

# Hill Health

The Magazine of  
Hill Physicians Medical Group

Weight Loss  
**Success**

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Annie Marie Santos, MD, a Hill Physicians family practice doctor in Lodi, takes an active role in daughter Adrienne's life. "I'm growing with her."

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## Living Her Personal Legend

Love for live theatre is a family affair for Annie Marie Santos, MD, her husband Rex and their teenage daughter Adrienne. Six years ago Rex founded Lodi Theatre for Youth, a nonprofit organization that instructs young people in the theatre arts. He now serves as artistic director, technical director and designer of annual productions. Dr. Santos plays an instrumental role in the theatre's business affairs – marketing, fundraising, securing sponsorships and organizing the opening galas each season. Adrienne has been a student performer with the company since its inception and dreams of moving on to Broadway one day.

Dr. Santos, a Hill Physicians family practice doctor in Lodi, encourages her patients, as well as her daughter, to follow their dreams. She turns to Paulo Coelho's concept of a "personal legend" in his novel *The Alchemist* –

discovering and pursuing one's personal dream. "I would like for all of us to achieve our personal legend," says Dr. Santos. "I'm living mine."

Part of achieving her own legend is allowing it to constantly evolve. As an active member of Lodi's medical, school, theatre and church communities, she says balancing commitments can be exhausting. "In the last year I've learned to say 'no' to additional responsibilities. Right now my focus is on being there when Adrienne needs me, growing with her as she develops new experiences. It's right where I want to be."



WINTER 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

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800.445.5747 | [www.HillPhysicians.com](http://www.HillPhysicians.com)

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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](http://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](mailto: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.

## Discount Massage Services available to Hill Physicians Members

Besides being relaxing, massage has been shown to improve circulation, digestion, and immunity; relieve muscle spasms and cramps and help with pain management. 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 or email [health@hpmg.com](mailto:health@hpmg.com). Remember to bring proof of your Hill Physicians Medical Group enrollment (on your health plan card or other documents) when you go to your appointment.



## New Year, New You!

The new year is a great time to start – or revive – some simple healthy habits. We've labeled our top ten healthy hints in this issue of *Hill Health* to help you on your way. Look for this symbol throughout the magazine, or flip to the back cover to find the whole list in one convenient place.

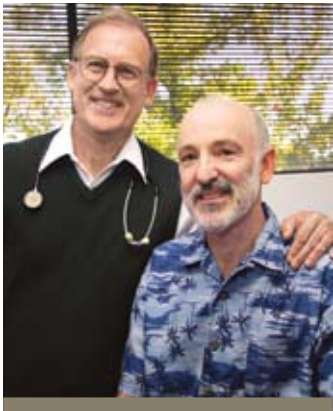
# Finding a Great Physician Member letters in praise of our Physicians

**D**r. Jon Dresser of Carmichael has been my PCP since 1978, and I have always received first-class care from him and his staff. His caring and compassionate bedside manner, overall demeanor and his way of putting patients completely at ease are all hallmarks of a very caring and committed physician.

When I was diagnosed with prostate cancer in 2002, Dr. Dresser called me at home to reassure me, discuss all my options and answer my many questions about treatment and recovery. I doubt many physicians today would take the time to do that. Indeed, his personal touch and interest in me contributed to my full and complete recovery!

Dr. Jon Dresser is a valuable asset to your fine organization and a credit to the medical profession in every way. I am proud to be his patient, and after so many years of the finest medical care possible, I consider him to be a good friend as well.

**Stephen Farr, Sacramento**



**D**r. Caren Vance has been our pediatrician since our first son was born five years ago. She has always been compassionate, professional and open

– all the qualities of a fantastic physician and person.

I went into labor several weeks early with our second child. We contacted Dr. Vance to inform her of what was happening, and she immediately called us to check on how we were doing. After eight days, I gave birth. The baby was in the hospital for the next five weeks. During that time Dr. Vance kept in contact with us to check on our son and even us. She was always positive and kept us feeling upbeat about his prognosis. After his discharge she insisted on seeing him within 24 hours. Through our adjustment period she always remained available to us, whether it was nights or weekends and always with that same calm, professional and caring manner that has endeared her to us since the beginning. She's truly a gem!

**Carrie Beardsley, Fremont**

**W**e recently transferred to Dr. Steven Billigmeier because we heard good things about him from friends. Our daughter has health issues that require a bit more than standard care at each visit. We had had a hard time getting any doctor to really listen and understand the stresses and concerns we have. Dr. B. has been amazing. He listens to what we have to say, he understands where we are coming from and no question is silly.

Raising a child with special needs often means that you have tons of questions and tons of needs. Dr. B. has been willing to help us on every front regarding our daughter's needs. He has not made us feel silly or out of place when asking questions. In fact, he has made it clear that he cares about our daughter through his interactions with her and the level of service he provides to our family.

