Keep blood pressure in check with this healthy low-sodium recipe. See page 6

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If you help loved ones who aren’t able to take care of themselves, you are a caregiver. Even though the bathing, feeding, and other tasks are done out of love, this “job” can take a toll on you.

Studies show that about 46 to 59 percent of caregivers cope with depression. Many caregivers don’t take care of themselves, putting themselves at risk for many other health problems.

Ways to cope
Try to handle your stress and protect your health. Here’s how:
• Get enough sleep, eat well, and keep your health appointments.
• If you work, talk with your boss about flexible hours to allow for your caregiver tasks.
• Exercise regularly.
• Keep doing the things you like. Stay in touch with friends. If you can’t get out much, have friends bring over dinner or a movie.
• Join a support group—in-person or online.

It is OK to lose your patience sometimes. Vent your feelings to a trusted friend or keep a journal.

If you have signs of depression, such as crying, loneliness, and changes in sleeping or eating habits, talk with your doctor.

Spread the tasks
You can quickly burn out if you try to do it all. Make a schedule that spreads the caregiving or household chores among other family members and friends.

This content is to help you learn about your health. It is not to take the place of your doctor. If you have questions, talk with your doctor. If you think you need to see your doctor because of something you have read in this information, please contact your doctor. Never stop or wait to get medical attention because of something you have read in this material.
Expectant and new moms: Don’t miss this health screening

Depression is a common problem in pregnancy. Many pregnant women and new moms feel sad and anxious. If untreated, depression can harm women and their children. Yet many women do not seek help for it. To help reverse this trend, your doctor may ask a series of questions during and after your pregnancy.

‘Baby blues’
Most new moms have some form of “baby blues.” These are feelings of sadness or worry, which last about two weeks after childbirth. For some women, these feelings do not go away and become worse.

If you or a loved one experience this ongoing depression, talk with your doctor. It may be postpartum depression, which affects about 15 percent of new moms.

Depression also affects about 10 percent of expectant mothers. This is called perinatal depression. And about half of women with postpartum depression had symptoms during pregnancy.

Treatment works
To screen you for depression, your doctor will ask you several questions. Answer honestly so you can get the help you need. Screening is just the first step. Your doctor will suggest treatment options and follow-up care.

Two types of treatment are talk therapy and prescription medicines. Talk therapy includes counseling. This treatment is safe and effective for pregnant women and new moms.

What does depression look like?

Depression does not make you a bad mom. It is a psychological disorder, and it is treatable. Depression is not caused by one thing. You may have an increased risk due to:
• Personal or family history of depression.
• Problems with money.
• Problems in your marriage.
• Lack of support.
• Being a teen mother.

If you have perinatal depression, you may have symptoms such as:
• Sadness or anxiety.
• Crying spells.
• Trouble sleeping.
• Loss of appetite.
• Low energy.
• Thoughts of hurting yourself or the baby.

Need help? Call 1-855-332-2440 and ask for a representative from Bright Start®. This program is offered to all our pregnant members.

www.amerihealthcaritasia.com
Keep kids healthy with vaccines

As a parent, you want what’s best for your baby. Today, vaccines can keep your baby safe from many major diseases, such as polio, diphtheria, and others.

Vaccines keep your baby and your family healthy. They also protect those around you, like your neighbors and friends. Maybe you know someone with a weak immune system because of cancer treatments. Or maybe your sister just had a baby who’s too young to be fully vaccinated. Getting your child vaccinated reduces the chance that your other loved ones will be exposed to diseases.

**Why vaccines?**
Are you wondering what vaccines do? They protect our kids and our communities against illnesses, many of which can be serious, even life-threatening. When your kids get vaccines, they’re less likely to catch or spread many illnesses.

Kids need a lot of vaccines to build up their resistance. This used to mean a lot of shots. But now, combination vaccines often include protection against many illnesses. With these combination vaccines, your child is protected against more illnesses but gets fewer shots. Most vaccines are given before age 2.

These serious illnesses can be caused by viruses or bacteria, which can include pneumonia, ear and sinus infections, meningitis, respiratory illnesses, rashes, and more.

Others include:
- Pneumococcal disease.
- Chicken pox.
- Measles, mumps, rubella.
- Diphtheria, tetanus, pertussis.
- Polio.
- Hepatitis A and hepatitis B.
- Rotavirus.

**How vaccines help**
In the 1940s and 1950s, there were more than 35,000 cases of polio in the U.S. The disease is a virus that spreads from person to person and can cause paralysis and death. By 1965, there were only 61 cases. The last time polio occurred in the U.S. was 1993. The difference? Vaccines.

Certain diseases, such as measles and mumps, may seem like a thing of the past. That’s because vaccines have eliminated many of these diseases in the U.S. But that doesn’t mean they no longer exist. Continuing to vaccinate children is the only way to help keep these illnesses away.

