

Hill Health

The Magazine of
Hill Physicians Medical Group

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Face Off**

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SPRING 2008

HillHealth

The magazine of Hill Physicians Medical Group
Hill Physicians Medical Group is the largest independent HMO medical group in northern California with more than 3,000 physicians and other healthcare providers who contract with 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

■ **Member Health Improvement**
877.4WELLNESS (877.493.5563) | health@hpmg.com

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

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

Editorial Board: Vivian Barron, Rosalind Englander-Calo, Tracy Nakamura and Glenn Perelson

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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.

Changing the Face of Primary Care

You’re more likely to be treated by a woman doctor today than ten years ago. The number of American women entering primary care rose by 40 percent over the past decade. Associated Internal Medicine (AIM) Medical Group, a Hill Physicians practice in Oakland, is part of the trend, adding three new female physicians to its 12-physician team.

“This traditionally male-dominated field now includes more females,” says internist Jean Rhow, MD. As women and ethnic diversity increase among physicians, “there are more choices for patients,” she says, adding that patients benefit as primary care changes.

Civic responsibility and a desire to nurture are some of the reasons more women are entering medicine. “One thing that attracted me to primary care was the chance to give back to my community,” says Bay Area native Maia Hightower, MD, an internist.

“Many women enter this field because we want to care for people. We tend to nurture,” says AIM endocrinologist Elaine Wong, MD.

Women find maintaining work-life balance an important consideration in planning their professional lives. Dr. Rhow, who led a “crazy, stressful and hectic” life until she started job sharing at AIM, now has more time for her two children and her career. “Now, my family time is more meaningful,” she says, “and I’m more efficient at work.”

For Dr. Wong, balance means working four full days and one half day each week. “It’s a challenge but it’s rewarding to have a fulfilling life with both work and family,” she says.

Whether you choose a male or female physician, allow time to establish a strong relationship.

“You and your physician should be a team,” adds Dr. Hightower.

“The bottom line is who you connect with,” agrees Dr. Rhow. “You don’t always know in the first visit. Take the time to build a relationship with your physician.”



L-R: Jean Rhow, MD, Elaine Wong, MD, and Maia Hightower, MD.

Spring Cleaning: Healthy Home, Healthy Body

This spring, make your house a healthier place to live. With these simple steps, you can minimize germs and infections, reduce allergens and prevent aches and strains. Choose one or two ideas to get started. When they become regular habits, add new behaviors.

TO FIGHT GERMS AND BACTERIA

- Regularly clean telephones, computer keyboards, doorknobs and light switches with disinfecting wipes. Check the product label to make sure it says “disinfectant” and has an Environmental Protection Agency (EPA) registration number.
- Scrub your tub with disinfectant weekly, as germs thrive in moisture and soap scum.
- Microwave kitchen sponges while damp (dry sponges can burst into flames) for 30 seconds to one minute, or place sponges in each dishwasher load to kill bacteria.
- Twice a week, disinfect your sink with one tablespoon of chlorine bleach mixed into one quart of water. Let stand for 10

minutes, then wipe down and rinse.

- Before and after preparing food, clean kitchen counters and surfaces with a disinfecting product.

TO REDUCE DUST AND MOLD

- Use an air filter to remove pollen and dust from your home.
- Reduce moisture and prevent mold by running a dehumidifier and opening windows for ventilation.
- Frequently wash bedding in hot water.
- Vacuum regularly, at least once each week.
- Dust furniture and polish with cleaning oil.
- Store clothing in zippered plastic bags.
- Keep pets out of the bedroom or out of the house entirely.
- For severe allergies, remove carpets, drapes, upholstered furniture, items with feathers or wool and stuffed animals from the home to reduce dust.

TO PREVENT INJURY

- Slide plywood between the mattress and box spring to firm up a soft bed.
- For proper alignment, sleep with a

pillow under your knees (back sleepers), between your knees (side sleepers) or under your hips (stomach sleepers).

- When vacuuming, step forward and back, rather than standing in place and pushing.
- When cleaning, use handle extenders. Don't strain to reach high windows or deep corners.
- Keep often-used articles – dishware, desk items, even toilet paper – in easy-to-reach places to avoid repetitive, awkward, injury-inducing reaches.



Getting the Eye Care You Need

Although most adults list eye health as a priority, few believe themselves at risk for age-related eye disease. But by age 65, one out of three Americans will develop eye disease and by 80, half of all Americans will develop eye disease (“sick eyes”).

To detect eye problems early, when treatment is most effective, the American Academy of Ophthalmology recommends everyone start regular screenings for eye diseases by age 40. As you age, or if you have specific health issues, it becomes increasingly important to ask your primary care physician (PCP) for a referral to an ophthalmologist for a “sick eye” exam.

An exam for diseases such as diabetic retinopathy, macular degeneration, cataracts, glaucoma and other eye diseases is different from an exam for eye glasses. While you might or might not have coverage for an eye glass exam, all Hill Physicians members have coverage for a yearly “sick eye” exam if referred by their primary care provider.

Always contact your health plan before making an eye-related appointment to understand your benefits and to determine who (Hill Physicians or another company such as VSP or Vision One) is supposed to provide the service you need.



