

# Hill Health

The Magazine of  
Hill Physicians Medical Group

Traveling?  
**TIPS TO STAY  
HEALTHY**

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Jennifer Burgham, MD, makes time for herself,  
her family and her pediatric practice.

# HillHealth

## SPRING/SUMMER 2011

The magazine of Hill Physicians Medical Group Hill Physicians 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.

### Contact Hill Physicians

- Customer Service  
(800) 445-5747  
Email: [customerservice@hpmg.com](mailto:customerservice@hpmg.com)
- Member Health Improvement  
(800) 445-5747  
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Voice to TTY (800) 735-2922
- Contact Your Health Plan  
Your health plan's phone number can be found on your health plan identification card.

### Hill Health Editorial Board

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Hill Health Magazine is published exclusively for Hill Physicians Medical Group by Wax Custom Communications.

We hope you enjoy our award-winning magazine. If you receive duplicate copies or no longer wish to receive Hill Health, please email [health@hpmg.com](mailto:health@hpmg.com) or call (800) 445-5747. Because many members have similar names, provide your full name, address and phone number.

For additional health information, visit [www.HillPhysicians.com/YourHealth](http://www.HillPhysicians.com/YourHealth)



### RETRACTION

In our last issue, we suggested eating almonds to increase omega-3 fatty acids in your diet. Almonds have many health properties but they contain little, if any, omega-3s. Our cholesterol article (Winter 2011, page 4) should have listed walnuts instead. According to the California Walnut Commission, walnuts are an excellent source of omega-3s, with a handful of walnuts containing about 2.5 grams.

## In This Issue: Focus on Online Resources

This issue focuses on a number of health tools and resources available at [www.HillPhysicians.com](http://www.HillPhysicians.com) including:

- \* A personalized plan for reaching health goals (page 3)
- \* An online symptom checker and assessment tools (page 5)
- \* The Hill Physicians gratitude journal (page 6)
- \* Paced Breathing for Hypertension podcast (page 7)
- \* Requesting a medication consult with a Hill Physicians pharmacist (page 7)
- \* Accessing health education materials and registering for classes (pages 9-11)



## New Programs for Hill Physicians Members

We'd like to introduce two new programs now available for our members: the UCSF diabetes program which has recently expanded from the Bay Area to Sacramento and a new physical therapy program for Sacramento back pain patients called Back in Action.

### DIABETES SUPPORT PROGRAM

We've teamed up with the University of California, San Francisco (UCSF) to enroll members with type 2 diabetes and their spouses or partners in this study to help them better manage diabetes. The study offers:

- \* One-on-one appointments with a diabetes educator over the phone
- \* In-person blood pressure and glucose monitoring
- \* Diet, exercise and goal-setting education
- \* Effective new ways for achieving support and positive change
- \* Ongoing payment for participation (up to \$140)

If you or a loved one has diabetes with an A1c level above 7.5, the Diabetes Support Program may be just right for you! To learn more, call the UCSF Diabetes Research Group at (866) 774-7761.

### NEW BACK IN ACTION PROGRAM

If your chronic back pain has not improved despite a variety of medical approaches, Back in Action might help. Back in Action is a personalized, active exercise program. Over the course of five sessions a physical therapist will coach you on starting and maintaining exercises to make you stronger and more active, which can improve back pain. Even people who have already tried physical therapy before can benefit from this program.

Back in Action is offered at 11 Therapy Care Network locations in the Sacramento area. PT for chronic back pain normally is not covered by your health plan. Hill Physicians is pleased to offer this valuable service to our members who want to "get back into life" despite their chronic pain. (Your usual PT co-pay applies.)

To learn more, email [health@hpmg.com](mailto:health@hpmg.com) or call Member Health Improvement at (800) 445-5747. Visit our Back Pain Online Health Center at [www.HillPhysicians.com/BackPain](http://www.HillPhysicians.com/BackPain) for more information on managing back pain.



# Work-Life Balance

**Jennifer Burgham, MD, knows what overwork feels like. “Medical school and residency were really work-intensive,” Dr. Burgham says. “I missed so much of what was going on around me. I was exhausted.”**

But then she joined Pinwheel Pediatrics in Concord, a group of four physicians – all mothers of young children – who each work part-time. By overlapping their three-day work weeks, the physicians cover regular practice hours and an urgent care clinic. A commitment to flexibility allows them to fill in for each other while spending extra time with patients who need it. “We have awesome pediatricians and an amazing staff,” Dr. Burgham says. “Everyone is a natural with kids and truly enjoys being there. I can’t imagine a better group.”

