

HillHealth

The Magazine of
Hill Physicians Medical Group

The Keys to Living Well

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Paul Kramer, MD, a Hill Physicians family practice doctor in Roseville, enjoys active adventures with his family.

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HillHealth

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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.

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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.



www.HillPhysicians.com/HillHealth

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

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Living Well while Relieving Stress

Paul Kramer, MD, a Hill Physicians family practitioner in Roseville, spends his free time camping, cycling and exploring with his family. They've twice volunteered to build homes and treat patients in Peru; this summer, they will hike in Bryce Canyon National Park.

It's that kind of active lifestyle that provides important family time, exercise and – most important – stress relief.

"You have to have some stress. There's a certain amount we need for motivation," Dr. Kramer says. "But too much definitely can affect your health."

Common symptoms of stress include excessive tiredness, headaches, abdominal problems and unexpected weight changes, as well as anxiety and conflict with loved ones. Left untreated, stress can cause high blood pressure, heart disease and other serious health problems, explains Dr. Kramer. "It certainly can shorten your life."

To counter that, he promotes a stress-reducing lifestyle. A third-generation vegetarian, he recommends eating fresh fruits, vegetables and high-fiber foods. He advocates regular exercise to reduce tension. He suggests getting seven to eight hours of sleep per night and encourages patients to seek support from a spouse, friend, doctor or therapist.

Managing work stress also is important. Dr. Kramer's private practice lets him better control his schedule and office environment. For others, Dr. Kramer recommends talking to your boss about a flexible work schedule, whether it involves telecommuting, coordinating a part-time schedule or making other arrangements.

"When it's possible, exercise control over your work situation. Do what you can to achieve balance," he says.

See page 13 for more information on requesting a part-time or flexible work schedule.



This summer Paul Kramer, MD, plans to hike in Bryce Canyon National Park with wife Shelley and sons Mark and Matthew (not pictured).

Correction

Our intent to encourage readers to reduce litter and waste by reusing plastic water bottles, but in a healthy manner, misstated the health threats of #1 PET plastic. An astute reader corrected our spring article. Cracked or damaged #1 bottles have not been shown to increase risk for exposure to potentially cancer-causing substances. Liquids stored in these bottles – regardless of condition – might contain antimony, a potential carcinogen, but in amounts significantly less than safety standards.

To learn more about healthier food uses of plastics, download the *Smart Plastics Guide* from the Institute for Agriculture and Trades. Visit www.HillPhysicians.com/HillHealth for more information.



Smart Plastics Guide | www.HillPhysicians.com/HillHealth



Exercise Avoider or Workout Junkie?

What's your workout style? Circle the statements that best describe you.

1. Each week I exercise ...

- a. Fewer than 90 minutes in segments lasting at least 10 minutes each
- b. Three to six days, 30 to 60 minutes each day
- c. More than six hours total

2. Balancing act ...

- a. I am too busy to exercise.
- b. I balance workouts and time with family and friends.
- c. Exercise is a higher priority than family or social activities.

3. No pain, no gain?

- a. I avoid exercise because it's exhausting or it hurts.
- b. Exercise makes me feel strong and healthy, but I rest when I am tired, sore or sick.
- c. I work out even when I'm in pain or injured.

4. Seeing results ...

- a. I don't exercise because it takes too long to see results.
- b. I work toward realistic fitness goals.
- c. I continue to increase my workout times to get better results.

5. My commitment ...

- a. At the end of the day, I'm too tired to work out.
- b. I make time for exercise but my schedule is flexible.
- c. I rarely take a day off from my exercise routine.

If you selected mostly a's, you might be an exercise avoider. If you selected mostly c's, you could be a workout junkie, exercising to an unhealthy extreme. Aim to strike a balance somewhere between the two, committing to regular exercise while maintaining personal interests and relationships and taking time to rest.

Healthier Soda Substitutes

High in sugar, additives and empty calories, soft drinks are low in nutritional value and linked to obesity, heart disease and diabetes risk. Some sodas contain 100 percent of the recommended daily value for sugar in just one can.