**Jason Edwards, Stockton**



**New Year, New You:** Get current with your preventive health screenings. If you do not have a primary care physician, call us today at 800.445.5747. We can connect you with a PCP who, like those mentioned above, has been highly recommended by other Hill Physician members.

# Weight Loss Success

## Why and How They Did It



## Mark

### **MOTIVATION: HEALTH CRISIS**

When Mark Miller suffered two heart attacks in three days, he weighed 370 pounds. “It didn’t happen overnight,” he says. “I didn’t take very good care of myself. I thought that’s how you were supposed to feel at 57.”

Mark’s doctors at Stockton’s St. Joseph’s Medical Center presented an ultimatum. “I was told to change my lifestyle or die,” he remembers.

For eight months, Mark ate less and exercised more. He walked 10,000 steps each day, losing 170 pounds. Because damage had been done, Mark needed triple-bypass heart surgery. Still, he was in shape and recovered quickly, coaching football again after six days.

Now, Mark Miller encourages prevention. “Take a good look at yourself. You’ve got one life, so get your money’s worth when you’re here,” he says.

**Don’t wait for a health crisis. If you’re carrying excess pounds, make this your year to lose weight. Losing even ten percent of your current weight can decrease your risk factors for future cardiovascular problems.**



## John and Karianne

### **MOTIVATION: GETTING FIT AND STAYING HEALTHY**

The eat less, burn more approach worked for John and Karianne Kekuewa of Modesto. They’d struggled with weight loss. Then, their college-age son moved home and the family dieted together.

“It’s about being sensible,” says Karianne, who dropped 70 pounds. “We knew if we just cut calories and exercised, the weight would come off.”

Initially, the Kekuewas each rode a stationary bike for 10 minutes, three days a week. Now, John has run a half-marathon and Karianne has tackled 25- and 35-mile cycling events.

The couple now enjoys smaller meals, extra fruits and vegetables and occasional treats. Karianne loves burgers and fries, for example, so she and John split one order when a craving strikes. “If you completely deprive yourself of things you love, you’re setting yourself up to fail,” she says.

John and Karianne adjusted their weight-loss goals along the way. “We want to stay strong and maintain a healthy weight,” says John, who has lost 50 pounds and aims to shed 20 more. “This is our lifestyle now.”



## Cristina

### **MOTIVATION: “I’M TIRED OF LIVING THIS WAY.”**

Following the birth of her third child, Cristina Paz topped 200 pounds. “I said, ‘That’s it. I’m tired of living this way,’” she remembers.

Cristina prepared mentally for two months, eating as she wished throughout. Then, on her chosen day, she started a Weight Watchers™ program subsidized by her employer, PriMed Management Consulting Services (the management organization for Hill Physicians). Cristina modified her diet initially and then added exercise. She gave herself one food “free day” each week.

Within eight months, Cristina lost 60 pounds. She’s now reached her weight goal and is training for a black belt in taekwondo.

Personal support and perseverance helped Cristina, who advocates lifestyle change over a quick fix. She still attends weekly workplace Weight Watchers™ meetings, though she follows the eating plan only if her weight increases. “It’s OK to gain a couple of pounds, but I’m back on the plan for a week if I hit that five-pound mark,” she says, adding that anyone can lose weight. “You just have to get your mind ready and go for it,” says Paz. “If I can do this, you can, too. I’m just like you.”

# How Many Calories Do You Burn?

To lose one pound per week, each day you need to burn 500 more calories than you eat or drink. Use this guide to find an activity you enjoy that will help you maximize your calorie burn.

Calories burned will vary, depending on weight. Lower limits are based on a 140-150 pound individual and upper limits are based on a 170-180 pound individual. Log on to [www.HillPhysicians.com](http://www.HillPhysicians.com) to calculate calories burned based on your weight and activity.


Looking for a quick way to up your daily burn?  
See page six.

 Calculate Your Burn Rate | [www.HillPhysicians.com/HillHealth](http://www.HillPhysicians.com/HillHealth)



## **New Year, New You:**

This year, reach and maintain a healthy weight. Start by writing down everything you eat for one week; then, review and cut back on unnecessary calories.



<b>Activity</b>	<b>Calories Burned Per Hour</b>
<b>Sleeping</b>	<b>55+</b>
<b>Sitting</b>	<b>85+</b>
<b>Standing</b>	<b>100+</b>
<b>Driving</b>	<b>110+</b>
<b>Office work</b>	<b>140+</b>
<b>Moderate housework</b>	<b>160+</b>
<b>Walking (2 miles per hour)</b>	<b>160-205</b>
<b>Canoeing</b>	<b>224-287</b>
<b>Walking (3.5 miles per hour)</b>	<b>243-312</b>
<b>Gardening</b>	<b>256-328</b>
<b>Dancing</b>	<b>288-369</b>
<b>Golfing (without cart)</b>	<b>288-369</b>
<b>Hiking</b>	<b>384-492</b>
<b>Swimming</b>	<b>384-492</b>
<b>Bicycling (indoor)</b>	<b>448-574</b>
<b>Tennis</b>	<b>448-574</b>
<b>Bicycling (outdoor)</b>	<b>512-656</b>
<b>Jogging (5 miles per hour)</b>	<b>512-656</b>
<b>Climbing stairs</b>	<b>576-738</b>
<b>Jumping rope</b>	<b>640-820</b>

## Choosing Fish that's Good for You, Safe for the Planet

Because fish is rich in protein and heart-healthy omega-3 fatty acids, experts advise eating at least two servings weekly. But the methods used to raise or catch seafood impacts whether that fish is a healthy choice that protects you, the species and our environment.