And fewer hours at work means more time with her children. “They’re at a fun age now

where they’re constantly making up pretend scenarios and games. Last night, I watched them perform a circus. Because they learn and grow so fast, it’s important for me to be there as much as I can.”

When she’s not caring for kids, Dr. Burgham makes time for herself. Pilates, jogging and weekly trips to the farmers’ market help keep her healthy. Baking and photography are two of her hobbies, providing both relaxation and creative outlets. She also enjoys new experiences, such as traveling, and more recently, rock climbing. Dr. Burgham believes that living a balanced life increases her well-being and makes her a better role model. “I’m better for my patients, for my children and myself.”

Yet, there are still times when life becomes hectic. “My husband and I go out and we always say, ‘We need to do this more often.’ I also find it hard to get in as much exercise as



I’d like. It’s challenging to find the time.” Dr. Burgham understands that living a healthy, balanced life is a continual process, but keeping her priorities in mind makes it easier. “I’m glad my family is healthy,” Dr. Burgham says. “I appreciate what I have.”

See below for ideas on adding balance to your life.

## Finding Your Balance

People today work more and have less time for family and other activities, according to the American Psychological Association. Life, for many of us, has tipped out of balance. Try the following healthy practices to get your balance back.

**Work well:** Be aware of what’s going on at work and how it affects you. If something feels out of balance, take steps to improve the situation, such as getting support or learning skills to help you

deal with difficult working conditions, to make work a more positive part of your life.

**Stay connected:** Strong relationships are essential for our health. Time

strengthening relationships is time well spent.

**Relax:** Include some down time in your daily routine. Meditation, deep breathing exercises and yoga are great ways to start.

**Have fun:** Keep up with a hobby, sport or creative endeavor. Do something that makes you laugh.

**Keep health a priority:** Eat plenty of fruits and vegetables, exercise at least a half hour a day and get a full night’s sleep. See your dentist and primary care physician regularly for preventive care.

Need help adding a healthy practice into your life? Visit [www.HillPhysicians.com/ActionPlan](http://www.HillPhysicians.com/ActionPlan) to get started.



Dr. Burgham (right) with husband Dale, daughter Ella, 2, and son Aiden, 5.

# For Better Health, Head Outdoors

Want to ease stress and improve health? Start with a walk in the park.

Increasingly, evidence says that getting outside is good for our health and happiness. In Japan, researchers link “forest bathing” – engaging with the natural world for therapeutic benefit – to reduced blood pressure and heart rates, lower stress levels and an immune system boost that lasts from a few hours to a few days. British scientists connect contact with nature to better moods and self-esteem, while other studies maintain that outdoor exercise improves concentration, increases job satisfaction and enhances one’s sense of vitality more effectively than indoor activity.

In addition to elevating mental and physical health, nature also promotes healing. Hospital patients in several studies suffered fewer complications, recovered more quickly and required fewer pain medications when windows provided access to natural views and sunlight.

What accounts for these powerful health benefits? It could be our exposure to grass, trees and other plants while outdoors. One theory is that phytoncides, compounds produced by plants to prevent decay, might help lower blood pressure and raise white



blood cell counts in humans. In addition, outdoor activity relaxes and refreshes the mind by providing a break from cell phones, computer screens and to-do lists. Just five minutes can make a difference, and even urban dwellers can incorporate nature into their days. Here’s how:

- \* Plan a weekend hike, bike ride or beach trip
- \* Take a walk over the lunch hour
- \* Spend time in parks or community gardens
- \* Set your desk near a window to provide an outdoor view
- \* Keep a plant in your office



## Stay Safe *in the Sun*

Outdoor activity promotes wellness – and natural sunlight also boosts the body’s production of vitamin D, which protects bones and prevents certain diseases. Too much sun, however, damages skin and raises skin cancer risk. To enjoy the sunshine safely:

- Make sunscreen a habit. Generously apply sunscreen (SPF 30 or higher), even on cloudy days and even when traveling by car. Reapply after swimming or sweating.
  - Avoid tanning beds.
  - Wear wide-brimmed hats and long sleeves.
  - Seek shade between 10 am and 4 pm, when the sun’s rays are strongest.
- Regularly check your skin, and that of your family, for changes or suspicious spots. If anything seems unusual, contact your physician.
- For sunburn relief, apply a cool cloth, aloe vera gel squeezed from the plant or pure aloe products. Breaking sunburn blisters increases infection risk; instead, gently cover them with gauze if necessary. Ibuprofen or aspirin also ease pain (but do not give aspirin to children or teens).

### Skin Cancer Check

Learning skin cancer self-exam techniques with a spouse or partner increases the likelihood of regular self-screenings, says a Northwestern University study. Couples can more effectively spot irregularities on a partner’s scalp, back and hard-to-see areas. Take photos to help note changes from one year to the next.