When thirst strikes, try one of these nutritious soda alternatives:

1. **Low-fat or skim milk:** High in calcium and protein.
2. **Club soda and pomegranate juice:** Antioxidant-rich fruity sweetness with soda-like bubbles. Mix one tablespoon of Jarrow's PomeGreat pomegranate juice concentrate (available at Whole Foods stores) with club soda.
3. **Unsweetened black, white or green tea:** Contains compounds that fight heart disease and some cancers.
4. **Homemade strawberry shake:** Refreshingly healthy at 121 calories and less than 1 gram of fat. See page 4 for recipe.
5. **Water:** Essential for proper body function and overall health.

Beware of diet sodas. Studies show that dieters who drink sugar-free soda actually consume more calories daily than those who do not, probably because they justify added calories elsewhere since the sodas don't "count."



Five Fun Fitness Classes to Try

Whatever your workout style, the key to success is committing to challenging, enjoyable exercises without overdoing it. Here are five activities you might consider to start a fitness plan or change your routine.

Dodgeball. Boost cardiovascular health and vent frustrations with this simple schoolyard favorite, available through local leagues and pick-up games.

Belly dancing. Studios often offer this gentle, good-for-all-body-types activity that works abdominals and every major muscle group.

Martial arts. Build muscle strength, balance and mental strength with karate, aikido, taekwondo and other martial arts courses.

Water yoga. Traditional yoga calms the mind while enhancing strength, balance and flexibility; water provides added stability.

Fitness boot camp. For a true challenge plus group support, consider these intense classes that combine weight lifting, running, obstacle courses, calisthenics and more.

Mealtime Makeovers

The Hill Health Fast Food Challenge

Last spring, 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? In this issue, we're taking on summertime favorites: hot dogs, burgers and fries. Part two of a two-part series.

VIVIAN'S WARM POTATO AND CHICKEN SAUSAGE SALAD AND STRAWBERRY MILK SHAKES

When I was a kid our family's version of a break from home cooking was a grilled hot dog, fries and a milk shake at the local diner. This recipe is a healthier and more interesting version of that family favorite.

For pricing purposes I bought the ingredients at Safeway, but usually I purchase them at a farmer's market. For \$1 more substitute two glasses of wine or beer for two glasses of milk shake. You can't do that at a drive-through!

- Vivian Barron, Director, Integrated Health Services

WARM POTATO AND CHICKEN SAUSAGE SALAD

INGREDIENTS

- 1 lb potatoes cut into one- to two-inch pieces
- About 6 ounces (5 loose cups) of arugula, bagged or fresh
- 12 ounces pre-cooked chicken sausage cut into half-inch slices
- 1/3 cup cider vinegar*
- 1 Tbsp maple syrup*
- 1 Tbsp Dijon mustard or dry mustard powder*
- 1 Tbsp olive oil*

Boil potatoes or steam for about 15 minutes. Drain well, add arugula and cover to keep warm. Meanwhile, brown sausage slices in a skillet for about five minutes, stirring often. Add sausage to the potato/arugula mixture. Remove skillet from heat and whisk vinegar, syrup and mustard in the pan scrapings. Add oil, pour over the salad mixture and toss until the arugula is wilted.

Substitute two 8-ounce packages of smoked tofu and veggie bacon bits to taste for a vegetarian meal.

YIELD: Four 1 3/4 cup servings

Cost: \$11.50

Compare to: \$19.03 for four Wienerschnitzel deluxe turkey dogs, four regular fries and two strawberry shakes

Prep-to-table time: 20 minutes

STRAWBERRY SHAKE

INGREDIENTS

- 2 cups nonfat milk
- 1 cup nonfat yogurt
- 8 ounces frozen or fresh strawberries (I prefer organic berries to avoid pesticides.)

Mix all ingredients in a blender until smooth. Serve.

YIELD: Four one-cup servings (8 ounces per person)



NUTRITIONAL COMPARISON

One serving of:	Calories	Fat	Cholesterol	Sodium	Carbs	Fiber	Protein
Potato & chicken sausage salad (1 3/4 cup)	258	9 g	60 mg	483 mg	27 g	2 g	15 g
Wienerschnitzel deluxe turkey dog and regular fries (1 hot dog and 1 regular order of fries)	590	35 g	60 mg	1570 mg	58 g	5 g	13 g
Homemade strawberry shake (1 cup)	121	less than 1 g	3 mg	111 mg	23 g	1 g	8 g
Wienerschnitzel "Tastee Freez" strawberry shake (10 oz.)	325	11 g	47 mg	220 mg	55 g	1 g	6 g

*Prices are scaled for indicated items.