- Poor fishing practices harm and kill fish and sea mammals unintentionally trapped in fishing nets.
- High concentrations of feces and drugs used to control diseases in some farm populations can spread beyond farm waters, polluting the natural environment.
- Overfishing (catching seafood faster than it can reproduce) can deplete natural populations.



So what's a health-conscious consumer to do? When purchasing, ask questions. Where is this seafood from? Is this fish farmed or wild-caught? (Wild often is better.) What is the impact on the environment?

The Monterey Bay Aquarium's Seafood Watch program offers free information online about responsible seafood consumption. Log on to print a wallet-sized card outlining best choices, good alternatives and fish to avoid when you shop or eat out.



## Five Fish to Try This Winter

This season, sample these healthy, responsibly raised Seafood Watch "Best Choices":

1. **Pacific Cod.** This low-fat fish has a softer, flakier texture than its over-fished Atlantic cousin and is available year-round.
2. **U.S.-farmed Tilapia.** This mild tasting, responsibly farmed fish rarely accumulates mercury because of its vegetarian diet.
3. **Dungeness Crab.** January is peak crab season in the west, and this sweet, tender meat is a good vitamin B-12 source.
4. **Sablefish (also called black cod or butterfish).** This tasty Chilean sea bass substitute is packed with beneficial polyunsaturated fats, calcium, magnesium and iron.
5. **Farmed Caviar.** This successfully farmed seafood is a holiday favorite.



## Fitting in Fitness

Only three in ten American adults get their recommended 30 minutes of exercise five or more days per week. Fit physical activity into your busy schedule with these tips, and remember to add more vigorous workouts as often as possible.

### AT HOME

- Do your own gardening, raking and trash takeout. Mow with a push mower.
- Raise your heart rate by sweeping, vacuuming and scrubbing briskly.
- Ride a stationary bike or lift weights while watching TV. Get up to change the channel. Jump rope during commercials.
- Squat to gather items on low shelves and stretch to reach those up high.
- Wake up 30 minutes early and take a brisk walk, or walk the dog after dinner.

### AT WORK

- Stand while talking on the telephone.
- Schedule regular walking breaks and lunchtime workouts.
- Strengthen abs with chair crunches. Sit straight, hands lightly gripping your chair seat (don't push down). Slowly raise and lower legs, keeping knees at a 90-degree angle and feet parallel to the floor. Repeat.
- Visit co-workers in person, instead of calling or emailing.
- Bike or walk to work, if possible.
- Use a restroom on a different floor ... or in a different building!

### ON THE GO

- Walk to the store for groceries, or park far away and carry your bags. Before putting goods in the car, do a few bicep curls with full grocery bags.
- Add extra steps by making pre-shopping laps around the mall and avoiding the drive-through.
- Strengthen calves while standing in line. Slowly lift yourself up onto the balls of your feet. Hold. Slowly lower heels to the floor. Repeat.
- When waiting to board a flight, take a stroll.
- Plan active family adventures such as hiking, swimming or bicycling.



**New Year, New You:** Up your calorie burn by walking an extra ten minutes each day.

# 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](http://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.

Jan. 9 & 16, 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 a calendar of services.

## 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

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

Feb. 12, 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.

Jan. 22, 6-8 pm

Feb. 25, 6-8 pm

March 18, 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.

### 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. Classes are taught in either two, three or four sessions. Content and costs vary by location.

### Berkeley, Alta Bates Summit Diabetes Center

A covered benefit for Hill Physicians members. Medical copay applies. Call 510.204.1081 for information or to register.

### Carmichael, Mercy Physicians Plaza

Call 916.733.6350 for information.

### Castro Valley, Eden Medical Center

Jan. 22 & 29, 7-9 pm

### Concord, Mt. Diablo Center for Diabetes

Call 925.674.2077 for dates and costs.

### Folsom, Mercy Hospital

Call 888.637.2956 for dates and costs.