You may have heard about whooping cough. The disease is also called pertussis. Rates are on the rise, and it’s likely due to a drop in vaccination rates in certain areas. In 2012, there were more than 41,000 cases of whooping cough, and 18 people died. Most were children younger than 3 months old.

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**Third Trimester Vaccine**
If you’re pregnant, be sure to get your Tdap vaccine between weeks 27 and 36 of pregnancy. It will help protect your newborn against whooping cough until it's time for him or her to start getting vaccines.
Parents never want to see their children in harm’s way. But, in a surprising new study, researchers found that teen girls who live in states with the highest cervical cancer rates are least likely to get vaccinated against HPV.

HPV, or human papillomavirus, causes almost all cervical cancers. So, this lack of immunization means the trend of more cancers will likely continue. Learning about the vaccine can help break the trend, no matter where you live.

Better health
The HPV vaccine does an excellent job of stopping the virus. Studies show the shot provides nearly 100-percent protection against precancerous growths. It also defends against the strain of HPV that causes genital warts.

The side effects from the vaccine are typically mild and include arm swelling, fever, and headache. And because the shot contains only one protein from the HPV virus, it can’t cause infections or cancer.

The time is now
Your pre-teen’s doctor may ask you about getting your child the shot. The HPV vaccine works best in people who haven’t yet been exposed to the virus through sexual contact.

Current guidelines advise that all boys and girls get the three-dose series of HPV vaccine between the ages of 9 and 11. But even older teens and young adults can benefit. Women can get the vaccine until age 26, and men through age 21.

Benefits of breast-feeding

It’s good for your baby:
- Lowers risk for sudden infant death syndrome (SIDS).
- Lowers risk for certain childhood cancers.

It’s good for you, mom:
- Increases emotional connection with baby.
- Lowers risk for breast and ovarian cancer.
- Speeds recovery from childbirth.

Quick tips:
- Expect to breastfeed your baby about 8 to 12 times a day or more—whenever the baby’s hungry.
- How long should your baby breast-feed? Until the baby is full—about 15 to 20 minutes on each breast may be enough.
- How do you know if your baby has had enough? Your baby will gain weight consistently—about a pound a week—and have about 6 to 8 wet diapers each day.
Understand the risks for high blood pressure

When you visit your doctor, chances are someone wraps a cuff around your upper arm and checks your blood pressure. But while you are familiar with this simple test, you may not know why your blood pressure is so important to your health.

Why high blood pressure is a problem
As blood moves through the arteries, it puts pressure on the artery walls. This pressure goes up and down depending on several things, including physical activity, diet, and medications. A person has high blood pressure when the pressure is high most of the time.

It’s important to keep tabs on your blood pressure. If it is high and you don’t know it, or if you don’t control it, you may be at greater risk for heart attack, heart failure, stroke, kidney disease, and other serious conditions.

Keep it in check
Blood pressure tends to rise with age. People who are obese, who have certain medical problems such as diabetes, or who take certain medications are also at risk. There are things you can do to prevent and/or control high blood pressure:

- Don’t smoke.
- Keep a healthy weight. If you are overweight, lose excess pounds. Talk with your doctor if you need help.
- Eat a heart-healthy diet. Choose a variety of foods that are low in fat, and include lots of fruits, vegetables, and whole grains.
- Be active. Get at least 30 minutes of moderate-intensity activity, such as brisk walking, every day.
- Watch your salt and sodium intake. Aim for no more than 1,500 milligrams, or about half a teaspoon, a day.
- Take medication. If you have high blood pressure, take your medication as prescribed.

Minestrone Soup
A cholesterol-free, fiber-rich Italian vegetable soup

Ingredients
- ¼ cup olive oil
- 1 clove garlic, minced, or ⅛ tsp. garlic powder
- 1 ½ cups coarsely chopped onion
- 1 ½ cups coarsely chopped celery and leaves
- 1 can (6 oz.) tomato paste
- 1 tbsp. chopped fresh parsley
- 1 cup sliced carrots, fresh or frozen
- 4 ¾ cups shredded cabbage
- 1 can (1 lb.) tomatoes, cut up
- 1 cup canned red kidney beans, drained, and rinsed
- 1 ½ cups frozen peas
- 1 ½ cups fresh green beans
- 1 dash hot sauce
- 11 cups water
- 2 cups uncooked, broken spaghetti

Directions
1. Heat oil in a 4-quart saucepan.
2. Add garlic, onion, and celery and sauté about 5 minutes.
3. Add all remaining ingredients except spaghetti, and stir until ingredients are well-mixed.
4. Bring to a boil. Reduce heat, cover, and simmer about 45 minutes or until vegetables are tender.
5. Add uncooked spaghetti and simmer 2 to 3 minutes.

Per serving
Serves 16; each serving provides:
153 calories, 4 g total fat, less than 1 g saturated fat, 0 mg cholesterol, and 191 mg sodium
Cancer screenings: Key to early detection

More Americans now survive cancer because they find the disease early. There are screening tests for common cancers, like colorectal, breast, and cervical cancer. These tests are used to spot cancer before it causes any symptoms or pain.