ROSALIND'S SAGEBRUSH BUFFALO BURGERS AND UNFRIES

Buffalo meat is rich in flavor and high in protein, yet significantly lower in fat, calories and cholesterol compared to beef. Eating it also reduces your risk of contracting some of the diseases carried by cows. You can find ground buffalo meat in most supermarkets and natural food stores.

To reduce wait time, cook burgers while unfries are broiling. I used extra virgin olive oil for all recipes for its healthy balance of omega-3 fatty acids and savory flavor.

Optional: Sauté a one pound bag of pre-washed broccoli florets with your favorite seasonings in a little olive oil to give the meal a healthy boost in vitamins, minerals, antioxidants and fiber.

- Rosalind Englander-Galo, Manager, Member Health Improvement



SAGEBRUSH BUFFALO BURGERS

INGREDIENTS

- 1 lb ground buffalo
- 2 tsp olive oil*
- ¼ tsp salt*
- ¼ tsp pepper*
- ¼ tsp ground sage*
(or your choice of seasoning)
- 4 whole grain burger buns*
- 4 lettuce leaves
- 4 tomato slices
- 4 onion slices
- Ketchup, mustard and mayonnaise
to taste (about ½ tsp each)

Place first five ingredients into a large bowl, mix and form into four patties. Place patties on a pre-heated electric grill on medium setting or a fully heated barbeque grill. Cook three to four minutes per side or until cooked to desired level. (Buffalo cooks faster than beef.)

Serve on buns with lettuce, tomato, onion and your choice of condiments.

YIELD: Four ¼-lb burgers, each on a bun with one lettuce leaf, one large tomato slice, one medium onion slice and ½ tsp each of ketchup, mustard and mayonnaise

Cost: \$11.69

Compare to: \$20.48 for four Burger King Whopper® sandwiches and four medium orders of french fries

Prep-to-table time: 25 minutes

UNFRIES

INGREDIENTS

- 3 medium Yukon Gold or any other variety of potatoes (about 1 ½ lbs)
- 1 Tbsp olive oil*
- ¼ tsp salt*
- ¼ tsp black pepper*
- ¼ tsp ground sage*
(or your favorite herb)

Wash potatoes, remove spots and cut each potato lengthwise into eight wedges. Pat dry. Heat olive oil in a large skillet. Sauté for five to seven minutes, turning two to four times to coat evenly with oil. Sprinkle with seasonings. When potatoes are well-coated, place in a single layer on a cookie sheet and broil for five minutes (or until golden brown) on each side. Potatoes should be soft when poked with a fork.

YIELD: Four ¾ cup servings

NUTRITIONAL COMPARISON

One Serving of:	Calories	Fat	Cholesterol	Sodium	Carbs	Fiber	Protein
Sagebrush buffalo burgers (¼-lb burger)	286	8 g	54 mg	355 mg	26 g	2 g	28 g
Burger King Whopper® (¼-lb burger)	670	39 g	95 mg	1020 mg	51 g	3 g	28 g
Unfries (¾ cup)	177	4 g	0 mg	156 mg	34 g	3 g	3 g
Burger King French fries (1 medium order, salted)	360	20 g	0 mg	590 mg	41 g	4 g	4 g

*Prices are scaled for indicated items.

Home Blood Pressure Monitoring

Regular home blood pressure monitoring provides a more complete picture than periodic doctor's office readings and reduces anxiety that can influence those results. Also, home blood pressure monitoring can help you track the impact of lifestyle and medication changes.

SELECTING A MONITOR

With manual aneroid monitors, you activate the cuff and listen for your heartbeat through a stethoscope. Digital monitors calculate and display readings for you. Some digital devices inflate automatically or give error messages if used incorrectly. Aneroid monitors generally are less expensive than digital devices.

Choose a monitor that is easy for you to use. For example, if you have trouble hearing, a digital monitor might be better for you. If you have limited hand strength, an automatically inflating cuff might be best. To determine your cuff size, measure around your biceps and use the chart below. Avoid inaccurate finger and wrist blood pressure monitors.

TESTING ACCURATELY

Have a health professional calibrate your new monitor and recheck it annually. Test consistently, checking the same arm at the same times each day. Test twice per sitting, waiting two minutes between readings to confirm results.