### Oakland, Family Bridges Diabetes Education Center

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

### 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 or to register.



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 Management Classes, continued

### San Francisco, Sister Mary Philipia Health Center

Eight-week diabetes management program with a weekly exercise 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

Jan. 7, 5-6 pm

Feb. 4, 5-6 pm

March 3, 5-6 pm



### Diabetes Teleclasses | Free

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

### Diabetes Nutrition: Eating Well

Feb. 19, 6:30-8 pm

### Living Well with Diabetes

Two session programs:

Jan. 22 & 29, 6:30-8 pm

March 18 & 25, 6:30-8 pm

### Nutrition Counseling and Diabetes Education | Free

(Hill Physicians members only)

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

### Fitness

#### 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.

#### 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.

Feb. 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.

Jan. 15, 6:30-8 pm

March 18, 6:30-8 pm

#### Heart Healthy Living

If you've recently been treated for heart disease, come learn about coronary artery disease, risk factor modification, nutrition and cardiac rehabilitation. Family members are encouraged to attend.

#### Auburn, Sutter Auburn Faith Hospital

Call 530.889.6090 for dates and costs.

#### 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.

Feb. 6, 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:

March 12, 19 & 28, 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 programs:

Jan. 9 & 16, 6:30-8 pm

March 5 & 12, 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. 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.

## 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:

Feb. 6-27, 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 dietician.

Jan. 16, 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:

Feb. 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.

#### 10 Ways to Achieving Success with New Year's Resolution

Jan. 22, 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**

March 3, 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 dates and times.

#### Walnut Creek, Women's Health Center

Call 925.941.7900 for dates and times.

#### Monthly Pregnancy Forum | Free

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

#### Castro Valley, Eden Medical Center

#### Transitioning as New Parents:

#### From Hospital to Home

Jan. 7, 7-9 pm

#### Starting Off Right: Pre-Conception Planning

Feb. 4, 7-9 pm

## Moroccan Vegetable Stew

To make in advance, just cook the spices and chop the vegetables the night before. Refrigerate overnight and start slow cooker in the morning.

### Ingredients

- 2 tablespoons olive oil
- 3 cloves garlic, peeled and crushed with the side of a knife
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon cayenne
- 1/4 teaspoon ground cinnamon
- 3 cups vegetable or chicken broth
- 2 1/2 cups cauliflower florets
- 3 carrots (12 oz. total), peeled and cut into 1/2-inch lengths
- 2 cups cubed winter squash (butternut, Danish or acorn)
- 1/2 cup diced onion (about 2 1/2 oz.)
- 1 can (14 1/2 oz.) stewed tomatoes
- 1 can (15 oz.) garbanzos, drained and rinsed
- 3/4 cup dried currants (or raisins)
- 1/2 cup chopped toasted almonds

### Preparation

Pour olive oil into a small frying pan over medium-low heat. Add garlic and spices and cook, stirring often until fragrant, 1 to 2 minutes. Be careful not to scorch the garlic. Scrape the mixture into a slow-cooker (at least 4 qt.). Add broth, cauliflower, carrots, squash, onion, stewed tomatoes (with juices), garbanzos, currants, and almonds. Stir to combine. Cover slow-cooker and cook on high until vegetables are tender to bite and flavors are blended, 8 to 9 hours.

Transfer about 2 cups of mixture into a blender (or use an immersion blender). Whirl until smooth. Return purée to slow-cooker and stir to blend. Serve with couscous or brown rice.

Yield: 6 servings

### Simple and Healthy Recipe Modifications

- Look for broth, stewed tomatoes, garbanzo beans and almonds labeled "sodium-free," "low sodium," "less sodium" or "no salt added" to lower sodium content by as much as 642 mg per serving.
- Sauté garlic and spices in broth instead of olive oil to cut calories and fat.



### Nutritional Information per serving

Calories <b>346</b>	Carbohydrates <b>50.3 g</b>
Fat <b>13 g (sat 1.5 g)</b>	Fiber <b>10.4 g</b>
Cholesterol <b>0 mg</b>	Protein <b>12.6 g</b>
Sodium <b>841 mg</b>	

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.

## 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

Cost: \$30. Hill Physicians members with Health Net HMO: bring your insurance card to class to receive a 50 percent discount. Feb. 5, 6:30-9:30pm

#### 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

Free. Call 209.461.5213 for dates.

#### Sacramento, Mercy Women's Center

Call 916.614.2200 for dates and costs.

## 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 big sister. Your child will also see new babies and the birthing area of St. Joseph's Medical Center.

#### 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

Jan. 15, 7-9 pm  
Feb. 12, 7-9 pm  
March 11, 7-9 pm

#### Sacramento, Mercy Women's Center

Call 916.614.2200 for dates and costs.

#### San Ramon, Hill Physicians Education Center

Jan. 15, 7-9 pm

#### Stockton, St. Joseph's Medical Center

Call 209.461.5213 for dates.

## 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 dates and costs.

### 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.**

Jan. 26, 9 am-4 pm

March 1, 9 am-4 pm

#### Stockton, St. Joseph's Medical Center

Call 209.461.5213 for dates and costs.