Spring into Health: If words appear blurry or straight lines crooked, or if dark spaces develop in the center of your vision, consider getting checked for macular degeneration.

Mealtime Makeovers

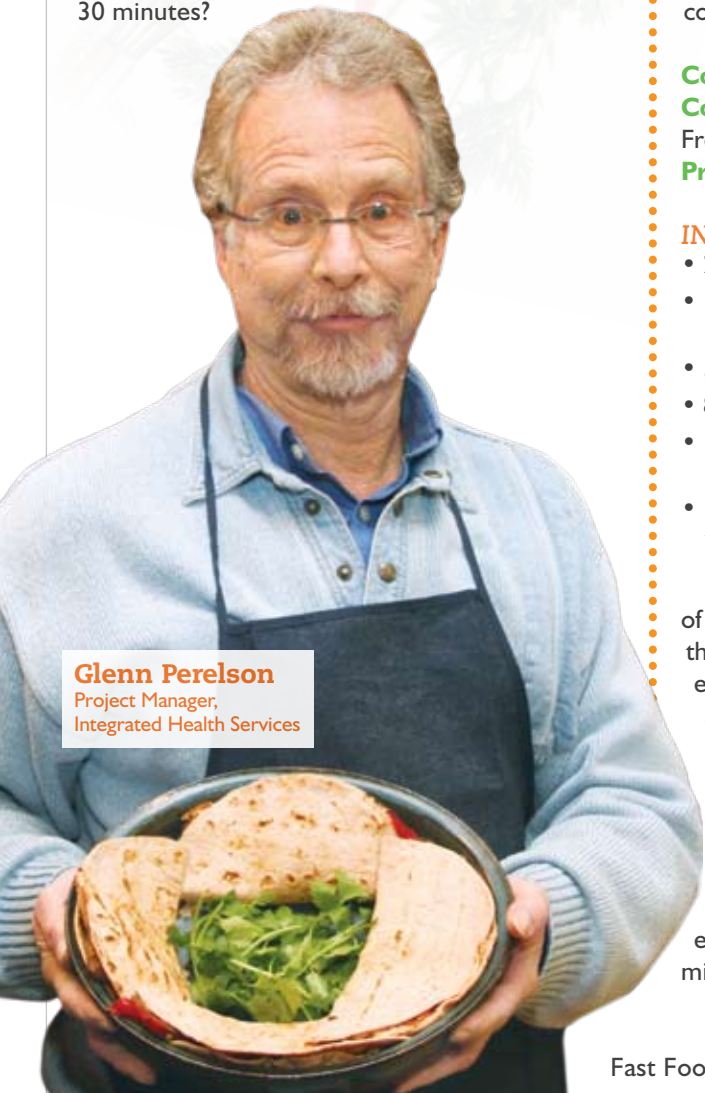
The Hill Health Fast Food Challenge

The editorial board of *Hill Health Magazine* faces off with fast food
Part one of a two-part series

THE CHALLENGE

We know, despite our best intentions, busy schedules, a tight budget, picky eaters and stress-related cravings can lead even the most health-conscious people to local fast food restaurants.

So the editorial board of *Hill Health* magazine put ourselves to the challenge. Could we make healthier versions of popular takeout options for a family of four – for less than \$20 in under 30 minutes?



Glenn Perelson
Project Manager,
Integrated Health Services

GLENN'S VEGAN QUESADILLAS

I have been a vegetarian for 25 years and I look for high-quality, nutrient-dense foods: whole grains, colorful vegetables and legumes (soy and other beans). I have always loved Mexican food but had shied away from its high fat content. My wife taught my son how to make traditional cheese quesadillas and I wondered if I could make a healthy alternative. Here is my modified version.

I like that this recipe is easy and inexpensive (all items were purchased at Whole Foods for well under \$20), and you can add variety by using other colorful vegetables.

Cost: \$13.67 for eight quesadillas

Compare to: \$19.40 for four Baja Fresh veggie quesadillas

Prep-to-table time: 30 minutes

INGREDIENTS

- 2 medium onions
- 1 lb crimini mushrooms (or your favorite mushrooms)
- 3 ounces salsa (I used organic)
- 8 whole wheat tortillas
- 1 12-ounce package shredded soy cheese
- 1 large red bell pepper, thinly sliced

Using food preparation as a form of meditation, slowly slice onions into thin half-rounds. Fill a skillet with just enough water to cover the bottom and sauté onions over high heat.

While onions cook, cut mushrooms and red peppers into $\frac{1}{8}$ -inch slices. Add to pan when the onions appear translucent.

Add salsa when vegetables are cooked and most water has evaporated. Simmer for one to two minutes.

While mixture is simmering sprinkle tortillas with cheese and heat on skillet or in oven at 250° F. When cheese is melted, add $\frac{1}{8}$ mushroom mixture to each, fold in half and heat an additional minute.

Optional: serve covered with thin layer of guacamole or non-fat yogurt (a non-vegan option). Add low sodium non-fat canned black beans and pre-cooked brown rice for a quick heartier meal.