Below are the American Cancer Society’s screening recommendations for certain cancers. Your doctor may suggest more or less frequent screenings, depending on your medical history.

**SkIn CaNCer**
- Test: Clinical skin examination
- (have your skin checked 1 time a year as part of a cancer-related check-up)

**CoLoRectal CaNCer**
- Test: Colonoscopy
- (1 time every 10 years, talk with your doctor about family history)

**BReAsT CaNCer**
- Test: Mammogram
- (every year, talk with your doctor about personal risk factors)

**CoLoRECTal CaNCer**
- Test: Colonoscopy
- (1 time every 10 years, talk with your doctor about family history)

**ProSTate CaNCer**
- Test: PSA blood test
- (talk with your doctor about frequency)

**CeRVical CaNCer**
- Test: Pap test
- (1 time every 3 years)*

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* Women older than age 30 can instead have a Pap test every five years along with a human papillomavirus (HPV) test.

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Cold turkey or cutting back slowly: What works best?

When it comes to quitting smoking, cold turkey is the way to go.

For a study, researchers in England recruited about 700 adults who used tobacco. The smokers received counseling and nicotine replacement therapy. They were asked to pick a quit date about 2 weeks later. When the day arrived:

- Half had reduced their smoking by three-fourths during those 2 weeks.
- Half stopped on the quit date.

Four weeks later, half of the cold-turkey group remained smoke-free. Forty percent of the other group remained successful. Six months later, 22 percent of the cold-turkey group still didn’t smoke. About 15.5 percent of those who cut back slowly were still smoke-free.

People who quit cold turkey have twice the success rates of those who gradually taper off. Part of the reason, experts say, is that cold turkey works better for people who don’t get counseling or other support.

**Pick your quit plan** Regardless of the method you choose, quitting smoking is one of the best things you can do for your health.

Support is as close as your phone or computer. Head to [www.smokefree.gov/build-your-quit-plan](http://www.smokefree.gov/build-your-quit-plan) to create a customized strategy. While you’re there, download a FREE cravings-tracking app, chat live with a support specialist, or sign up for motivational and informative texts.
The Centers for Disease Control and Prevention (CDC) says adults should get at least 150 minutes of moderate exercise each week. Two-and-a-half hours of exercise sounds like a lot. But going for 10-minute walks many times a week will improve your health. You may already be a loyal walker. A CDC report found about 6 in 10 U.S. adults are walking to go places or for their health.

Your strides add up
According to the CDC, people who walked often were nearly 3 times more likely to get 150 minutes of moderate exercise a week. They gained benefits, including:

• A lower risk for heart disease, diabetes, stroke, and some cancers.
• Better mood and lower risk for depression.
• A smaller waistline.
• Lower cholesterol and blood sugar.

That is not all. Regular exercise also keeps your brain healthy. It will lower your risk of illnesses such as dementia.

Step up for better health
Joining millions of Americans who walk is a great first step for a healthy lifestyle. To really benefit, try to walk every day. But if you can’t, walk at least 3 days a week. Start with 5 to 10 minutes. Go a little farther on each walk.
Discrimination is against the law

AmeriHealth Caritas Iowa complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. AmeriHealth Caritas Iowa does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

AmeriHealth Caritas Iowa:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters.
  - Written information in other formats (large print, audio, accessible electronic formats, other formats).
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters.
  - Information written in other languages.

If you need these services, contact AmeriHealth Caritas Iowa 24 hours a day, 7 days a week, at **1-855-332-2440**. TTY users call **1-844-214-2471**.

If you believe that AmeriHealth Caritas Iowa has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

- **AmeriHealth Caritas Iowa Grievances**
  P.O. Box 7116, London, KY 40742
  **1-855-332-2440** (TDD/TTY: **1-844-214-2471**)

- You can also file a grievance by phone at **1-855-332-2440** (TTY: **1-844-214-2471**). If you need help filing a grievance, AmeriHealth Caritas Iowa Member Services is available to help you. You can contact Member Services 24 hours a day, 7 days a week, at **1-855-332-2440** (TTY: **1-844-214-2471**).

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, through the Office for Civil Rights Complaint Portal, available at [ocrportal.hhs.gov/ocr/portal/lobby.jsf](ocrportal.hhs.gov/ocr/portal/lobby.jsf), or by mail or phone at:

**U.S. Department of Health and Human Services**

200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
**1-800-368-1019, 800-537-7697** (TDD)

Complaint forms are available at: [hhs.gov/ocr/office/file/index.html](hhs.gov/ocr/office/file/index.html).
Multi-language interpreter services

English: ATTENTION: If you speak English, language assistance services, at no cost, are available to you. Call 1-855-332-2440 (TTY: 1-844-214-2471).


Chinese Cantonese: 注意: 如果您使用粵語, 您可以免费獲得語言援助服務。請致電 1-855-332-2440 (TTY 1-844-214-2471)。


Arabic:


Karen: