \$35

Learn how to perform infant CPR and clear an obstructed airway with this self-directed learning program. Call 209.467.6331 for information.

Prenatal and Post-Pregnancy Education

continued on next page

Apple Pizza

Savor this season's apple harvest by cooking up a light, healthy apple pizza. This simple recipe is a great way to bring the whole family together in the kitchen. Chop the toppings and let little ones pile the pizza high with nutritious ingredients. They'll have fun, and everyone will enjoy the final product.

INGREDIENTS

- ½ cup low fat ricotta cheese
- 2 tablespoons minced onion
- ½ teaspoon dried dill weed
- 1 16-ounce pre-cooked whole-wheat pizza crust (without cheese)
- 2 cups Golden Delicious or other apples, cored and thinly sliced
- 1 cup red bell pepper, thinly sliced
- ¾ cup part-skim mozzarella cheese, shredded

Combine ricotta cheese, onion and dill; mix well and spread on pizza crust. Layer sliced apples and peppers over ricotta mixture, then sprinkle mozzarella cheese on top. Bake at 450°F for about 7 minutes or until mozzarella cheese melts and pizza crust is thoroughly heated.

NUTRITION FACTS:

Serves six.

Per serving:

Calories: 282

Fat: 9 g

Cholesterol: 24 mg

Sodium 479: mg

Carbohydrates: 38 g

Fiber: 6 g

Protein: 16 g



All classes and support groups require advance registration. Visit www.HillPhysicians.com/Classes or call 877.493.5563 to register.

Prenatal and Post-Pregnancy Education, continued

Newborn Care

Learn newborn care basics including feeding, diapering and bathing.

Stockton, St. Joseph's Medical Center
Call 209.461.5213 for information.

Sacramento, Mercy Women's Center
Call 916.614.2200 for information.

Third Trimester (Week 27 - delivery)

Big Brother – Big Sister

Your child will learn about new babies and how it will feel to be a big brother or sister. A visit to the birthing area of St. Joseph's Medical Center is included.

Stockton, St. Joseph's Medical Center
Call 209.461.5213 for information.

Breastfeeding | Free

Find out about breast changes during pregnancy, how infants latch on, how to establish an abundant supply of milk, how often to nurse your baby and how to tell if your baby is getting enough milk. Partners are encouraged to attend.

Castro Valley, Eden Medical Center

Oct. 14, 7-9 pm

Nov. 18, 7-9 pm

Dec. 9, 7-9 pm

Sacramento, Mercy Women's Center

Call 916.614.2200 for information.

San Ramon, Hill Physicians Education Center

Nov. 18, 7-9 pm

Stockton, St. Joseph's Medical Center

Call 209.461.5213 for information.

En Español

Administración de Diabetes | Gratis

Aprenda los principios acerca de la diabetes inclusive controlar de nivel de azúcar en la sangre, alimentos sanos, el tamaño de las porciones, las habilidades de medicinas y autogestión. Clase en español por un educador certificado de la diabetes.

Stockton, St. Joseph's Medical Center

Llame 209.461.3251 para mas información.

Woodland, Woodland Healthcare

Llame 530.669.5540 ext. 5531 para mas información.

La Biblioteca Virtual de Salud | Gratis

La guía de salud práctica de Healthwise® en español tiene más de 225 artículos pertinentes a temas comunes de salud además de proporcionarle y información específica acerca de más de 3,000 medicamentos. Para buscar la Biblioteca Virtual de Salud en español o inglés, marca la pagina de HillPhysicians.com.

Great Expectations Childbirth Preparation

Ensure a healthy delivery. Learn about nutrition, exercise, relaxation, labor rehearsal, physiology of labor and birth, cesarean birth, support techniques, postpartum and family adjustments and infant feeding. Taught by a certified childbirth educator.

Sacramento, Mercy Women's Center

Call 916.614.2200 for information.

Intensive Childbirth Preparation

(Cost varies by location)

Prepare yourself for childbirth emotionally and physically during this all-day class. Learn about the stages of labor, delivery options and breathing and relaxation techniques. Bring snacks and lunch.

San Ramon, Hill Physicians Education Center

\$50 per couple for Hill Physicians members

\$75 per couple for nonmembers

Oct. 18, 9 am-4 pm

Nov. 23, 9 am-4 pm

Stockton, St. Joseph's Medical Center

Call 209.461.5213 for information.

Childbirth Preparation Series | Free

This four-session series will help prepare you and your coach for childbirth emotionally and physically. Includes relaxation and breathing techniques. Bring a blanket and three pillows to each class.