NUTRITION FACTS

YIELD: Four servings
(two quesadillas each)

PER SERVING: Calories: 304;

Fat: 13 g; Cholesterol: 0 mg;

Sodium: 795 mg;

Carbohydrates: 25 g;

Fiber: 7 g; Protein: 25 g

Compare to: Baja Fresh veggie quesadillas

SERVING SIZE: One quesadilla

PER SERVING: Calories: 1,260;

Fat: 78 g; Cholesterol: 145 mg;

Sodium: 2310 mg; Carbohydrates: 96 g;

Fiber: 11 g; Protein: 48 g

Fast Food Challenge photos by Stephan Hookano.

VIVIAN'S EDAMAME AND BEEF STIR-FRY

We frequently mention the value of soy. This substitute for Chinese take-out gave me an opportunity to introduce frozen edamame beans to readers who haven't tried them. Bonus: I have enough sauces and oil left over to make this dish many more times!

For convenience and cost considerations, I bought all the ingredients at Safeway. However, I prefer soba (buckwheat) noodles available at Asian or natural food stores.

Cost: \$12.20

Compare to: \$12.66 for Panda Express broccoli beef and chow mein for four

Prep time: 15-20 minutes

INGREDIENTS

- 8 ounces whole wheat (or soba) noodles
- Juice of 1 large lime
- 3 Tbsp hoisin sauce*
- 1-2 Tbsp chili-garlic sauce* (if you like spicy food)
- 1 tsp cornstarch
- 2 tsp toasted sesame oil*
- ½ lb flank steak (thinly sliced and fat trimmed)
- 1 red bell pepper, thinly sliced (substitute frozen red pepper or broccoli as needed)
- 1 16-ounce package frozen shelled edamame beans
- 3 Tbsp fresh ginger, grated
- ½ cup chopped cilantro

Boil noodles until cooked but still firm. Drain. Whisk lime juice, hoisin, chili and cornstarch in a small bowl. Heat oil in skillet and stir fry steak about two minutes. Remove beef from the pan, leaving the juices. Add red pepper, edamame and ginger to juices and stir fry on medium heat for two minutes. Add the beef and sauce mixture back into the pan. Cook until thick, about one minute.

Remove from heat. Add noodles to stir fry mixture and toss. Top with cilantro, and if you wish, chopped scallions.

For an authentic drink, add hot or iced green tea and get antioxidants with no additional calories.

Optional: substitute firm tofu, fish or chicken for beef. To serve as a finger food, roll in a low-fat tortilla. Read tortilla labels for additional nutritional information. Top with chopped peanuts for crunch and protein, especially if you are making a vegetarian version.

NUTRITION FACTS

YIELD: Four two-cup servings

PER SERVING: Calories: 427; Fat: 9 g; Cholesterol: 19 mg; Sodium: 757 mg; Carbohydrates: 60 g; Fiber: 5 g; Protein: 29 g

Compare to: Panda Express broccoli beef with chow mein

SERVING SIZE: One cup each per person

PER SERVING: Calories: 608; Fat: 22 g; Cholesterol: 36 mg; Sodium: 1762 mg; Carbohydrates: 75 g; Fiber: 13 g; Protein: 27 g

*Prices are scaled.



Vivian Barron
Director, Integrated
Health Services



Spring into Health: Read food labels carefully. Even foods labeled "organic" or "fat free" can contain high amounts of sugar, salt or calories.

TRACY'S FRIED CHICKEN WITH COLE SLAW AND GREEN BEANS

Making four dishes in less than 30 minutes was a bit of a challenge. I started the green beans first and made cole slaw while the chicken and green beans were cooking. I almost forgot about the dinner rolls – and we didn't really need them with so many veggies.

To reduce prep time, consider doubling up on one vegetable dish. If you have a few extra minutes, cut chicken into nugget-sized pieces for a kid-friendly finger food. For a healthy mashed potato alternative, bake a large acorn or butternut squash in the microwave for 10 minutes and mash with a fork.

Menu: Fried chicken, cole slaw, steamed green beans and dinner rolls

Cost: \$9.72

Compare to: \$18.04 for a KFC eight-piece chicken meal with two sides and four biscuits

Prep time: 30 minutes

FRIED CHICKEN

- 2 Tbsp yellow cornmeal*
- 2 Tbsp all-purpose flour*
- 1 Tbsp chili powder*
- ¼ tsp black pepper*
- 1 lb boneless, skinless chicken (breasts or assorted pieces)
- 2 Tbsp olive oil*

Combine first four ingredients in a large resealable plastic bag. Place chicken in bag, a few pieces at a time. Shake and roll bag to coat chicken evenly. Heat oil in a large skillet and fry chicken until cooked through to the center (chicken should no longer be pink), turning once. Cooking time will vary depending on thickness of chicken pieces. Microwaving chicken for five minutes before preparing can speed cutting and cooking time.