# Move More, *Ache Less*

Exercise has many health benefits. Even if you are overweight, have hip or knee injuries, or arthritis, you don't have to miss out on all the rewards.



In fact, regular physical activity can help to reduce complications associated with both obesity and arthritis.

First, pay attention to how you feel. Swollen joints and overstretched muscles and ligaments are among the top causes of joint pain. Doing too much or moving in the wrong ways can strain both bone and muscle. "Wear and tear" injuries also include the strain of extra weight.

### Don't play favorites

When you're stiff, do you favor one side of the body over the other? If so, you're asking some muscles and joints to do more than their fair share. Instead, put all of your muscles to work:

- \* Focus on strengthening the muscles around your painful joint. The stronger they are, the more they can support your joint.

- \* Increase your flexibility by stretching after activity.
- \* Concentrate on letting your muscles relax and contract fully. Otherwise, they can get weaker. That puts you at risk for injury.
- \* Use hiking poles when walking to increase stability, take pressure off joints and add upper body exercise to your walks or hikes.

We all overdo it on occasion. When that happens, we're tempted to sit on the couch. But exercise may help to get rid of the pain and stiffness. Include walking, swimming or gentle yoga in your routine if you have arthritis or while an injury heals. Being active is exactly what most of us need to feel better.

## \* Happy Travels

Follow these tips to avoid common traveler's ills:

- Motion sickness can kick in before the fun even begins. When in motion by land, sea or air, keep your head up and your eyes forward. Limit time reading and texting. If you feel woozy in the car, focus on the horizon and get fresh air. When you can, move to the front seat or take a break from the road.
  - Time zone troubles can steal away vacation hours, too. To keep jet lag to a minimum, drink plenty of water and move about the cabin. When you land, go for a walk. The hormone melatonin can help reset your sleep cycle. If your physician agrees, take a dose around 6 pm in your new time zone.
  - Sidestep unfamiliar germs outside the United States. Plan ahead for vaccines or medications. Visit the CDC's travel website at [www.cdc.gov/travel](http://www.cdc.gov/travel) for required and recommended preventive measures needed in other countries.
- By planning ahead, your summer travels can be happy and healthy.



### Ready to Get in Shape for Summer?

Let Hill Physicians help. Take advantage of your discounts on massage therapy and group yoga. Or sign up for a class or teleclass. And if you think you have an injury, check out our online symptom checker and other health assessment tools. It's all at [www.HillPhysicians.com/YourHealth](http://www.HillPhysicians.com/YourHealth)



# Fostering Gratitude

Through his workshops and his book *Finding Balance in a Medical Life*, Lee Lipsenthal, MD, teaches effective communication, stress management and cultivation of gratitude. His own grateful outlook took on special significance after a recent cancer diagnosis.

Rather than fearing the worst, the 53-year-old San Anselmo cardiologist chooses to appreciate each day spent with his family, clients and colleagues. This grateful approach, Dr. Lipsenthal explains, also benefits individuals facing less-extreme circumstances.

“If you spend your entire time worrying about what might happen,

then you’ve lost today,” says Dr. Lipsenthal.

Focusing on life’s negative aspects leaves one agitated and unhappy. Actively noticing the positive, however, offers both emotional and physical rewards.

“Grateful thinking decreases stress hormones, increases clarity of thought and makes you feel better about life,” Dr. Lipsenthal says.

Research confirms that gratitude influences well-being. Thankful individuals tend to exercise regularly, eat well and complete important health screenings. They also enjoy enhanced immunity and are better equipped to manage daily stresses that, left unchecked, trigger chronic disease. Gratitude is linked to stronger relationships,



better sleep quality and increased vitality, as well.

To foster a greater sense of gratitude, practice what Dr. Lipsenthal calls “optimism training.” Each night, reflect on and write down at least three people, situations or things for which you are thankful.

“After two to three weeks, each day you’ll start to look for things to write that evening,” Dr. Lipsenthal says. “Your attention really starts to shift to what you are grateful for in your life.”

For additional inspiration, use our gratitude journal at [www.HillPhysicians.com/Gratitude](http://www.HillPhysicians.com/Gratitude)



## Reduce Your Worries

Small doses of worry can motivate you to solve problems or avoid risk, but excessive anxiety is unhealthy and exhausting. Luckily, many worries are optional – and manageable.

To start, reflect on what’s bothering you. Categorize worries as those you can do something about and those you cannot. If you can’t control a situation, visualize a positive resolution, focusing on the good you want to happen rather than the bad you don’t, and then set

the worry aside. You’ll feel more on top of things, and you’ll have more energy to address circumstances you can change.