### 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 dates and costs.

### 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 dates and costs.

### 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](http://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.

Jan. 8, 6:30-8 pm

March 4, 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 530.669.5531 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](http://HillPhysicians.com).



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## Alleviating Arthritis

Do glucosamine and chondroitin work for arthritis relief?

**M**uch attention has been paid to the roles of glucosamine (a natural compound in cartilage) and chondroitin (which gives cartilage its elasticity) in arthritis relief, particularly because they offer alternatives to surgery and anti-inflammatory drugs. Taken individually, neither glucosamine nor chondroitin has proven more effective than placebos in reducing arthritis pain. Some studies show the two offer relief when taken in combination; other research has been less hopeful.

Attempting to end the confusion, the National Institutes of Health launched the Glucosamine/Chondroitin Arthritis Intervention Trial (GAIT). Study participants, who had osteoarthritis of the knee, showed mixed results. Glucosamine and chondroitin provided some relief for individuals with moderate to severe pain, but not for those with mild pain. Research and debate over the results continue. Because the substances are not harmful, though, experts say individuals do not need to discontinue use if glucosamine and chondroitin are providing pain relief.

**Dennis Del Paine, MD**  
Rheumatologist  
Stockton



## Iron and Blood Donation

Can giving blood lower my heart disease risk?

**B**ecause excessive iron is thought to advance artery damage done by free radicals, high iron levels have been linked to increased risk of hardened arteries and cardiovascular disease. The iron hypothesis suggests that pre-menopausal women are protected from such damage by regular blood loss through menstruation. Several studies have compared the heart health of men and post-menopausal women who frequently donate blood to that of occasional donors. (Defined differently in each study, "frequent" donation is considered a minimum of once every six months.) Results thus far have been inconclusive, but some suggest blood donation might be beneficial to certain populations.

In one small study, University of Kansas researchers found that regular, long-term

blood donation lowered cardiovascular disease risk among non-smoking men. A study reported last winter in the *Journal of the American Medical Association* suggests iron reduction might result in a reduction of cardiovascular events such as heart attack and stroke in those who already have cardiovascular disease, specifically in younger patients (ages 43-61).

Experts continue exploring the connection between blood donation and cardiovascular health. It appears that blood donation might reduce the risk of cardiovascular disease; however, more research is needed before this conclusion can be extended to the general population.

**Amir Sweha, MD**  
Family Practice Doctor  
Sacramento



## Skin Solutions Can dietary changes improve acne?



**W**hile there are many reasons to eat well, there is currently little evidence that diet plays a direct role in acne control.

Managing acne begins with understanding the cause. Overactive oil glands in the skin, blockage of oil-releasing hair follicles and growth of the bacteria *Propionibacterium acnes* within the hair follicle are the three major factors that cause acne. While the cause of *P. acnes* growth is unknown, increased levels of male hormones in both males and females are believed to play a role.

To manage mild acne on your own, gently wash affected areas twice a day with mild soap and warm water, avoid using astringents (which strip skin of natural moisture) and use "noncomedogenic" and oil-free skincare products. Over-the-counter products containing benzoyl peroxide and salicylic acid can be helpful also. Oral antibiotics, sometimes used in combination with topical treatments and/or phototherapy, have been found to be effective in those with moderate to severe acne.

**Minh Dang, MD**  
Dermatologist  
Pleasanton

 Skin Solutions | [www.HillPhysicians.com/HillHealth](http://www.HillPhysicians.com/HillHealth)



**New Year, New You:** Be curious about your health. Submit a question or explore the online health library at [www.HillPhysicians.com](http://www.HillPhysicians.com).



## Stress Relief for the Whole Family

One person's stress can spread to the whole family quickly. This year, resolve to relieve pressure and strengthen personal connections, together. Start with these activities:

- **Cook and eat as a family.** Share stories of your day over healthy meals.
- **Volunteer together.** Witnessing others' struggles puts your own in perspective. Kids will learn the impact of kindness and you'll all feel good about improving your world.
- **Take a walk, play tennis or go for a bicycle ride as a group.** Everyone benefits from exercise, and physical activity helps you forget stress while focusing on fun.
- **Channel your inner child.** Draw, blow bubbles, dance or assemble puzzles with your kids.
- **Watch a funny movie or take turns telling jokes.** Laughter alleviates tension.
- **Schedule companionship and conversation.** Arrange get-togethers with other parents and their children.



### New Year, New You:

Observe and write down what causes stress throughout one day. Reflect on you how can minimize taxing situations.

## Discussing **Sex** with Your Kids

**R**esearch: A recent government-commissioned study says abstinence education makes teenagers no more likely to avoid sex before marriage. Another report finds that scientists and the public prefer comprehensive sex education programs to federally funded abstinence-only programs.

**Reality:** If school-based programs don't work, what is a parent's best approach? Be proactive. It is normal for youngsters to be curious about their bodies, so when they ask questions, provide straightforward, age-appropriate information. Avoid using nicknames for body parts. Consider referring to one of the many books available for parents who are unsure of what to say.