NUTRITION FACTS

YIELD: Four four-ounce servings

PER SERVING BREAST MEAT:

Calories: 207; Fat: 8 g; Cholesterol: 56 mg;

Sodium: 86 mg; Carbohydrates: 7 g;

Fiber: 1 g; Protein: 28 g

PER SERVING THIGH MEAT:

Calories: 229; Fat: 11 g; Cholesterol: 93 mg;

Sodium: 112 mg; Carbohydrates: 7 g;

Fiber: 1 g; Protein: 22 g

Compare to: KFC extra crispy chicken

SERVING SIZE: Four ounces

PER SERVING BREAST MEAT: Calories:

308; Fat: 19 g; Cholesterol: 73 mg;

Sodium: 679 mg; Carbohydrates: 10 g;

Fiber: 0 g; Protein: 24 g

PER SERVING THIGH MEAT:

Calories: 368; Fat: 28 g; Cholesterol: 84 mg;

Sodium: 845 mg; Carbohydrates: 12 g;

Fiber: 0 g; Protein: 18 g

GREEN BEANS

Steam or microwave a one pound (16 ounces) package of cut frozen green beans per package instructions.

NUTRITION FACTS

YIELD: Four ¾ cup servings

PER SERVING: Calories: 30; Fat: 0 g;

Cholesterol: 0 g; Sodium: 0 g;

Carbohydrates: 5 g; Fiber: 2 g; Protein: 1g

Compare to: KFC green beans

SERVING SIZE: ¾ cup

PER SERVING: Calories: 43; Fat: 1 g;

Cholesterol: 4 mg; Sodium: 493 mg;

Carbohydrates: 6 g; Fiber: 2 g;

Protein: 2 g

EASY COLE SLAW

- 16 ounce (1 lb) package precut cabbage and carrots
- Lightly flavored vinegar* (I prefer rice vinegar)
- 2 tsp prepared Dijon mustard*
- 2 Tbsp prepared honey mustard*

Place cabbage and carrot mix in a large salad bowl. Lightly sprinkle vinegar over mixture. Add both mustards and mix well. Add vinegar or mustard to taste.

NUTRITION FACTS

YIELD: Four 1-½ cup servings

PER SERVING: Calories: 42; Fat: 0 g;

Cholesterol: 0 mg; Sodium: 89 mg;

Carbohydrates: 8 g; Fiber: 2 g;

Protein: 1 g

Compare to: KFC cole slaw

SERVING SIZE: 1-½ cups

PER SERVING: Calories: 59; Fat: 2 g;

Cholesterol: 6 mg; Sodium: 671 mg;



Tracy Nakamura
Project Coordinator,
Integrated Health Services

Carbohydrates: 8 g; Fiber: 2 g;
Protein: 2 g

WARM BREAD ROLLS

Warm four “brown and serve” rolls in oven or toaster oven as directed.

NUTRITION FACTS

YIELD: Four servings (one roll each)

PER SERVING: Calories: 84; Fat: 2 g;

Cholesterol: 0 mg; Sodium: 146 mg;

Carbohydrates: 14 g; Fiber: 1 g;

Protein: 2 g

Compare to: KFC home-style biscuits

SERVING SIZE: One biscuit

PER SERVING: Calories: 220; Fat: 11 g;

Cholesterol: 0 mg; Sodium: 640 mg;

Carbohydrates: 24 g; Fiber: 1 g; Protein: 4 g

*Prices are scaled.

Hungry for more? Stay tuned for part two in our summer issue as we take on burgers and fries. Submit your favorite healthy timesaver recipe for a chance to appear in a future issue of *Hill Health*.

Send your recipe, name and phone number to health@hpmg.com or mail to: Hill Physicians Medical Group
Attn: *Hill Health Magazine*
2401 Crow Canyon Rd.
San Ramon, CA 94583

Program Guide

**Hill
Physicians**

Your health. It's our mission.

Your Guide to Hill Physicians classes, teleclasses and resources.

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.

May 7 & 14, 6:30-7:30 pm

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. (Sacramento area only.) Call 916.453.4268 for information.

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. (Sacramento area only.) Call 916.453.4268 for information.

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.

Complementary and Alternative Medicine

Massage Therapy for Couples

\$20 per couple

(Partner required)

Learn the art of massage therapy to achieve relaxation with your partner. A certified massage therapist teaches techniques to give a one-hour complete body massage.

Sacramento, Hill Physicians Auditorium

April 15, 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 to learn about the symptoms of depression, treatment options, and things you can do for self-care from the comfort and privacy of your home or other personal environment.

April 15, 6-8 pm

May 20, 6-8 pm

June 24, 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. (Sacramento area only.) Call 916.733.6350 for information.



Help for Depression

Have you or someone you know been feeling sad or “down” nearly every day for the past two weeks or longer? Does it feel like life is not as enjoyable as it used to be? You are not alone. These feelings are signs of depression, a common condition that affects about one in ten Americans. The good news: you can learn several self-care skills that effectively decrease symptoms in most people with mild to moderate depression.

We are seeking volunteers to participate in a new eight-session series that teaches these self-care skills. By joining this weekly program, you will help us evaluate and finalize our new curriculum before we make it available to members in all Hill Physicians service areas. Classes begin March 29 in our San Ramon office. There is no charge for participation or materials during this initial offering.

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



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

Diabetes continued on next page

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 916.733.6350 for information.

Castro Valley, Eden Medical Center

Two-session program:
May 12 & 19, 7-9 pm

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 916.733.6350 for information.

Sacramento, Methodist Hospital

Call 916.733.6350 for information.

Stockton, St. Joseph's Medical Center

Four-session program. Call 209.461.5061 for information.

Tracy, Nutrition Studio

Two-session program. Call 209.832.3432 for information.