Stockton, St. Joseph's Medical Center

Call 209.461.5213 for information.

The Sequel

This course is designed as a review for those who have taken a childbirth preparation class within the last three years.

Sacramento, Mercy Women's Center

Call 916.614.2200 for information.

Vaginal Birth After Cesarean

For information about birth options after a cesarean delivery, call Member Health Improvement or visit our Prenatal and Post-Pregnancy online health center at: www.HillPhysicians.com/Prenatal

Postdelivery

Postpartum Counseling

To find out who your behavioral health provider is and the benefits available to you, call your health plan (the number is on the back of your health plan ID card) or our Customer Services department toll free at 800.445.5747. A referral from your doctor is not required to obtain an appointment.

Smoking Cessation

California Smokers Helpline | Free

Call now for free telephone counseling to help you quit. If your health plan requires participation in a smoking cessation program for prescription medication eligibility, certification is available upon completion of counseling.

English: 800.662.8887

Spanish: 800.456.6386

Chinese: 800.400.0866

Korean: 800.556.5564

Vietnamese: 800.778.8440

Hearing-impaired: 800.933.4833

Smokeless tobacco: 800.844.2439

Northern California Smoking Cessation Resource Guide | Free

For our guide to classes, health plan programs and other community resources for help quitting smoking, call Member Health Improvement or visit our Tobacco Cessation Online Health Center at: www.HillPhysicians.com/QuitNow

No Ifs, Ands or Butts: Smoking Cessation | \$60 for Hill Physicians members; \$70 for nonmembers

Learn how to prepare for a smoke-free lifestyle, including information on developing a plan, behavioral techniques, stress management, how to stay smoke-free, weight management and physical activity. Six-session programs. Call 916.453.4268 for information. (Sacramento area only.)

Stress Management

Relaxation Podcasts | Free

Manage your stress with free downloadable relaxation podcasts. Each podcast focuses on a different type of relaxation or stress reduction technique and lasts about 10 minutes. Listen from your home or work computer or personal digital music player. Log on to www.HillPhysicians.com/Podcasts to access these relaxation tools. Try our new podcast this quarter:

Total Tension Relief

Stress Management in 90 Minutes

Teleclass | Free

Ready to reduce your stress? Find out how to distinguish between different types of stress and how it can work for or against you. Learn to immediately apply stress management skills.

Oct. 7, 6:30-8 pm

Dec. 2, 6:30-8 pm



This symbol indicates free classes taught over the telephone. Participate from the comfort and convenience of your home or other private environment.

This symbol indicates free on-demand podcasts available at www.HillPhysicians.com. Download and listen any time, anywhere.



Lutein and Zeaxanthin



Researchers increasingly are studying the link between good vision and lutein and zeaxanthin, antioxidants found in the retina. Lutein and zeaxanthin work together to absorb harmful ultraviolet light. While current evidence is limited, several population-based studies suggest that six milligrams daily of lutein and zeaxanthin combined reduces the risk of cataracts and age-related macular degeneration. Stronger evidence shows this dose also can help improve vision for those who already have cataracts or certain types of age-related macular degeneration.

To promote eye health and overall nutrition, incorporate at least five servings of antioxidant-rich fruits and vegetables such as corn, broccoli, mangoes, squash and dark, leafy greens into your daily menu. This can provide five to six milligrams of lutein and zeaxanthin. There is no evidence that supplements marketed as “eye formulas” provide preventive benefits.

Mindfulness

Mindfulness is the practice of increasing awareness in day-to-day life without judging it as good or bad. It is experiencing each moment, no matter how difficult or intense, with serenity and clarity. Mindfulness meditation can reduce stress and promote emotional stability. Researchers believe the calming impact of meditation might also ease symptoms of chronic pain, asthma, high blood pressure and depression.

MINDFUL EATING EXERCISE

Try the following mindfulness activity at your next meal. Then apply this mindfulness to other daily activities such as driving or walking.

- Before your first bite, sit quietly and take a few deep breaths.
- Notice the food on your plate. Take in your meal completely: the aroma, various colors and where it came from. How do you feel about eating it?
- Slowly take the first bite, noticing how it feels. Chew slowly, focusing on taste and texture.
- If you start thinking about your next bite, refocus on the food inside your mouth. Place your utensil down for a moment.
- Prepare to swallow, noting your intention. Then feel the sensation of swallowing. Reflect on the flavor and experience of eating mindfully.
- Continue observing each bite this way, noting how quickly and how much you are eating, how your body responds to receiving the meal and your motivation for continuing to eat.