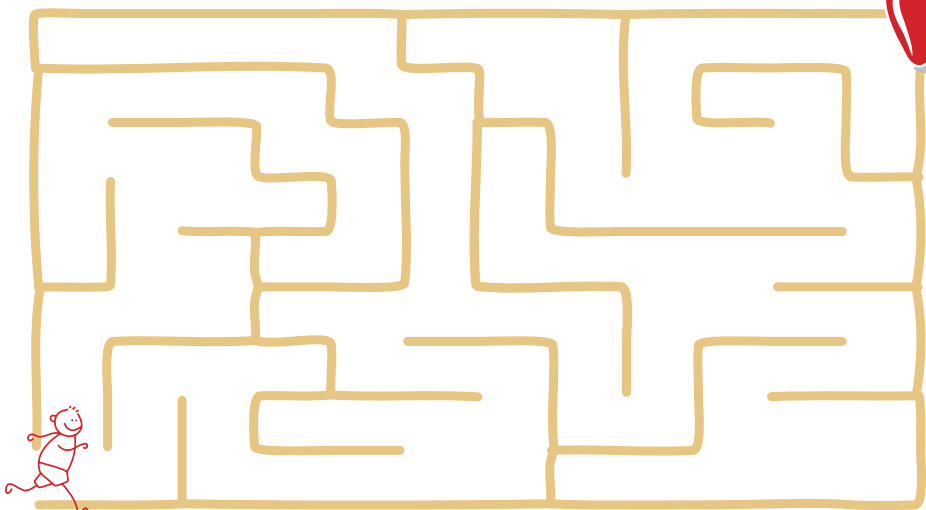
Normalize discussing your values related to sexual behavior by including simple age-appropriate ideas into ordinary conversations. Sitting down for just one "birds and bees" talk can be uncomfortable for you and your kids. Instead, keep an open dialog with your kids. Discuss images in the media. Encourage questions, and avoid scare tactics and lectures. School sex education classes might provide basic information, but only parents can enhance the dialogue with values, morals and feelings.

**Remember:** Your honesty and frankness will help your child develop healthy attitudes toward love and intimacy.

 What to Talk About | [www.HillPhysicians.com/HillHealth](http://www.HillPhysicians.com/HillHealth)



## Kids Activity *Make your way to the end of the labyrinth!*





## My Life As I Write It

## Past, Present, and Future

**H**ow would you tell your life story? What are the high points, low points and turning points? Is your life story mostly positive or negative?

### The Good, the Bad and the Redeeming

We tend to rate experiences in one of three ways. Some people see positive outcomes despite difficult experiences: "I lost my job but found a much better one." Some focus on negative outcomes in otherwise positive experiences: "Our wedding was wonderful until a drunk guest fell on the dance floor." Others consider experiences helpful in overcoming hard times: "I couldn't read in first grade until a tutor taught me to make learning fun." Those who remember more positive experiences or look for the silver lining in hard times tend to feel more optimistic about the future.

### Consider the Source

If we think difficulties result from a character flaw it is harder to feel successful in overcoming challenges. However, when we view problems as external situations that we can change, we are more likely to feel able to rise to the challenge and then to succeed.

## How to write your life story

Take 10-15 minutes to reflect on major chapters in your life. Write down key insights to set the stage for future success.

### 1) Remember a past situation with a positive outcome.

How did you decide what to do? What did you learn about change? What signs showed you had succeeded?

### 2) Think of the present.

Identify something good about a situation that currently seems difficult. What might you gain from the current circumstances? How can you use your strengths from past successes to improve the present?

### 3) Consider future possibilities.

Identify one new thing you want in your future. What good from the present can help in writing your future?

### 4) 'Reality test' the script.

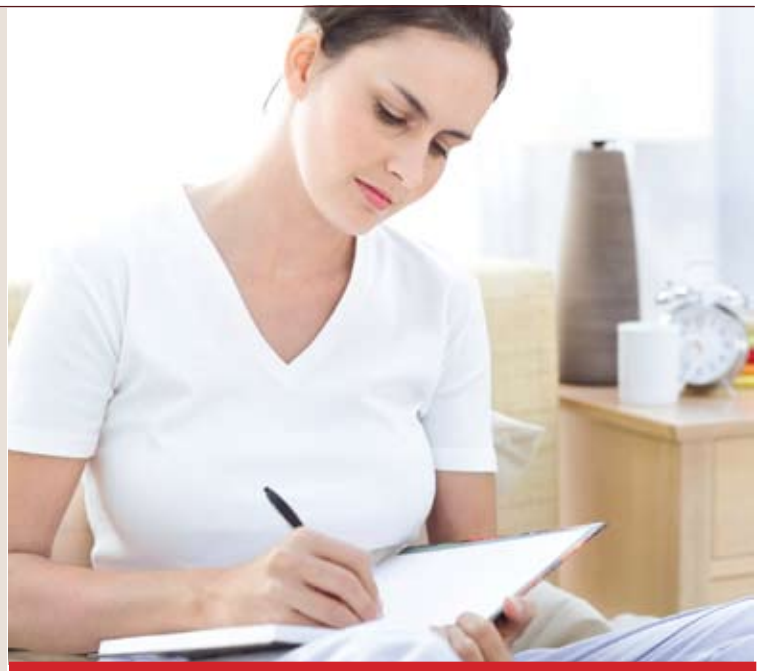
Rate your confidence about your future from one (not likely) to ten (I know I can do this). If below six, rewrite the part(s) you can change. Imagine what a friend or coach would advise to achieve this goal – and set out to reach it!