San Francisco, St. Mary's Medical Center

Eight-session program. Call 415.750.5513 for information.

Diabetes Nutrition: Eating Well | Free

Discover the basics of healthy cooking and good nutrition. (Sacramento area only.) Call 916.733.6350 for information.

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

April 7, 5-6 pm

May 5, 5-6 pm

June 2, 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

April 15, 6:30-8 pm

June 17, 6:30-8 pm

Living Well with Diabetes

Two-session program:

May 20 & 27, 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

Strength Training | \$60 series or \$8 drop-in

Discover proper and safe stretching techniques and upper/lower body strengthening exercises. Suitable for all fitness levels. Bring your own dumbbells. Class is ongoing. Call 925.837.7135 for information.

San Ramon, Hill Physicians Education Center

Mondays and Wednesdays, 5:30-6:30 pm

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.

April 15, 6:30-8 pm

June 17, 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. May 20, 6:30-8 pm

Understanding Coronary Artery Disease

Learn about heart disease, risk factors and lifestyle changes.

Auburn, Sutter Auburn Faith Hospital

Call 530.889.6066 for information.

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 1.877.9HEART9 to schedule a quick and painless screening for blockages in your vessels. (Sacramento area only.)

Heartburn

Healing Heartburn Teleclass | Free

Discuss self-help and treatment techniques with a gastroesophageal reflux disease (GERD) specialist. April 2, 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. Every Tuesday, 6 pm

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. New classes start quarterly 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.

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.

Two-session program:
June 18 & 25, 6:30-8 pm

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.

May 13, 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.

Four-session program:
May 28-June 18, 6:30-8 pm

Nutrition and Weight Management

Building Blocks for Healthy Kids: Weight Management Teleclass | Free

Learn how to adopt a healthier lifestyle for you and your children. 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.

April 10, 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.

Four-session program:
May 5-28, 6:30-7:30 pm



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

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.

Easy Ways to Get 5 a Day

May 27, 6:30-7:30 pm

Understanding Nutrition

for a Healthier You! | Free

Understand the basics of nutrition. Learn from a registered dietitian the facts behind fad diets, how to cook for picky eaters and hints for grocery shopping and food substituting.

Sacramento, Hill Physicians Auditorium

June 25, 6-8 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

April 7, 7-9 pm

Monthly Pregnancy Forum
continued on next page

HillPhysicians.com is your one-stop shop for increasing your health IQ

In a recent survey of Hill Health readers, nearly all respondents (98 percent) said they research health questions before or after a visit to the doctor. Did you know that www.HillPhysicians.com offers more to help you get and stay healthy? Visit us online to:

- Research health and medication topics in English or Spanish
- Find tools to help you make an informed medical decision with your doctor
- Register online for health education classes
- Learn how to communicate with your doctor via the internet
- Find healthy seasonal recipes

Find it all at www.HillPhysicians.com.

 Your Health | www.HillPhysicians.com/YourHealth



Monthly Pregnancy Forum, continued

Keeping Baby Safe: Baby-proofing Your Home

May 5, 7-9 pm

Introducing: Your Shiny New Baby!

June 2, 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

April 3, 6:30-9:30 pm

June 10, 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.

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

April 8, 7-9 pm

May 13, 7-9 pm

June 10, 7-9 pm

Sacramento, Mercy Women's Center

Call 916.614.2200 for information.

San Ramon, Hill Physicians Education Center

May 22, 7-9 pm

Stockton, St. Joseph's Medical Center

Call 209.461.5213 for information.

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

April 5, 9 am-4 pm

May 17, 9 am-4 pm

June 22, 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

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. (Sacramento area only.) Call 916.453.4268 for information.

Stress Management

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.

May 6, 6:30-8 pm

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 la 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.



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

Help for Heartburn

What heartburn treatment is best?

Simple dietary and behavior changes can ease heartburn, which affects 15 percent of Americans weekly and 5-10 percent daily. Avoid spicy foods, citrus fruits, chocolate, coffee, peppermint and fatty and fried foods. Eating smaller meals more frequently, losing weight if needed and avoiding tobacco also can help. Not eating within three hours of bedtime, elevating the head of your bed on four- to six-inch blocks and sleeping on your left side can help reduce nighttime symptoms.

Certain medications, including theophylline (frequently used for asthma) and calcium-channel blockers (used to treat hypertension, certain heart conditions and migraines), can aggravate acid reflux. If you are on any of these medications and have reflux symptoms, ask your doctor about possible alternative medications.

Less common symptoms such as chest pain, laryngitis, asthma, chronic cough and sinusitis can be manifestations of acid reflux. If reflux symptoms occur once a week or more, medications might be necessary to prevent esophageal damage from occurring. Ask your physician what treatment is best for you.

David Aarons, MD
Gastroenterologist
Lodi



Relieving Heel Pain

Are there exercises to treat or prevent plantar fasciitis?

When the plantar fascia – a band of tissue connecting the heel bone and toes – is strained, inflamed or slightly torn, the result is stabbing or burning heel pain called plantar fasciitis. The condition commonly affects athletes, flat-footed or high-arched individuals and those who stand for long periods of time.