Before testing, use the bathroom and avoid food, caffeine and tobacco for 30 minutes. Then relax for five minutes with your back supported and feet flat, resting your arm on a table or pillow at heart level.

Cuff Chart

Arm circumference (in centimeters)	Cuff Type	Typical Size
Less than 33	Normal Adult	12 x 33
33-41	Large	15 x 33
More than 41	Thigh	18 x 36



Join our blood pressure teleclass on August 19. See page 8 for details.

Preventive Measures and Screenings Can Save Lives

Preventive health measures can maximize your healthcare investment – and save your life.

Early detection and treatment helps curb many life-threatening conditions and lowers long-term healthcare costs. However, few adults receive all suggested screenings. Certain ethnic groups and low-income individuals are even less likely to complete preventive checks.

Talk to your doctor to determine whether these vital preventive measures are right for you or your family:

- Aspirin therapy to reduce heart disease and risk of heart attack
- Help quitting tobacco
- Influenza immunizations
- Colorectal, breast and cervical cancer screenings
- Chlamydia screenings (can help to prevent pelvic inflammatory disease among young women)
- Pneumococcal immunizations
- Timely childhood immunizations
- Blood pressure and cholesterol screenings
- Vision screening
- Alcohol counseling

Lower Your Blood Pressure with Positive Thoughts

Looking at the bright side lowers blood pressure, researchers say. Optimism also is linked to decreased stress and better coping skills in the face of a challenge. Over time, you can establish a positive mindset. Replace “always” and “never” statements with objective observations. Reframe “I don’t know how” into “this is an opportunity to learn” and “I don’t have time” into “I’ll re-evaluate my priorities.” Reflect on the good; don’t dwell on mistakes. Avoid undue self-criticism. A good rule: Don’t say something to yourself that you wouldn’t say to someone else. Your heart and arteries will thank you.



Why am I being screened for cancer of an organ I don't have?

If you still are receiving Pap tests after a hysterectomy, you might want to discuss the necessity of the exam with your doctor.

If you had a hysterectomy due to cancer, pre-cancer or suspected cancer, you might need to continue to receive Pap tests. For hysterectomies performed for non-cancer related reasons, major health organizations do not recommend ongoing Pap tests.

Classes & Programs

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.
Sept. 17 & 24, 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. 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.

Complementary and Alternative Medicine

Acupressure & Reflexology

\$20 per couple

(Partner required)

A blend of Eastern and Western medicine working with the feet, hands, neck and shoulders for total relaxation. Learn pain relief techniques for headaches, sciatica and more.

Sacramento, Hill Physicians Auditorium

July 15, 6-8 pm

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

Sept. 16, 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.

July 22, 6-8 pm

Aug. 14, 6-8 pm

Sept. 4, 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.

Relaxation at Your Fingertips

Do you feel rushed or anxious? Do you struggle with a busy job or family pressures?

Manage stress and calm your mind through relaxation podcasts. Download these free mind-body exercises from www.HillPhysicians.com. Listen from your home or work computer or personal digital music player. Each podcast focuses on a different type of relaxation or stress reduction technique and lasts about ten minutes. Current podcasts include:

- Whole Body Relaxation
- Breathing In, Breathing Out
- Autogenic Relaxation

Download a new podcast each quarter to continue to build your stress reduction tool kit.

Studies have shown that those who regularly practice relaxation techniques experience decreased muscle tension, more restful sleep, increased positive feelings and even improved blood sugar or blood pressure. They also are more effective at coping with daily life stresses.

Relax your way to a less stressful day!



www.HillPhysicians.com/Podcasts



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

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 916.733.6350 for information. (Sacramento area only.)

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:
Sept. 22 & 29, 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

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 916.733.6350 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

July 7, 5-6 pm

Aug. 4, 5-6 pm

Sept. 8, 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

Aug. 19, 6:30-8 pm

Living Well with Diabetes

Two-session program:

July 22 & 29, 6:30-8 pm

Sept. 23 & 30, 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. *See page 6 to learn about home blood pressure monitoring.*

Aug. 19, 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.

See page 15 to learn how dietary sterols and stanols can help lower cholesterol.

July 15, 6:30-8 pm

Sept. 16, 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 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.

July 30, 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.



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

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: July 9, 16 & 23, 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. Two-session program: Sept. 3 & 10, 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. July 8, 6-7:30 pm
Sept. 9, 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.