## Gratitude: It's Not Just for Thanksgiving

**W**e might experience gratitude during certain holidays, but what if we reflected on what we are grateful for every day? Studies suggest there are deeper benefits to gratitude than fleeting good feelings. People who practice gratitude experience less stress, better sleep, lower levels of depression and higher levels of optimism and enthusiasm.

Practicing gratitude is simple and takes little time. Start by keeping a gratitude journal, listing three things daily for which you are grateful. If you aren't likely to write them you can simply pause for 30 seconds and tell yourself three "gratitudes" sometime during the day (aim to do this at the same time every day to form a regular habit). In a short time you just might find that your life feels more satisfying.

 Gratitude Journal | [www.HillPhysicians.com/HillHealth](http://www.HillPhysicians.com/HillHealth)



**New Year, New You:** Keep a gratitude journal. Log onto [www.HillPhysicians.com](http://www.HillPhysicians.com) to download a sample journal.



## Vegetables to Nourish the Brain and the Body

The same crunchy vegetables that provide crucial nutrients and cut disease risk also enhance brainpower, suggest two long-term studies of middle-aged adults.

Study participants who ate the most vegetables – particularly cruciferous and leafy green varieties – showed slower rates of cognitive decline over time than those eating fewer or no vegetables. Most individuals with vegetable-rich diets scored one to two years younger than their peers on mental function tests; in some cases, participants scored up to five years younger. Fruit, while high in vitamins and fiber, did not produce the same brain-boosting benefits.

Though researchers did not isolate a specific nutrient responsible for enhanced mental strength, lutein, folate and vitamin E are among potential sources of power.

For maximum benefit, enrich your diet with brain-boosting cruciferous vegetables such as broccoli, cabbage and cauliflower, as well as leafy green spinach and arugula.

*Turn to page nine for a brainfood recipe sure to spice up your winter.*



**New Year, New You:** Make brain food fun for the whole family: Add chopped broccoli to macaroni and cheese or top pizza with sautéed cabbage.

# Migraine Management 101

Debilitating migraine headaches often strike unexpectedly and pain can last for days. Experts now believe the cause might be related to genes that affect brain cell activity. The good news is there are ways to cope. Management involves treating pain as well as avoiding the known factors and situations that trigger headaches.

### TRACKING TRIGGERS

If you suffer from migraines, keep a headache journal. Record pain start times and duration. Note the impact of medications and treatments. Track your pre-migraine diet and activities. Over time, look for patterns and work to eliminate, if possible, the factors that precede pain. These triggers can exacerbate an attack. Avoiding triggers will not eliminate headaches entirely, but you can reduce the frequency and severity of your symptoms.

Common triggers include stress and activity, changes in sleep or eating patterns, exposure to light, lack of food and hormonal changes. Monosodium glutamate (MSG), alcohol and nitrates in processed foods are thought to be additional triggers for some.

### WHAT HELPS

Migraines can be managed two ways: through prevention and by limiting severity. Medication management in one or both of these areas is the most effective tool for migraine sufferers. In many people, treatments to relieve stress also can help. Yoga, meditation and exercise can reduce migraine frequency, as can establishing regular sleep habits. For some, biofeedback and acupuncture provide relief. Supplements and herbal alternatives such as riboflavin (400 mg daily), coenzyme Q-10 (a vitamin-like substance produced by the body),

magnesium, feverfew and even botox injections also might provide relief.

To learn more about living with migraines, join our free, four-week Managing Migraines teleclass beginning on February 6. Register online at [www.HillPhysicians.com/Classes](http://www.HillPhysicians.com/Classes) or by calling 877.493.5563. See page nine for more information.

The Neurobehavioral Pain program (NBP), Hill Physicians mind-body pain reduction program, also has been helpful for those with migraines. If you are a Hill Physicians member and are interested in learning this behavioral approach to turning off migraine pain, ask your physician to submit an authorization request on your behalf, indicating “NBP” on the request.



Migraines are three times more common in women than men.