Traditional plantar fasciitis treatments include ice, arch supports, night splints and Achilles tendon stretches. Recent research, however, finds a specific plantar fascia stretch more effective than Achilles tendon stretches for pain reduction.

Sit and rest the ankle of the sore foot on the opposite knee. Flex the foot and, using



the same hand as the affected foot, pull toes toward the shin. (With your free hand, you should be

able to feel the plantar fascia tight on the bottom of the foot.)

Hold for 10 seconds, rest and repeat 10 times. Perform at least three sets each day. For maximum benefit, stretch in the morning and after prolonged inactivity.

Brian McDowell, DPM
Podiatrist
Carmichael

Who Needs a Pertussis Booster?



Adolescents — and their parents — need pertussis (whooping cough) boosters.

Despite the use of vaccines, pertussis cases are

up nationwide. Rates are rising, in part, because vaccinations do not provide lifelong immunity. Though teens and adults with pertussis typically experience mild symptoms only, they can spread the condition to infants at high risk for complications.

After new Tdap (tetanus, diphtheria and pertussis) vaccines were released in 2005, the Centers for Disease Control and Prevention issued

updated immunization guidelines for adolescents and adults. Under the new guidelines, all children should receive a Tdap booster at age 11 or 12, as should those between ages 13 and 18 who did not receive the Td (tetanus and diphtheria) booster. Adolescents who did receive the Td vaccination should wait five years and then schedule a Tdap booster.

Adults ages 19-64 should replace their next scheduled Td booster with Tdap, especially if they're in contact with infants. Health care professionals also need Tdap boosters.

Vivian Kong, PharmD
Pharmacist
San Ramon



Beware of Your Bottle

IS YOUR WATER BOTTLE SAFE?

Disposable plastic used for bottled water (PET or PETE, stamped with recycle symbol #1) can leach potentially cancer-causing substances into water when cracked or damaged. Such wear and tear often occurs when bottles are reused. In addition, their narrow openings can harbor bacteria. These bottles are made from non-renewable resources and generate harmful pollution during production. Most end up in landfills or are incinerated (which releases harmful substances). Only about one third are recycled. Be selective: if you must, use bottled water sparingly, one time only and remember to recycle.

Reusable containers made from polycarbonate resin (Nalgene® and other similar bottles, stamped #7) also can pose a threat. Last year the National Toxicology Program Center for the Evaluation of Risks to Human Reproduction expressed some concern that exposure to bisphenol A, found in #7 plastics, might cause neural and behavioral effects in children and fetuses. Use with caution; pregnant women and children should avoid these products.

HEALTHIER ECO-FRIENDLY ALTERNATIVES

- Drink tap water – it’s held to stricter safety standards than bottled. If taste is a deterrent, buy an inexpensive filtering pitcher or bottle.
- Choose bottles or canteens made from #2 or #4 reusable plastic, aluminum or stainless steel.
- Use thermoses with stainless steel or ceramic cores.

Good Sportsmanship – Not Just for Kids

As youngsters sharpen their skills on the playing field, parents and coaches can work on an important play of their own: good sportsmanship. Children take cues from the adults around them – both on the field and off. So as you take an active role in your child’s athletic endeavors, remember the following:

- **Be a good role model.** If you criticize coaches, officials or other players, your child will believe that is acceptable behavior.
- **Define success as more than winning.** Learning new skills, making friends and doing one’s best are important achievements as well.
- **Discuss what happens on the field.** When you see a player or parent behaving badly, talk about how the situation could have been handled better.
- **Provide positive feedback.** Set a good example by praising players and coaches on the opposing team as well as your child.



Good Sports, Bad Sports

Being a “good sport” means that you follow the rules of the game, work together with other players and coaches, try your best and always have fun.

Which players are good sports?

1. When Joe’s teammate missed a basket, Joe yelled at him. **Joe is a...**
2. After Sarah’s team lost a game, she shook hands with players on the other team. **Sarah is a...**
3. Amy didn’t ask her friend to play softball because sometimes her friend doesn’t catch the ball. **Amy is a...**
4. Blake’s friend was sad because he missed a goal at the end of the game. Blake told his friend not to worry because it wasn’t his fault that their team lost. **Blake is a...**
5. Maria’s coach wants every player to have a turn, so Maria sits down and cheers for her friends when she’s not on the field. **Maria is a...**

CHECK ONE

GOOD SPORT	BAD SPORT
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Answers: 1. Bad Sport; 2. Good Sport; 3. Good Sport; 4. Good Sport; 5. Good Sport

Downloaders and Dead Zoners

When a difficult day at work leaves you tired and short-tempered, how do you interact with those waiting at home? Most of us are either “downloaders” or “dead zoners.” Understanding your coping style can help you avoid conflict and better deal with stress.

Downloaders unwind by sharing the details of their day with others. Women tend to do this more than men. Dead zoners prefer solitude and quiet after a long day. Individuals in traumatic, dangerous or emotionally difficult workplaces may not be able to relax if they discuss and dwell on job tasks outside the office.

Tension can build when partners or family members have opposite coping styles. A dead zoner’s silence might make loved ones think they’ve done something wrong, for

example, while a downloader might not recognize the dead zoner’s need for quiet. Both can end up feeling unsupported by the other.