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. July 2, 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: Aug. 5-26, 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.

Myths & Truths About Fats, Proteins & Carbs

July 22, 6:30-7:30 pm

Taking the Confusion Out of Reading Food Labels

Sept. 23, 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

Transitioning as New Parents: From Hospital to Home

July 7, 7-9 pm

Starting Off Right: Preconception Planning

Aug. 4, 7-9 pm

Making a Difference: Prenatal Care and Fetal Development

Sept. 8, 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

August 18, 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



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

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
Aug. 12, 7-9 pm
Sept. 9, 7-9 pm

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

San Ramon, Hill Physicians Education Center
July 15, 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

July 26, 9 am-4 pm

August 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

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 ten 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. Choose from three new podcasts this quarter:

Whole Body Relaxation Breathing In, Breathing Out Autogenic Relaxation

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.
July 8, 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.



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Treating Urinary Incontinence

Will Kegel exercises help control urinary incontinence in men?

Urinary incontinence in men can be the result of physiological or post-surgical changes. Treatments for incontinence include pharmacotherapy, surgery and behavioral therapy. Behavioral therapy involves doing pelvic muscle rehabilitation exercises, commonly known as Kegel exercises. Many men can achieve better bladder control with Kegel exercises within weeks or months of committed practice.

You must target the right muscles for Kegels to be effective. (Contracting the wrong ones – leg, buttock or abdominal muscles – can increase pressure on the bladder.) Tighten the muscles you would use to stop urine flow; if done correctly, you should sense a pulling feeling. Breathe steadily, squeeze and hold for three seconds, and then relax for three seconds. Work up to three daily sets of 10. If this proves difficult, counteract gravity and make the exercises easier by doing Kegels while lying down.

You can do Kegel exercises discreetly while watching television or sitting at your desk. Some individuals notice changes in just weeks, though it can take several months to improve bladder control. Women also will find Kegels helpful, as urinary incontinence is more common in women than men.



Prithipal Sethi, MD
Urologist
Stockton

Determining Bone Density

Who needs a DEXA bone density screening?

Dual energy X-ray absorptiometry (DEXA) scans, which measure bone mineral density in the hips and spine where osteoporosis-related breaks are most common, provide the most accurate diagnostic information available for osteoporosis.

Major health organizations recommend DEXA scans when making treatment decisions for those at greatest risk of osteoporosis: women age 65 and older; postmenopausal women with bone fractures

or other indications suggesting osteoporosis; and perimenopausal and postmenopausal women with one or more risk factors other than being female, white and postmenopausal.

Major risk factors include family history, low body weight, current smoking or use of corticosteroids for more than three months. Estrogen deficiency due to hysterectomy, early menopause or chemotherapy, inactivity and some diseases such as rheumatoid arthritis also increase risk.



Elisabeth Renner, MD
Family Practice Doctor
Concord

Log onto www.HillPhysicians.com to determine your risk. If your risk is high, discuss with your doctor whether a DEXA scan is appropriate for you. If not, alternative screening methods such as peripheral tests to measure heel, finger or wrist bone density also can identify potential problems.

 Bone Density | www.HillPhysicians.com/HillHealth

CT Scan Safety

Are CT scans safe?

David Seidenwurm, MD
Neuroradiologist
Sacramento



Recent headlines warn that computed tomography (CT) scans, sometimes called CAT scans, increase cancer risk. Indeed, CT scans deliver a higher dose of radiation than other diagnostic tests and might influence overall national cancer rates, although the risk to any one individual would be undetectable. When ordered properly, benefits of CT scans far outweigh the risks. Results from necessary scans provide valuable information used to diagnose and treat disease and trauma effectively.

CT scans performed on otherwise healthy people as a preventive measure are unnecessary. These scans might incur needless medical costs and bear negative health consequences.

If your doctor suggests a CT scan, the best advice is to ask questions. What might the scan show? How will the results influence treatment decisions? Would an alternative test, such as an ultrasound or magnetic resonance imaging (MRI), provide the same information? By understanding why a CT scan is recommended, you and your doctor can evaluate the exam's necessity and make the best choice.



First Aid on the Go: What to Pack

As you prepare for summer travels, remember to pack first aid essentials. Consider these items and choose those that are most important for your family.