Join our “Help for Depression” class to learn mindfulness skills for coping with depression. See page 7.

NEAT Weight Loss

In a recent Mayo Clinic study, people who stood, tapped their toes and moved more often burned 350 extra calories a day due to NEAT. NEAT, or non-exercise activity thermogenesis, refers to energy burned as we walk, talk and move through each day. Though it’s not exercise in the traditional sense, these movements can counteract a sedentary lifestyle and melt away fat.

INCREASING YOUR NEAT LEVEL

- Pace around the office when you’re on the phone or take a walk while meeting with colleagues.
- Do a few crunches before you get out of bed and dance as you get dressed in the morning.
- Wash the car and do household chores yourself.
- Skip the bleachers – stand as you watch your child’s weekend game.
- Chop your own vegetables for dinner, jump rope with the kids while dinner is cooking and hand wash the dishes when you’re done.

Even minor movements burn calories and, when paired with a nutritious diet, lead to weight loss over time.



OPTIONS

Do you struggle to balance multiple hobbies, social activities, work and family life? With so many opportunities and limited time, it's easy to feel overwhelmed. Ultimately, in trying to keep options open, we can end up stretched thin and stressed out.

LETTING GO OF UNIMPORTANT THINGS

In studying how people make choices, researchers at the Massachusetts Institute of Technology found that we perceive relationships and objects as more valuable when we fear losing them. As a result, we spend time and energy staying connected to them to avoid feelings of loss. Often these people or things really are not a significant part of our lives.

SAYING GOODBYE TO POSSIBILITIES

Choosing one job or one romantic partner over another might mean eliminating future possibilities. But, at the same time, it allows you to center on what is most important to you. While dealing with the initial loss is difficult, keeping too many doors open can be emotionally and physically draining – or can prevent you from making any choices at all.

STAYING FOCUSED

By limiting your options and saying no to new commitments, you will likely feel less conflicted and can allow yourself to focus on what is most important. For a calmer, more satisfying lifestyle, re-evaluate how you spend your time. Prioritize social and volunteer commitments; give up those that are not fulfilling or are otherwise less important to you. Rethink time-consuming hobbies that have lost their appeal. Trim holiday card lists – and even instant messaging lists – to only those with whom you want to remain in contact. Consider your current responsibilities before volunteering to take on new projects at work. Keep your children's after-school activities in check – then enjoy some extra time relaxing together.



Primary Care Physician (PCP)

WHAT'S A PCP?

A primary care physician (PCP) handles your annual check-ups, preventive care, prescriptions and minor illnesses and injuries. Your Hill Physicians PCP also can refer you to a specialist when you need one. (Hill Physicians members can self-refer to Ob-Gyns and behavioral health providers.)

HOW TO CHOOSE A PCP

Because your PCP plays such an important role in your family's health, choose someone who makes you feel comfortable and meets your needs. Considerations include:

Personal characteristics: Do you prefer a male or female physician? Is it important that you see someone who has a similar cultural background or speaks another language?

Specialty: Do you want a physician the whole family can see? Family practice doctors serve all ages; those in internal medicine serve adults. Pediatricians work with children and geriatric doctors with older patients.

Accessibility: How quickly can you get appointments? Are weekend hours important? Do you want a doctor near your office or your home?

Patient satisfaction: Do current patients recommend this physician?

If you don't already have a PCP or you are looking for a new one, you can browse the physician directory at www.HillPhysicians.com or call Hill Physicians Customer Services at 800.445.5747. Our staff can recommend a PCP who suits your situation and has delighted other Hill Physicians members. Once you choose a PCP, be sure to call your health plan to update your physician selection.



“Quitting smoking is the most important thing you can do to improve your health,” says Eddy Joelson, MD, a Hill Physicians internist in Sacramento.

Beyond personal motivation, most smokers need encouragement, quitting aids and guidance to kick the habit. Some smokers try many times before giving up cigarettes for good. Learn from past failures and select quitting aids that are most likely to work for you. No single stop-smoking approach works for everyone but each of the following work for some:

- **Nicotine gums, lozenges and inhalers** provide easy dosage control and satisfy oral cravings.
- **Fast-acting prescription nicotine nasal sprays** help curb cravings.
- **Discreet nicotine patches** need to be applied only once a day.