If quiet is essential, explain that you’re not upset but that you have had a challenging day. Then ask for 20 minutes to yourself and use that time to walk the dog, listen to music or sit quietly without stimulation. If you are a downloader, clarify that you don’t need anyone to fix your situation; rather, you simply want someone to listen.

Respect the needs of those with coping styles that differ from yours. Agree upon a reasonable time limit for both quiet time and for recounting the details of the day. Being honest about your needs is the best way to minimize conflict, stay connected to those around you and relax after a demanding day.



Cutting Back on Clutter

While a little clutter at home or work is normal, too much can be overwhelming. Disorganization causes stress and frustration, leaving you increasingly drained each time

you’re searching for lost keys or paying late fees on an overlooked bill.

You can control clutter with small lifestyle changes. Start with these eight solutions:

1. **When cleaning, focus on one room at a time.** Or, just grab and put away a few objects each time you leave a messy room.
2. **Instead of putting mail in piles to read later,** set up a sorting system. Separate bills and file important documents. Send junk mail straight to the recycling bin.
3. **As you go through drawers, shelves and closets,** get rid of clothing and objects you haven’t used in the past year. Discard broken items and clothes that can’t be mended.
4. **Set aside a few minutes each workday to tidy a specific area such as your desk.** Set a timer so you don’t over commit.
5. **Break daunting organizing projects into smaller,** more manageable steps. You’ll be motivated each time you complete a task.
6. **Organize your email inbox with folders and tags.** Regularly delete messages you no longer need so you can more easily find those you do.
7. **Use clearly labeled bins and boxes** in cluttered areas such as closets, basements, garages and under the sink.
8. **Each time you buy a new article of clothing,** donate an old one to charity.



Spring into Health: Not sure when you last wore something? Turn every hanger in your closet backwards. As you wear items, re-hang them correctly. Get rid of anything on backwards hangers in three to six months.

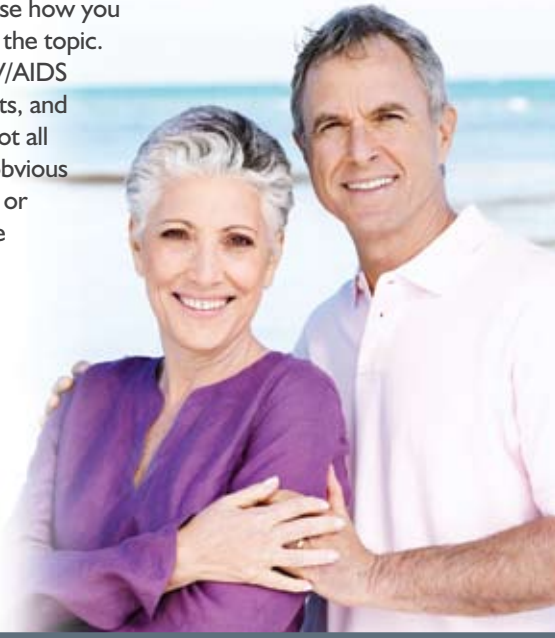
Sexually Transmitted Infection Rates Increasing Among Baby Boomers

If you are dating again after divorce or the death of a spouse, remember that sexually transmitted infections (STIs) impact all age groups. In fact, 15 percent of Americans newly diagnosed with HIV are over age 50.

What accounts for increasing STI rates among baby boomers?

- Approximately 76 percent of singles over age 45 have unprotected sex.
- Few baby boomers received condom education and they might not have used condoms to prevent disease in the past.
- As men age, using a condom can make maintaining an erection more difficult.
- Some mistakenly believe that STIs impact gay or younger couples only.
- Without the possibility of pregnancy, some couples stop using condoms, but STIs remain a threat even after menopause.
- Many people aren't comfortable starting a discussion about STI prevention with their physicians.

Use latex condoms (or polyurethane for those with latex allergies) consistently and protect yourself by discussing sexual health and history with each new partner. Ask if he or she ever had unprotected sex or shared drug or medication needles. If necessary, rehearse how you plan to introduce the topic. Inquire about HIV/AIDS and STI test results, and remember that not all conditions have obvious symptoms. If you or your partner have not been tested, consider going together for testing.



Managing Endometriosis

Endometriosis affects approximately five million American women of childbearing age. Tissue typically found only in the uterine lining grows elsewhere in women with the disease. During the menstrual cycle these misplaced growths expand, break down and bleed, causing irritation, scar tissue and cysts. Endometriosis cannot be cured. The cause of endometriosis is unknown, but it tends to occur in families. It can result in pain and sometimes infertility.

SYMPTOMS

Women with severe endometriosis might have few symptoms, while others with mild endometriosis experience intense pain. Symptoms include:

- Pain where growths occur, often in the stomach, abdomen, pelvis or lower back
- Heavy, prolonged or painful periods
- Abnormal bleeding between periods
- Pain during or after sex
- Painful bowel movements
- Difficulty getting pregnant

MANAGING PAIN

To alleviate minor aches, take a warm bath or place a heating pad on the abdomen. Regular exercise, which releases pain-fighting endorphins, also can help. Ibuprofen- and naproxen-based pain relievers work for some but are not recommended for pregnant women or those trying to conceive.