In several studies, patients engaging in this constructive thinking and guided imagery before and after surgery experienced lower levels of anxiety, less pain and fewer complications. Whether practiced before a medical procedure or when facing a challenge at work, picturing positive outcomes can make a difference.

To get started, try our relaxation, pre-surgery or migraine guided imagery podcasts at [www.HillPhysicians.com/Podcasts](http://www.HillPhysicians.com/Podcasts)

# Take a DEEP BREATH

Breathing is one of the body's most basic functions, but it doubles as a powerful relaxation tool with real health benefits.

In times of stress, your internal "fight or flight" response gets triggered. Your heart races. Muscles grow tense. Your breath gets shallow. This prepares you to face challenges in the moment, but ongoing stress – whether from real threats or overreaction to average events – wears down the immune system and increases blood pressure. Deep breathing limits stress-related wear by actively slowing your heart rate, stabilizing blood pressure and promoting



relaxation. Focused breathing that fully engages the diaphragm, the muscle between the chest and abdomen, also improves blood flow and encourages the exchange of oxygen and carbon dioxide in the body.

To benefit, consider scheduling deep breathing exercises into your day (see instructions below). No time for meditation? Use a ringing phone or a red light as a reminder to take a few slow deep breaths. Though a daily 10- to 20-minute deep breathing routine is ideal, even a few short sessions will relieve tension.

For in-depth guided deep breathing exercises, listen to the free *Paced Breathing* and *Breathing In, Breathing Out* podcasts at [www.HillPhysicians.com/Podcasts](http://www.HillPhysicians.com/Podcasts)

## TRY THIS BASIC BELLY BREATHING EXERCISE:

1. Sit comfortably, ideally in a quiet space.
2. Place one hand on your chest and the other on your belly, just below your ribs.
3. Inhale deeply through your nose. Your belly should fill out; your chest shouldn't move.
4. Exhale through pursed lips. Notice your stomach pulling back in.
5. Repeat 3 to 10 times.



## Manage Your Medications

Many Hill Physicians members take several prescription medications. Add over-the-counter and herbal supplements and it's easy to see how medication problems can arise.

### Test your medication knowledge:

- \* Which medications do you take?
- \* What do your medications do?
- \* When and how should you take them?
- \* How might your medications produce side effects or interact with each other?
- \* Is there a way to reduce your prescription costs?



If you had trouble answering these questions or are confused about your medications, Hill Physicians can help. Members who take at least eight prescription medications, have been hospitalized more than once in the past year or have two or more long-term medical conditions can schedule a free phone consultation with a Hill Physicians pharmacist.

Go to [www.HillPhysicians.com/Pharmacy](http://www.HillPhysicians.com/Pharmacy) to schedule your appointment or watch our web videos about generic prescriptions and managing your medications after a hospital stay.

### Rise and Shine!

Invigorate your mind and body with this morning exercise. Stand and bend forward from the waist, knees slightly bent and arms dangling. Inhale slowly and deeply while gradually rolling up straight. Lift your head last, hold your breath for a few seconds and slowly exhale as you return to your original position.

# \* THE TEEN BRAIN

**Q:** My teen and I are getting into power struggles. From my point of view, he's been making a lot of bad decisions. What's going on here? Is this behavior due to my parenting, his peers or his biology?

**A:** To make decisions, children and teens rely on a part of the brain linked to emotion and stress. Adults, on the other hand, can more easily access the part of the brain that helps make reasoned, informed decisions.

For the logical and emotional parts of the brain to talk to each other, we need a white fatty substance called myelin. In kids, it's not all there yet – and it won't be until they're in their mid-20s. Until then, kids have a greater tendency to act emotionally and excitedly. That's good for helping them get involved in learning new things. But it also

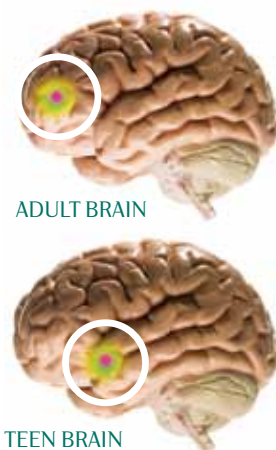
makes them more impulsive, quicker to take risks and less likely to see the consequences of their actions.

Until the brain is fully connected, adults can be the center of reason. As a parent, remain involved and engaged with your teen. Try to help him talk through his decisions and learn from his mistakes.

Be a role model for good decision making. And most of all, keep the patience flowing.