- Adhesive bandages
- Gauze
- Ace wrap
- Antiseptic solution
- Tweezers and needle for splinters
- First aid scissors
- Cotton swabs
- Antifungal and antibacterial ointments or creams
- Alcohol-based hand sanitizer containing at least 60% alcohol
- Sunscreen (SPF 15 or greater)
- Insect repellent containing DEET (up to 50%)
- Aloe gel for sunburns
- Moleskin for blisters
- Over-the-counter anti-diarrheal medication
- Antihistamine
- Decongestant
- Anti-motion sickness medication
- Acetaminophen, aspirin, ibuprofen or other pain reliever/fever reducer
- Mild laxative
- Antacid
- Cough suppressant/expectorant
- Throat lozenges
- 1% hydrocortisone cream
- Thermometer
- Lubricating eye drops

Pack prescription medications in original containers with copies of prescriptions (including generic names). For controlled substances and injectable medications, bring a note on letterhead from the prescribing physician.

Pack all prescription medications and other permitted items in your carry-on bag if flying. Before you leave, check the Centers for Disease Control and Prevention's website for destination-specific health advisories.



Ten Tips for Easier Injections

Do needles make your child nervous? Reduce the scariness of shots through relaxation, distraction and reassurance. Try some of these techniques the next time your children – or you – face the needle:

1. Hold and hug your child during shots.
2. Relax muscles, breathing slowly and deeply.
3. Sing, hum, count aloud or repeat reassuring words.
4. Have children blow into a party blower to provide distraction.
5. Calmly explain – or remember – that shots keep us healthy and only hurt momentarily.
6. Put pain in perspective, comparing it to a pinch or mosquito bite.
7. Distract kids with a favorite stuffed animal or blanket, story, hand-held game, bubbles or finger puppets.
8. Discuss your fear with nurses and doctors who can offer comfort and use extra care during the injection.
9. Ask if numbing creams or ice packs are available.
10. Reward your child – or yourself – with a post-injection treat.



Travel Time Word Search

Family vacations are *fun*! When you travel, you get to see new places, learn new things and make great memories. Can you find these 12 travel words hidden below?

- Adventure
- Airplane
- Beach
- Camping
- Car
- Memories
- Museum
- Outdoors
- Park
- Road
- Train
- Vacation

C	B	T	R	O	Q	O	X	T	C	J	S	U
A	P	E	H	B	L	A	L	F	B	A	Q	B
M	A	D	V	E	N	T	U	R	E	K	C	X
M	I	C	A	N	W	R	S	P	A	R	K	N
G	R	E	E	S	M	A	W	E	C	O	P	C
A	P	L	T	J	B	I	N	S	H	U	L	A
T	L	Y	W	G	M	N	O	N	V	T	M	M
C	A	R	F	H	U	O	R	O	A	D	E	P
R	N	S	O	V	S	B	L	V	R	O	I	I
M	E	P	V	A	E	K	Q	U	Y	O	P	N
I	B	S	D	M	U	C	F	N	L	R	K	G
P	E	I	M	E	M	O	R	I	E	S	H	L
V	A	C	A	T	I	O	N	F	W	Z	C	O

How to Request a Part-Time Schedule

Balancing professional and personal needs is challenging. For some employees, a part-time work schedule is the solution. This arrangement provides flexibility and also can result in higher productivity, increased job satisfaction and greater family time. Requesting a part-time schedule, however, takes careful planning and presentation.

HOW TO PREPARE

First, consider the realities. Will a part-time salary and reduced benefits provide for your family's needs? Is a part-time schedule feasible for your responsibilities? Packing your workload into a shorter week might increase, not decrease, stress. Can you give up some duties?

Next, research your organization. Does the employee handbook address flexible schedules? Have other workers created successful part-time arrangements? Have you proven yourself invaluable? Your negotiating power grows with each on-the-job accomplishment.

In a written proposal, detail how you'll complete work and measure success. Anticipate and address your employer's potential arguments. Highlight how this arrangement might benefit the company, including reduced salary, recruiting, hiring and training costs; efficient use of office resources (perhaps you'll share a desk with another part-timer); enhanced productivity and improved employee retention.

Stress your commitment to the company, along with your flexibility and availability for important meetings or emergencies.



HOW TO ASK

Set up a meeting to present and discuss your proposal. If your employer is hesitant, suggest a three- to six-month trial arrangement. If your request is granted, work hard and fulfill your promises. Should your request be denied, ask how you can improve your proposal and suggest revisiting the idea in the future.