MEDICAL TREATMENTS

Birth control pills or prescription hormone treatments can help regulate periods and shrink growths for women who are experiencing serious pain and are not trying to conceive. Laparoscopic or traditional surgery can remove scar tissue and growths in those trying to get pregnant or who have advanced endometriosis. Removal of the uterus and ovaries, while often effective in reducing symptoms, eliminates the possibility of future pregnancy and might cause symptoms of menopause.

Alternative pain treatments such as acupuncture, acupressure and meditation might also relieve pain caused by endometriosis.



Spring into Health: Like other chronic conditions, endometriosis can cause feelings of helplessness or anger. Seek emotional support from family, friends or support groups for help coping.

Music as Medicine

Music does not cure illness, but health professionals increasingly are recommending it to complement conventional treatments.

Engaging with music impacts stress hormones and brain waves, influencing blood pressure, anxiety levels and breathing rates, researchers say. Upbeat songs often function as mood boosters, while classical pieces help some individuals relax and fall asleep. Various studies suggest that tranquil music can reduce post-operative pain and relieve chemotherapy-induced nausea and vomiting.

Consider music to help heal your body and mind:

- **To relieve stress and pain, sit or recline comfortably and relax your muscles.** Concentrate on slow, flowing songs or opt for lively tunes that ward off troubling thoughts.



- **To promote sleep, avoid after-dinner coffee and activity.** Then soothe the spirit with slow music, classical compositions or New Age melodies.
- **To fight sadness, head to a quiet room and turn on cheerful,** up-tempo tunes. Move in time with the music.
- **If you get antsy relaxing to slow music,** start with a peppier tune and ease your way towards slower music over several pieces.

Relieve Hot Flashes with Flaxseed

In a small Mayo Clinic study, post-menopausal women experienced a reduction in both the frequency and severity of hot flashes. The recipe for relief? Four tablespoons of ground flaxseed daily.

Study participants experienced fewer than half as many hot flashes daily after consuming flaxseed, which contains estrogen-like compounds, for six weeks. No participants were taking hormone therapy.

To try it yourself, sprinkle ground flaxseed over yogurt, cereal and salads or add to juice or water. To avoid abdominal discomfort due to flaxseed's high fiber content, start with two tablespoons daily and work up to four.

Grinding whole flax yourself in a coffee grinder or blender is least expensive. Store whole flaxseed in a cool, dry, dark place. Because ground flaxseed can turn rancid quickly, grind small amounts at a time. Freeze excess and use within a few weeks. If it tastes bitter, throw it away.

Memory Enhancement – What Works, What Doesn't



Brain Games. The brain is a muscle that strengthens with use. That means puzzles, word games and an ever-growing assortment of “brain fitness” web

sites and computer programs can enhance concentration and memory. While such activities do not stop cognitive decline completely, they are good, low-risk mental muscle builders.



Supplements. Despite claims that memory supplements boost brainpower and prevent

memory loss, there is little evidence that they impact mental function. Ginkgo biloba shows Alzheimer's- and dementia-fighting potential in some small studies, but evidence is minimal. And because it diminishes the blood's ability to clot, ginkgo can interfere with Alzheimer's medications and might not be safe to take with aspirin and blood thinners.



Physical Exercise. Research links aerobic exercise with reduced dementia risk, improved blood flow to the brain, growth in brain regions central to memory and decreased incidence of brain-damaging strokes and heart attacks.



Other Possibilities. The following actions might also improve memory, say experts:

- Meditating
- Maintaining proper iron levels
- Lowering cholesterol
- Getting adequate sleep



Spring into Health: Research reveals that students taking music lessons increase their IQ levels and improve other skills as well.

Spring into Health

Get a fresh, clean start on your season with these wellness suggestions.

FOOD AND DIET

Create your own healthy alternative to fast food. (p. 4)

Always read food labels. (p. 5)

FITNESS AND HEALTH

Watch for signs of macular degeneration. (p.3)

Relieve heel pain with a simple stretch. (p.11)

Avoid heartburn with proper positioning. (p.11)

Consider alternative treatments for endometriosis. (p.14)

FAMILY AND SPIRIT

Get help for depression. (p. 7)

Encourage your child's active side. (p.12)

Clear clutter for increased energy. (p.13)

Improve IQ with music lessons. (p.15)



Calling all Hill Physicians members!
Tell us your story of better healthcare.

If you were inspired by the member letters in our winter issue, now is your chance to share your story!

We want to know how Hill Physicians has impacted you or a member of your family. Has your Hill Physicians doctor helped you to recover from illness or injury or helped keep you well? Have you taken a class or met with a counselor to learn how to live a healthy lifestyle? Tell us what you value about the care you receive as a Hill Physicians member.

We'll even send you a \$50 Visa gift card if we print your story in a Hill Physicians publication.

Email your story to health@hpmg.com, submit online at www.HillPhysicians.com/MyStory, or mail to:

Hill Physicians Medical Group
Attn: Hill Health Magazine
2401 Crow Canyon Road
San Ramon, CA 94583

Please submit your story by April 1, 2008 and include your name, phone number, age and your doctor's name and city.

By submitting your story, you agree we may contact you for more information, if necessary. Your email address and other contact information will be kept private and will not be sold, nor will you be placed on any mailing list.



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