**Mark Levine, MD**  
Psychiatrist  
Sacramento



*Circled, the centers of the brain most activated during decision making.*

# RADIATION EXPOSURE

Angioplasty: 7.5 to 57.0 mSv

Angiogram: 4.6 to 15.8 mSv

CT of the chest, abdomen or pelvis: 8.0 to 10.0 mSv

Natural sources: 3 mSv per year

Mammogram (four views): 0.7 mSv

Spine X-rays: 0.4 mSv – 0.7 mSv

Chest X-ray: 0.02 mSv – 0.04 mSv

Dental X-rays: 0.02 mSv (lateral) – 0.09 mSv (panoramic)

Single airplane flight coast-to-coast: 0.01–0.03 mSv

MRI and ultrasound: 0 (no radiation)

Radiation from medical tests and other common sources, listed in millisievert (mSv) units.

**Q:** How can I minimize my exposure to radiation and reduce my cancer risk?

**A:** Radiation has been in the news recently. As with other potential cancer-causing agents, the more you know, the better you can reduce your risks, especially from common sources of radiation.

**Diagnostic tests:** Medical tests can help diagnose health conditions and inform your treatment plan, but some tests involve radiation. Discuss the benefits and risks of these tests with your physician and avoid unnecessary tests.

- \* Radiation from common medical tests and procedures ranges from 0 units for MRI and ultrasound to 57 mSv units for angioplasty.
- \* Go to [www.HillPhysicians.com/HealthLibrary](http://www.HillPhysicians.com/HealthLibrary) to learn more about diagnostic tests that involve radiation.

**The sun:** The risk for skin cancer from the sun's UVA radiation is well-documented.

- \* Always wear sunscreen. Continuously reapply when outdoors for extended periods.
- \* UVA radiation also comes in through windows (at home, at the office

and in your car). Protective coatings and fabrics can keep it out.

**Cell phones:** Cell phones emit radiofrequency energy, a type of radiation commonly called radio waves. This has raised concerns about cell phones and brain cancer.

While several studies show conflicting data, most studies have found no consistent link between cell phone use and cancer. However, current studies have only involved adults and have not followed people for long periods of time. (It often takes years or decades before carcinogen exposure may result in cancer.)

- \* Until we know more, use an earpiece, preferably wired, to reduce your exposure to radiation from cell phones and minimize use of cell phones by children.
- \* Keep your phone away from your body as much as possible and limit cell phone use when you receive a weak signal, as

your phone will emit more radiation.



**Travers McLoughlin, MD**  
Radiation Oncologist  
Lodi

**Have a health question?** Call Member Health Improvement at **(800) 445-5747** or email [health@hpmg.com](mailto:health@hpmg.com) if you have a question or topic suggestion for a future issue of *Hill Health Magazine*.

## Telephone Programs

Improve your health from the comfort of your home. For teleclasses, register online at [www.HillPhysicians.com/Classes](http://www.HillPhysicians.com/Classes) or contact Member Health Improvement.

### Coping with Chronic Conditions Teleclass | Free

*Hill Physicians members only*

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

### Help for Depression Teleclass | Free

If you or someone you care about has been struggling with persistent feelings of sadness, difficulty sleeping or loss of interest in activities that once were pleasurable, this six-week series offers hope and support. Each session teaches daily coping skills shown to be effective in decreasing common symptoms of depression.

Oct. 12, 19, 26, Nov. 2, 9, 16, 6:30-8 pm

### Diabetes Support Study

**Stipend available**

If you or your partner has type 2 diabetes, you might be eligible to participate in a new study. Hill Physicians Medical Group is collaborating with researchers from UCSF to provide a telephone education and support program for patients with type 2 diabetes and their spouses or partners. Participants must be 21 years of age or older. For more information, call UCSF at (866) 774-7761.

### Hold It! Three Weeks to Staying Dry: Incontinence Teleclass | Free

For those who want to learn the types, causes and treatments of urinary incontinence and skills to achieve better bladder control.

Three-session program:

July 13, 20 & 27, 6:30-8 pm

### Managing Migraines Teleclass | Free

Learn new and effective tips for management of migraines from a health education specialist. Topics include diagnosing migraines, herbal nutrition and prescription and lifestyle approaches that can reduce frequency and severity of migraines. Three session program:

August 10, 17 & 24, 6:30-8 pm

### Living in Balance: Weight Management Teleclass | Free

Ready to lose weight and looking for the tools to help? A registered dietitian covers eating habits, 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 a three-session introductory series to nutrition and weight management.

June 14, 21 & 28, 6:30-7:30 pm

July 13, 20 & 27, 6:30-7:30 pm

### California Smokers Helpline | Free

Free telephone counseling to help you quit. Certification of completion is available.