Quitting Aids



- **The prescription medications** Chantix™ (which mimics nicotine in the brain) and Zyban® (an antidepressant) ease cravings but might not work for individuals with mood disorders and other health issues.
- **Hypnosis** seems to be helpful for some, though few studies have been conducted.
- **Acupuncture** also seems to work for some, but evidence of its effectiveness is mixed.
- **Exercise** can reduce withdrawal symptoms.
- **Classes** provide support and teach skills to deal with difficult situations.
- **1-800-NO-BUTTS**, California’s free telephone counseling, is available in several languages. See page 10 for more information.

To build a quitting plan and locate resources to help you quit, visit www.HillPhysicians.com/QuitNow or call us at 877.493.5563.

RelayHealth

At Hill Physicians, we believe you should be able to contact your physician whether it’s two in the afternoon or two in the morning. Which is why, through a partnership with RelayHealth, we’re offering free, secure online communication services for non-urgent healthcare matters.

“It’s a great way to get advice from your doctor about what your symptoms might mean without having to visit,” explains cover physician Leatrice Chang, MD. “Once patients are set up and in the habit of using RelayHealth, they love it.”

Debra Dane, a Hill Physicians member and patient of Dr. Chang’s, agrees. “RelayHealth is an additional way to communicate with your doctor about non-urgent matters. I’ve used it to get advice, referrals and lab results. It’s a way to have a conversation with Dr. Chang without having to schedule an appointment and drive.”

RelayHealth offers you the ability to:

- Request, schedule or cancel appointments and request referrals
- Renew prescriptions and manage pharmacy options, 24/7
- Receive lab results faster
- Maintain a secure Personal Health Record for you and your family

 RelayHealth | www.HillPhysicians.com/RelayHealth

Sign up for this free service in just three easy steps:

1. Log on to www.relayhealth.com, click “Register As a New User” and select “Patient.” If you need assistance in setting up your account, please contact RelayHealth Online Services at 866-RELAY-ME.
2. Once you’ve created an account, click “Link To a New Doctor” and select your physician. This notifies your physician that you would like to communicate through RelayHealth.
3. Relax! You’ll receive a confirmation email from your doctor.

“High-tech is great. But so is high-touch,” adds Dr. Chang. “Patients will always need to come in for certain symptoms. But RelayHealth is a wonderful tool.”



Surgery Centers

When your physician recommends a procedure such as a colonoscopy, knee or shoulder scope or cataract surgery, consider an outpatient surgery center (OSC) instead of the hospital. These centers have several advantages over hospitals, including less waiting room time, a calming environment and a staff that specializes in assisting with your specific procedure. In addition, surgery centers have a low risk of exposure to hospital-based infections. Most patients find using surgery centers to be a more pleasant experience than having a hospital-based outpatient procedure. Your doctor will be happy to perform services in either place, so ask him or her to choose an OSC rather than a hospital for your next outpatient procedure.



UV Protection



Skin cancer is increasing faster than any other cancer. Best bets for reducing your risk:

- Use sunscreen products with a higher sun protection factor (SPF). They protect longer and screen out more harmful UV rays.
- Stay out of the sun between 10 am and 4 pm.
- Avoid tanning salons. Try a sunless tanning lotion instead.
- Wear treated clothing with an ultraviolet protective factor (UPF) of 30 or more. Boost clothing UPF with the laundry additive Sun Guard™.
- On every birthday have a partner check your skin including palms, soles of feet and scalp. Keep full body photos to compare skin changes over time.
- Coffee fiends rejoice: Studies show caffeinated coffee might reduce your risk of developing skin cancer.

Is your sunscreen as good as it claims? Visit www.HillPhysicians.com to learn more.

Trigger Point Therapy

Trigger points are small, sensitive muscle knots often linked to pain elsewhere in the body. Ankle pain might come from trigger points in the lower leg, for example; jaw tension can cause headaches. By massaging tight trigger points, you can ease some aches without medications or medical visits.

Tension headaches, sinus pain and allergy symptoms might be reduced by targeting the muscles found under the eye (zygomaticus) and above the upper lip (levator labii). Use your fingertips to massage with short, deep strokes. Kneading the area below the cheekbone also relieves strain.

Trigger points in the gluteus maximus are linked with some cases of lower back pain and stiffness in the hips. Stand with your backside against a wall, feet 12 inches from the wall. Tuck a tennis ball behind your buttocks and roll it along the wall to massage those muscles.

Arch pain might originate in the gastrocnemius muscle, the largest of the calf muscles. To relieve tension, lie on your back, bend knees and position the calf of one leg on top of the opposite knee. Move the top leg in long, parallel lines from the calf to the ankle, massaging with the bent knee.



Try this exercise to relieve arch pain.