ADDITIONAL OPTIONS

If a part-time schedule is unrealistic, consider alternatives. With a dedicated home workspace and proper equipment, you can eliminate travel time by telecommuting. Working alternative hours is another option that benefits busy parents in particular. A condensed workweek (four 10-hour days instead of five eight-hour days, for example) frees up time for personal needs, as well.



Share the wealth! Tell us about great psychotherapists

Do you know a good therapist who helped you overcome your anxiety or depression or work through a tough time?

All Hill Physicians members with mental health benefits can self-refer to a psychotherapist, but since health plans maintain lists of thousands of therapists, how do you know who to choose? We're looking for reader-recommended behavioral health providers. Our goal is to create a list of high-satisfaction therapists to make available to other Hill Physicians members.

If you would like to recommend a therapist to others, please email health@hpmg.com or call Member Health Improvement at 877.493.5563 to tell us your provider's name and city and, if you wish, more details about what makes him or her special. All responses will be kept confidential.

Preventing Childhood Sports Injuries through Awareness

Youth sports injury rates are rising for a number of reasons: increased team participation, more intense competition and improved diagnostic procedures in sports medicine.

“More kids are playing sports these days, so we’re seeing more injuries among children and teenage athletes,” says Roy Rubin, MD, a Hill Physicians board certified pediatric and general orthopedic surgeon in Sacramento.

Splints, rest and rehabilitation can treat many injuries; more serious injuries might require surgery. Among the most complicated to treat are anterior cruciate ligament (ACL) tears, because operations to repair them involve drilling into – and potentially damaging – a child’s growth plate.

Though not all injuries are preventable, Dr. Rubin advocates sensible precautionary measures. Prevention includes learning proper throwing and landing techniques, correct gear (helmets and pads) and limiting the number of weekly games and practice hours, particularly for high-risk positions such as baseball pitchers.

“Some injuries could be avoided by having an awareness of the injuries common in particular sports,” Dr. Rubin says. “Once you understand the risks, you can take preventive action.”

Dr. Rubin lists these childhood sports injuries among the most common:

Sport	Common Injuries
Football	Finger, long bone and spinal stress fractures
Baseball and Softball	Elbow problems, widened growth plates in the shoulder caused by overuse, rotator cuff injuries and tendonitis
Basketball	ACL tears
Gymnastics	Spinal stress fractures
Soccer	ACL tears
Hockey	Shoulder dislocation, often recurring
Cheerleading	Fractures and injuries from falls
Motocross	Multiple, high-impact fractures
Swimming	Shoulder instability

Managing Diverticulitis

Diverticulitis develops when diverticula, small pouches in the digestive tract, become inflamed or infected. Experts link the condition to age – it’s more common in adults over age 40 – and a low-fiber diet. Without fiber, the large intestine (colon) must work harder to clear the body of waste. The increased pressure and digestion time aggravate weak spots in the intestinal wall. Smoking, too little exercise and a family history of diverticulitis also increase disease risk.

Among diverticulitis symptoms are pain and tenderness in the lower left side of the abdomen, fever, nausea and constipation or diarrhea. In severe cases, hospitalization or surgery to remove the diseased part of the colon may be required.

However, patients often can alleviate or prevent diverticulitis with dietary and behavioral changes. To manage mild symptoms:

- Eat plenty of high-fiber foods, such as whole grains and fresh fruits and vegetables
- Consider a fiber supplement if you don’t meet recommended daily intake (age 50 and under: 25 grams for women and 38 for men; over age 50: 21 grams for women and 30 for men)
- Avoid fatty, low-fiber foods and refined carbohydrates
- Drink lots of water
- Don’t delay bowel movements, as this increases intestinal pressure
- Exercise at least 30 minutes a day on most days of the week
- Relieve pain with a heating pad on your stomach

 Diverticulitis | www.HillPhysicians.com/HillHealth



Guided Imagery Effective for Reducing Insomnia Symptoms

Insomnia – a common problem for nearly 60 million Americans – can result in daytime sleepiness, lack of energy, irritability, depression and difficulty paying attention, learning and remembering. Last winter a number of Hill Physicians members helped us to measure the effectiveness of *Natural, Restful Sleep*, a guided imagery CD designed to reduce insomnia symptoms.