## Spicy Cinnamon's Surprising Health Benefits

The fragrant cinnamon that seasons your hot apple cider also promotes good health. Traditionally used to improve digestion and increase energy, cinnamon has antioxidant qualities and has been linked with cholesterol reduction. Recent research indicates that cinnamon might lower blood sugar and enhance insulin efficiency in those with type 2 diabetes. The same impact was not measured, however, in type 1 diabetes patients.

As studies continue, add spice to your diet with the Moroccan Vegetable Stew recipe on page nine and these tips:

- Season sweet potatoes, breads and meats with cinnamon instead of salt.
- Shake ground cinnamon into curries.
- To sweeten tea, add a piece of cinnamon bark as the water boils.
- Sprinkle cinnamon on cereal, oatmeal, whole-wheat toast or low-fat frozen yogurt.



## Vitamin Guide: Check the Label

A multivitamin is a worthy – and affordable – health investment. But not all multivitamins are equal. Be cautious about too-good-to-be-true claims, high price tags and statements that are not scientifically proven. Choose brands labeled as certified by United States Pharmacopoeia (USP), NSF International (NSF) or ConsumerLab.com (CL, which also evaluates product quality) to ensure your vitamin contains the vitamins and minerals listed in the amounts specified. Aim for the recommended daily intake, but be careful not to exceed the upper tolerable intake level (UL).

**KEY:**  
**mg = milligrams**  
**mcg = micrograms**  
**IU = international units**

*\*If you are pregnant or lactating, check with your physician for recommended intake.*

Nutrient	Recommended daily dose for:		Upper tolerable intake level (UL)	Notes
	Adults ages 19-50	Age 50+		
<b>Vitamin A*</b>	Women: 700 mcg (2,310 IU) Men: 900 mcg (3,000 IU)	Women: 700 mcg (2,310 IU) Men: 900 mcg (3,000 IU)	1,500 mcg in retinol form; 3,000 mcg (10,000 IU) total	Look for a higher percentage in beta carotene form.
<b>Vitamin B-6*</b>	1.3 mg	1.7 mg	100 mg	
<b>Vitamin B-12*</b>	2.4 mcg	25 mcg from supplements or fortified foods	–	People who take acid blockers might need up to 250-500 mcg daily.
<b>Vitamin C*</b>	Women: 75 mg Men: 90 mg	Women: 75 mg Men: 90 mg	2,000 mg	
<b>Vitamin D</b>	5 mcg (200 IU)	Ages 50-70: 10 mcg (400 IU) Over age 70: 15 mcg (600 IU)	50 mcg (2,000 IU)	Some experts believe the daily adequate intake should be raised. Aim for 25 mcg (1,000 IU) of D <sub>3</sub> (cholecalciferol). D <sub>2</sub> (ergocalciferol) is half as potent.
<b>Vitamin E</b>	15 mg (22.5 IU)	15 mg (22.5 IU)	1,000 mg (1,500 IU)	High doses increase risk of death.
<b>Calcium</b>	1,000 mg	1,200 mg	2,500 mg	Divide into doses of 500 mg or less, taken throughout the day.
<b>Folic acid (or folate)*</b>	400 mcg	400 mcg	1,000 mcg	Exceeding 400 mcg daily through pills and foods might increase cancer risks.
<b>Iron*</b>	Premenopausal women: 18 mg Men and post-menopausal women: 8 mg	Premenopausal women: 18 mg Men and post-menopausal women: 8 mg	45 mg	Excessive iron intake can lead to death. Keep supplements tightly capped and out of reach of children.
<b>Selenium*</b>	55 mcg	55 mcg	400 mg	More research is needed. Do not exceed 70 mcg daily.



**New Year, New You:** Introduce one new fruit or vegetable to your family's menu each week. Add a multivitamin to supplement your diet or read the label of the one you currently take.

# New Year, New You

Simple suggestions to make  
2008 your best year yet.



## FOOD AND DIET

- Enjoy healthy seafood responsibly (p.6)
- Eat more brain-boosting foods (p.14)
- Benefit from a few shakes of cinnamon (p.15)
- Add essential nutrients to your diet (p.15)

## FITNESS AND HEALTH

- Make health screenings a priority (p.3)
- Reach and maintain a healthy weight (p.4)
- Sneak fitness into your daily routine (p.6)
- Find answers to your health questions (p.11)

## FAMILY AND SPIRIT

- Cut stress and build family connections (p.12)
- Practice thankfulness everyday (p.13)



# Your Turn!

Do you fit in squats and calf raises while microwaving your lunch? Have you found a quick vegetable recipe that the kids love? Is there a simple change you've made to moderate stress in your day?

Now you can share your ideas and inspiration with other *Hill Health* readers. Tell us how you've created a healthy body, spirit or home, and we might feature your story in a future issue! Submit your top tips online at [www.HillPhysicians.com/HealthTips](http://www.HillPhysicians.com/HealthTips) or send to:

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

Health Tips | [www.HillPhysicians.com/HillHealth](http://www.HillPhysicians.com/HillHealth) 



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