Vitamin D

In addition to helping build strong bones, research suggests vitamin D might help prevent a wide range of diseases, including breast, colon, pancreatic and prostate cancers; cardiovascular disease; both types of diabetes; depression; respiratory infections; skin infections and age-related macular degeneration. Yet many Americans, especially older adults, are vitamin D-deficient.

Though national standards are slow to follow, experts now recommend 1,000 International Units (IU) daily (less for those prone to kidney stones) through dietary supplements. To get vitamin D from sunlight, expose skin to 10-15 minutes of sun two to three days a week*. Then immediately apply sunscreen and wear protective clothing.

**Those with darker skin, older adults, those who are heavier and those who live in latitudes above 35°N (San Francisco is at 37°N) often need more exposure.*



Water



After extensively reviewing scientific studies, University of Pennsylvania researchers found no evidence to support the widespread recommendation to drink eight 8-ounce glasses of water a day. Research shows that drinking large amounts of water does not cleanse

the body of toxins, improve kidney function, improve skin or prevent headaches. Drinking cold water will not promote weight loss, nor will drinking eight glasses a day. However, some people find they eat less because water makes them feel fuller and some consume fewer

calories when water replaces higher calorie drinks. And despite popular opinion, coffee and tea are not dehydrating, nor is yellow urine a sign of dehydration.

Bottom line: Hot or cold, drink water – or coffee or tea – when you are thirsty.



X-RAYS: Often unnecessary for low back pain

Eighty percent of Americans will experience back pain at some time in our lives. It is the third most common reason for doctor visits and most people expect to have an X-ray. But is it really necessary?

“More than 85 percent of low back pain has a non-specific and non-serious cause,” says Michael Robbins, MD, a Hill Physicians neurosurgeon in Folsom. “In these cases, X-rays, CT scans and MRIs can expose you to unnecessary radiation and costs and seldom are needed for appropriate treatment. These tests often can lead to further invasive and potentially harmful procedures which might be unnecessary.”

Good news: The majority of low back pain episodes will get better within six weeks – with or without treatment. In the meantime, comfort measures

such as ice, heat or massage can help. Over-the-counter medication such as acetaminophen (Tylenol®), aspirin or non-steroidal anti-inflammatory medications such as ibuprofen (Advil®, Motrin®) and naproxen (Aleve®) can help ease the pain. Gentle activity like walking and yoga can help strengthen muscles, increase flexibility and relieve pain. If severe pain requires a short period of bed rest, limit to no more than three days and return to normal activity as soon possible. Long periods of inactivity can lead to further weakening of back muscles and slow your recovery.

If you are experiencing significant neurological dysfunction such as a weakness in a leg or foot or loss of bowel or bladder control, seek medical attention immediately.

Yoga

Hill Physicians members now can save 15 percent or more on select yoga classes. Yoga, which incorporates deep-breathing and relaxation techniques and develops balance and flexibility, has many benefits. Recent studies show that practicing yoga regularly can help decrease blood pressure; back, osteoarthritis and carpal tunnel syndrome pain; anxiety and even the need for asthma medication for some. Yoga also is effective for stress management and weight loss. Call

Member Health Improvement at 877.493.5563 for information about classes near you.



Try this modified cobra pose to relieve hypertension or premenstrual discomfort. Inhale as you lift your chest off the floor, pressing your hands, forearms, thighs and tops of feet into the floor. To deepen your stretch, raise into full cobra by straightening your arms.



ZZZs

“Adequate sleep is essential to health and comfort,” says Yi-Po Anthony Wu, MD, a Hill Physicians internist in Stockton. “A study of Californians found that an average of eight hours of nightly sleep improves health and contributes to longevity.”

Too little sleep can leave you irritable and unable to concentrate, while increasing the risk of obesity, accidents, type 2 diabetes and heart problems. Research also connects excessive sleep with higher mortality and coronary disease rates.

Aim for more continuous, quality sleep with these seven steps:

- Keep bedrooms dark, quiet and cool.
- Establish a regular sleep schedule. Avoid sleeping in on weekends.
- Use the bedroom for sleeping and relaxing activities only.
- Naps can improve mood and alertness. Limit to 20 or 30 minutes.
- Exercise regularly, ending workouts at least three hours before bedtime.
- Avoid caffeine after 3 pm and nicotine entirely.
- Unwind before bedtime by reading, listening to quiet music or drinking chamomile tea. Limit stimulating activities.

Visit www.HillPhysicians.com/Sleep for help for common sleep issues or more information about our discount offer on *Natural, Restful Sleep*, a guided-imagery CD designed to reduce insomnia symptoms.



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