English: (800) 662-8887

Cantonese: (800) 838-8917

Spanish: (800) 456-6386

Korean: (800) 556-5564

Vietnamese: (800) 778-8440

Hearing-impaired: (800) 933-4833

Smokeless tobacco: (800) 844-2439

## In Person Programs

For more information, call the number provided or contact Member Health Improvement.

### Asthma: Adult or Pediatric Education | \$25

Learn the latest treatment options, how to establish a treatment plan with your doctor and how allergies and infections relate to asthma. For pediatric education, children must be at least 5 years old and accompanied by a parent or guardian. Call Mercy Hospital at (916) 453-4268 for information.

(Sacramento area only)

### Behavioral Health Services: Accessing Your Benefits | Cost varies

To find out if you have behavioral health benefits and to schedule appointments, contact the behavioral health organization chosen by your health plan. Call your health plan (the number is on your health plan ID card) or our Customer Service department at (800) 445-5747 for more information.

### Cancer Support Services | Free

The Wellness Community offers 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 more information.

### Diabetes: Getting Started and Eating Well | Free

In the Getting Started class, 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. In the Eating Well class, discover the basics of healthy cooking and good nutrition. Call Mercy Hospital at (916) 733-6341 for information about either class.

(Sacramento area only)

### Diabetes Management Classes

**Fees charged at some locations**

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

**Alameda County, Various Locations**

Free classes offered in various languages, including English, Spanish, Chinese, Farsi, Hindi, Punjabi and Urdu throughout the county. Call (510) 383-5185 for more information.

**Alameda, Alameda Hospital**

Call the Bay Area Diabetes and Wellness Center at (510) 922-8208 for more information.

**Berkeley, Alta Bates Summit Diabetes Center**

A covered benefit for Hill Physicians members. Medical copay might apply. Call (510) 204-1081 for more information.

**Castro Valley, Eden Medical Center**

Call (888) 445-8433 for more information.

**Concord, Mt. Diablo Center for Diabetes**  
Call (925) 674-2077 for more information.

**Folsom, Mercy Hospital**

Call (888) 637-2956 for more information.

**Sacramento area**

Call (916) 733-6341 for more information.

**San Francisco, St. Mary's Medical Center**  
Call (415) 750-5513 for more information.

Contact Member Health Improvement for more information.  
Call (800) 445-5747 or email [health@hpmg.com](mailto:health@hpmg.com)

*Diabetes management, continued*

**Stockton, St. Joseph's Medical Center**  
Call (209) 461-5061 for more information.

**Tracy, Nutrition Studio**  
Call (209) 832-3432 for more information.

### Diabetes Support Group | Free

Learn healthy habits for diabetes self-care, 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**  
June 6, 5-6 pm  
July 11, 5-6 pm  
Aug. 1, 5-6 pm

### Diabetes One-on-One Education

#### Medical Copay

*Hill Physicians members only*

Receive one-on-one diabetes counseling with a registered dietitian or certified diabetes educator. Ask your physician for a referral or contact Member Health Improvement. We recommend attending a diabetes management class before pursuing this service.

### Exercise Program | \$10 per class

Great music, cardio and strength training all rolled into one 45 minute circuit training class led by a personal trainer. Suitable for all fitness levels. Space is limited; registration is required. Call (925) 327-6752 for information.

**San Ramon, Hill Physicians  
Multi-Purpose Center**

Tuesdays, 4:15-5 pm & 5-5:45 pm  
Thursdays, 4:30-5:15 pm

### Heart Health CHAMP® Class | Free

This class is open to all people with heart failure and their families or friends to better understand and manage this condition. Topics include heart failure, medications, low-sodium diet, social issues, exercise and activities. Classes are held the 2nd Thursday of each month from 8:30 to 11:30 am.

**Sacramento, Mercy Heart &  
Vascular Institute:**

Call (916) 564-2880 or (866) 775-7791 to register.

### Mindfulness-Based Stress Reduction | Copay

Mindfulness training is a safe, clinically effective technique for reducing pain and managing stress. Groups include orientation plus eight weekly sessions. Call Community Psychiatry at 888-737-7712 for more information or to register. Locations include:  
**Oakland, Community Psychiatry Office  
Roseville, Community Psychiatry Office  
Sacramento, Hill Physicians Auditorium**

### Nutrition Counseling | Medical Copay

*Hill Physicians members only*

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

### Pain Management: NeuroBehavioral Program | Copay

This four-week program teaches a safe, clinically effective mind/body technique for reducing or turning off pain and managing stress. Classes start the first Tuesday of each month, 6:30-8:30 pm. Contact Member Health Improvement to register.