Our members who listened to the CD took less time to fall asleep and woke up fewer times during the night. They also reported feeling more rested after sleeping and were able to sleep longer than a group of patients who received only a brochure with sleep improvement tips. Participants who received the brochure also experienced improvements, but the CD was found to be more effective.



Hill Physicians Advantage: Save 20 percent on this “Hill tested and approved” CD.

Hill Physicians members can receive a 20 percent discount on *Natural, Restful Sleep* or any other Healing Mind guided imagery CD. Visit www.HillPhysicians.com/HealingMind for more information.

To download a free copy of our brochure *Simplifying Sleep*, visit www.HillPhysicians.com/Sleep or contact Member Health Improvement at (877) 493-5563 to request a mailed copy.



Controlling Cholesterol with Sterols and Stanols

Stanols and sterols are plant compounds long studied for their cholesterol-lowering powers. Similar in structure to cholesterol, these compounds block the body’s absorption of “bad” LDL cholesterol without impacting “good” HDL cholesterol levels. The result: lower risk of coronary heart disease over time.

RECOMMENDATIONS

Research-based guidelines recommend that those who have high cholesterol or who have had a heart attack eat approximately two grams of stanol- and sterol-fortified foods each day for maximum benefit. Eating higher amounts provides no added health impact. Some studies suggest cholesterol reduction occurs within just two weeks, though the compounds must be consumed daily for lasting results.

DIETARY SOURCES

Small amounts of stanols and sterols are found naturally in some fruits, vegetables, nuts and grains, but fortified foods pack the most cholesterol-fighting punch. To enjoy the greatest health benefits, replace existing foods in your diet with stanol- or sterol-fortified versions. Watch out for added calories and choose low-fat stanol- and sterol-fortified vegetable oil spreads (margarines) and chocolates. Look for fortified orange juice, yogurt smoothies, cereals and snack bars. Pass on stanol and sterol pills, which are not as effective as food sources.

Remember, stanols and sterols don’t produce the same results for everyone, and they do not prevent heart disease alone. Incorporate these fortified foods into a balanced diet high in fiber and low in saturated fat and cholesterol. For optimum heart health, exercise consistently, avoid smoking and schedule cholesterol checks to see how your lifestyle changes, including adding stanols and sterols to your diet, are working.

STANOL/STEROL SOURCES

FOOD	STANOL/STEROL CONTENT	CALORIES	FAT
Avocado (1 small)	0.13 g	240	22 g
Sunflower seeds (1/4 cup)	0.19 g	67	6 g
Nature Valley® Healthy Heart Granola bar fortified with sterols (1 bar)	0.40 g	160	4 g
Benecol® vegetable oil (margarine) spread fortified with plant stanols (1 Tbsp)	0.5 g	50 (light) - 70 (regular)	5 (light) - 8 (regular) g
Promise activ™ vegetable oil (margarine) spread fortified with plant sterols (1 Tbsp)	1 g	45 (light) - 70 (regular)	5 (light) - 8 (regular) g
Promise activ™ SuperShots™ fruit and yogurt mini-drink (100 mL bottle)	2 g	70	3.5 g

To learn more about cholesterol management, join our cholesterol teleclass. See page 8 for information.

The Hill Physicians Advantage

Unique Services Beyond Your Health Plan Benefits


There are many advantages to choosing Hill Physicians over other medical groups. We provide a number of unique free or discounted services, many of which are not covered by your health plan benefit.

- Free nutritional counseling for certain chronic or diet-related conditions, whether or not you have a health plan benefit
- A free trial of acupuncture upon primary care physician (PCP) request for pain or nausea-related symptoms even if you do not have the benefit (medical co-pay applies)
- A free trial of chiropractic care upon PCP request for certain pain-related symptoms (medical co-pay applies)
- Mind-body pain reduction and stress management training (not covered by health plans)
- Discounted massage services
- Discounted mind-body resources

In this issue, we highlight two new Hill Physicians Advantage services. Find out how to access free online podcasts to help reduce stress and increase relaxation on page 7. Learn more about using guided imagery for insomnia on page 15. And don't forget to connect with a massage therapist - see our classes and programs guide on page 7 for details.

If you are not already a Hill Physicians member and you would like to access these special services, select an affiliated HMO health plan and then choose Hill Physicians as your medical group.



 How to Enroll | www.HillPhysicians.com/HillHealth

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