**Sacramento, Hill Physicians Auditorium**

### Postpartum Counseling

For help with postpartum emotional issues, call your health plan (the number is on your health plan ID card) or our Customer Service department toll-free at (800) 445-5747. A referral from your physician is not required.

### No Ifs, Ands or Butts: Smoking Cessation | \$60 for Hill Physicians members; \$70 for nonmembers, with 50% refund after quitting smoking.

Learn how to prepare for a smoke-free lifestyle, including information on developing a plan, behavioral techniques, stress management, staying smoke-free, weight management and physical activity. This six-session program meets Thursdays, 5:30-7:30 pm. Call Mercy Hospital at (916) 453-4268 for information. (Sacramento area only)

## Online Health Resources

Visit [www.HillPhysicians.com/YourHealth](http://www.HillPhysicians.com/YourHealth) to access a health library with over 600 health topics, our audio and video podcasts, online health information centers, and the featured resources below.

### Back Pain Online Health Center | Free

If you are living with back pain, our Back Pain Management Online Health Center has resources to help, including three web videos on back pain self-care. Visit [www.HillPhysicians.com/BackPain](http://www.HillPhysicians.com/BackPain) for more information.

### Blood Pressure Paced Breathing Podcast | Free

Studies have found that daily use of guided breathing exercises can reduce blood pressure. This slow deep breathing method uses musical tones to cue inhalation and exhalation, tapping into the body's natural tendency to match external rhythms. Log onto [www.HillPhysicians.com/Podcasts](http://www.HillPhysicians.com/Podcasts) to try our free paced breathing exercise.

### Breast Cancer Resources | Free

If you have been diagnosed with breast cancer recently, please visit our Breast Cancer Online Health Center at [www.HillPhysicians.com/BreastCancer](http://www.HillPhysicians.com/BreastCancer) for treatment information, decision guides, support group information, resources, medication information and more.

### Emotional Wellness Web Videos | Free

Log on to [www.HillPhysicians.com/Videos](http://www.HillPhysicians.com/Videos) to learn how to incorporate emotional wellness strategies into daily life.

#### Topics include:

- Forgiveness
- Meditation & Healing
- Writing to Heal

### Fitness: Family Fit Web Videos | Free

Visit [www.HillPhysicians.com/Videos](http://www.HillPhysicians.com/Videos) to learn how to make fitness a part of your family's routine.

#### Topics include:

- Healthy Habits
- Healthy Snacks
- Playground Fitness

### Hill Physicians Discounts: Massage and Yoga

We're pleased to partner with independent massage therapists and yoga instructors to offer Hill Physicians members a 15% discount on massage and yoga services.

To locate a participating massage therapist or yoga class near you, visit [www.HillPhysicians.com/Discounts](http://www.HillPhysicians.com/Discounts) or contact Member Health Improvement.

### Heart Health Resources | Free

Learn about your risk factors and how to prevent or treat heart problems. This health center includes heart healthy recipes, tip sheets and audio podcasts. Go to [www.HillPhysicians.com/HeartHealth](http://www.HillPhysicians.com/HeartHealth) for more information.

### Migraine Relief Online Toolkit | Free

To reduce stress and find relief from painful migraines, go to [www.HillPhysicians.com/Migraines](http://www.HillPhysicians.com/Migraines) and download one or more free migraine resources incorporating self-acupressure, guided imagery and other effective techniques.

- Web videos for managing migraines
- How-to tip sheets for migraine relief
- Audio podcast for migraine relief

### Nutrition Fit Web Videos | Free

Log on to [www.HillPhysicians.com/Videos](http://www.HillPhysicians.com/Videos) for help making smart eating and fitness decisions at home, work and on the go.

#### Topics include:

- Exercise to Lose Weight
- How to Pack a Healthy Lunch
- How to Read a Nutrition Label
- How to Spot a Fad Diet

### Relaxation Podcasts | Free

Manage your stress with free downloadable audio podcasts. Each podcast focuses on a different type of relaxation or stress-reduction technique and lasts about 10 minutes. Listen from your home or work computer or personal digital music player. Log on to [www.HillPhysicians.com/Podcasts](http://www.HillPhysicians.com/Podcasts) to access these relaxation tools.

### Self-Acupressure Podcast | Free

Learn a self-acupressure sequence to reduce tension and relax deeply. A downloadable self-acupressure visual aid is available to guide you through the sequence. Go to [www.HillPhysicians.com/Podcasts](http://www.HillPhysicians.com/Podcasts) to download both.

### Stress Down Web Videos | Free

For help managing stress, log onto [www.HillPhysicians.com/Videos](http://www.HillPhysicians.com/Videos)

#### Topics include:

- 8 Fun Ways to Relieve Stress
- Coping in Difficult Times
- Managing the Stress of Chronic Illness

### Northern California Smoking Cessation Resource Guide | Free

Go to [www.HillPhysicians.com/QuitNow](http://www.HillPhysicians.com/QuitNow) for our guide to classes, programs and community resources for help quitting smoking.

## Health Resources By Mail

Contact Member Health Improvement to request health materials that can be sent to your home, including the following:

### California Advance Directive for Healthcare | Free

An advance directive is a written document of your preferences for medical care, to be used if you are too ill to decide or communicate your wishes. This document is also available online at [www.HillPhysicians.com/AdvanceDirective](http://www.HillPhysicians.com/AdvanceDirective)

### 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.

### Preconception Planning | Free

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

### Prenatal Education Packet | Free

Find out what to expect at prenatal checkups, how to stay healthy during your pregnancy and how your baby develops month by month. Learn about labor and how to take care of yourself and your baby after delivery. Available in English and Spanish.

### Smoking Cessation Resource Guide | Free

A guide to classes, health plan programs and other community resources for help quitting smoking.

## En Español

### Administración de Diabetes | Gratis

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

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

Llame al (209) 461-3251 para más información.

### Woodland, Woodland Healthcare

Llame al (530) 662-3961 para más 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, visite la página de [www.HillPhysicians.com](http://www.HillPhysicians.com)

## Featured Resource

### New Heartburn and GERD Video Podcast

Occasional heartburn is common, but if you experience heartburn regularly, you might have gastroesophageal reflux disease (GERD). Learn about the symptoms and treatment of GERD with our video podcast *GERD: Relief for Heartburn*. This video features Neil Stollman, MD, a gastroenterologist who describes lifestyle changes to manage GERD and when to talk with your physician. Dr. Stollman answers members' questions, such as:

- What does GERD feel like and how will I know if I have it?
- How can I manage my heartburn?
- How can I tell if my GERD is serious?
- I cannot fall asleep because of GERD; what can I do?

Visit [www.HillPhysicians.com/Videos](http://www.HillPhysicians.com/Videos) to access this podcast and its tip sheet.

## Hot and *Healthy*

One of the most overlooked health foods might be the chili pepper. These fruits (not vegetables) contain vitamins such as A, C, B-6, E and K; zinc, thiamin, alpha- and beta-carotene, potassium and folic acid; plus cancer-fighting antioxidants.

Spicy capsaicin in hot peppers is what makes them bite back. Capsaicin releases endorphins, those feel-good chemicals in the brain that can make chili eating

addictive! It might also help you eat less and increase your body's metabolic rate. Some drugs use capsaicin to help ease arthritis pain.

If your chili gets too spicy, follow it up with milk or other dairy products. Water won't bring much relief from the heat of capsaicin. To add this colorful, healthy food to your diet, try our mix-and-match salsa recipe below.

### Mix-and-Match Salsa

Choose your favorite ingredients - or whatever's in season.

#### Ingredients

- 1 small jalapeño pepper (ribs and seeds removed), chopped
- 1 cup of chopped fresh tomatoes or other fruit such as berries, mango, pineapple, cantaloupe, honeydew, watermelon, peach, nectarine, papaya or apricot
- ½ bunch of cilantro, minced (about ¼ cup)
- 1 lime, juiced
- ½ medium sweet onion, chopped
- 1 medium tomatillo (remove papery husk from this green "tomato"), chopped (optional)

#### Preparation

Combine all ingredients in a small bowl. Refrigerate 30 minutes or longer to allow the flavors to meld.

### Variations

- \* For a twist on traditional salsa, experiment with different varieties of heirloom tomatoes and sweet onions (Walla Walla or Vidalia work well).
- \* Try adding ground cumin or garlic to taste.
- \* Make a chunkier salsa by stirring in black beans, corn, avocado or red bell peppers.
- \* For a quick, smooth salsa, combine ingredients using a blender.
- \* For a milder salsa, use an Anaheim pepper instead of the jalapeño.
- \* For a smoky flavor, grill the pepper before chopping it.
- \* Serve with tortillas, salads, burritos, grilled or raw vegetables, grilled fish or skinless chicken, potatoes, rice, eggs or toasted bread. Consider serving with nonfat plain yogurt for additional taste, visual appeal and to counter the salsa's heat.

Serves 2 to 3

### Nutrition Facts

Calories: 60; Fat: 0.7 g; Cholesterol: 0 mg; Sodium: 10 mg; Carbohydrates: 13 g; Fiber: 3.4 g; Protein: 2.2 g. Nutrition will vary with recipe substitutions.

