

your health newsletter

January/February
2016



John King, Sullivan County

We hope everyone had a Merry Christmas and a Happy New Year's Day!

Have you gotten your flu shot? If not, now is the time.

It's flu season.

According to the Centers for Disease Control and Prevention (CDC), flu season in the United States can begin as early as October and last as late as May.

During this time, flu viruses are circulating at higher levels and an annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to reduce your chances of getting the flu.

Honoring our veterans



To honor and remember the veterans in our area during the holiday season, the Tri-Cities Military Affairs Council organized a local Wreaths Across America ceremony. Wreaths Across America is a national non-profit organization, dedicated to honoring veterans. The group coordinates wreath laying ceremonies in December throughout

the country through donations.

On Dec. 12 at Mountain Home National Cemetery, community members met to lay the wreaths on the grave markers. Our own Jim Hunter – a veteran himself – participated in the ceremony and helped lay the wreaths.

If you're interested in learning more about Wreaths Across America, you can visit their website www.wreathsassamerica.org.

For assistance or questions, you can call AnewCare's Customer Service toll free at 1-866-340-3676. Or, visit us on the web at anewcare.org. You could also write to us at AnewCare Collaborative, 509 Med Tech Parkway, Johnson City, TN 37604.


AnewCare Collaborative
A COMMUNITY-BASED ACCOUNTABLE CARE ORGANIZATION

For this month's Choosing Wisely spotlight, let's look at back pain.

It's one of the most common reasons why people visit the doctor. Back pain, however, usually goes away on its own.

As the Choosing Wisely article states, many people want to stay in bed when their back hurts. But studies show that staying in bed too long won't help and can in turn lead to a slower recovery.

This is a good article to read the next time you have pain in your back.



Dr. Ian Bushell
President & CEO
AnewCare Collaborative

The following information is an excerpt provided by



An initiative of the ABIM Foundation

Treating back pain

Staying in bed won't help you get better faster.

If you're in terrible pain, lying down for a day or two can help ease pain and reduce the load on your spine. But research suggests that if you find comfortable positions and move around sometimes, you may not need bed rest at all.

Research shows that:

- Lying down longer than two days doesn't help.
- Many people recover just as quickly without any bed rest.
- The sooner you start physical therapy or return to activities, such as walking, the faster you are likely to recover.

Longer bed rest can lead to slower recovery.

Staying in bed over 48 hours can make you stiff and increase pain. When you don't move and bend, you lose muscle strength and flexibility. With bed rest, you lose about one percent of your muscle strength each day. And you can lose 20 to 30 percent in a week. Then, when you start physical therapy and return to activity, it's harder. When you become less strong and flexible, your recovery also takes longer.

Longer bed rest has costs.

You may need more physical therapy after a long bed rest. A 15-minute physical therapy session costs around \$60, depending on your insurance and where you live. And most sessions last 60 minutes, so the cost is higher. Some insurance plans only cover a limited number of sessions, so you may have to pay out-of-pocket. Also, you may miss more work if your recovery takes longer.

What can I do for the pain?

Most people with lower-back pain should apply heat or ice. Some people can get pain relief from an anti-inflammatory medicine, such as ibuprofen (Advil, Motrin IB, and generic) or naproxen (Aleve and generic).

When should I see a doctor?

You should see your doctor right away if:

- You have severe back pain that lasts longer than 24–48 hours.
- You have back pain and fever.
- You have back pain with numbness, pain, or weakness in a leg or foot.

To learn more about treating back pain, please visit <http://www.choosingwisely.org/patient-resources/low-back-pain/>.

Diabetes education

At AnewCare, our diabetes education team has partnered with Lilly Diabetes to bring you the resources you need to manage your diabetes. The classes, which are free of charge, are offered to all of our members.

At each hour-long session, you'll learn more about self-care

practices, blood glucose monitoring, hypoglycemia, hyperglycemia, healthy eating and the importance of staying active. The diabetes educators will also help you with patient-provider communication and facilitating an action plan that you can share with your health care team.

Each class is limited to ten members (due to seating), so you must RSVP by calling 1-855-559-3422. The dates and times are listed below. We hope to see you there.

Diabetes class schedule

Health Resources Center

Kingsport

(Located in the Kingsport Town Center)
2101 Fort Henry Dr., Suite 52, Kingsport, TN
Dates: 2/16, 3/22 & 4/19
Time: 10 a.m.

Unicoi County Memorial Hospital

(Downstairs VOS room next to the boardroom)
100 Greenway Cir., Erwin, TN
Dates: 2/17, 3/23 & 4/20
Time: 10 a.m.

Sycamore Shoals Hospital

(Classroom A)
1501 W. Elk Ave., Elizabethton, TN
Dates: 2/17, 3/23 & 4/20
Time: 2 p.m.
(March's class will be in the Watauga conference room.)

Health Resources Center

Johnson City

(Located in The Mall at Johnson City)
2011 N. Roan St., Ste. C-6,
Johnson City, TN
Dates: 2/17, 3/23 & 4/20
Time: 6 p.m.
(February's class will be held in the Annex.)

Johnson County Community Hospital

(Conference room)
1901 S. Shady St., Mountain City, TN
Dates: 2/18, 3/24 & 4/21
Time: 2 p.m.

Pennington Gap Community Center

41670 W. Morgan Ave.
Pennington Gap, VA
Dates: 2/16, 3/22 & 4/19
Time: 2 p.m.

Smyth County Community Hospital

(Administration conference room)
245 Medical Park Dr.
Marion, VA
Dates: 2/18, 3/24 & 4/21
Time: 10 a.m.

Each class is limited to ten members, so you must RSVP by calling 1-855-559-3422.

Preventive care is key for maintaining good health

If you need to make a change, now is the perfect time of year for a new beginning.

We recommend visiting a primary care provider (PCP). Visiting your PCP allows you to build a relationship with that person, so that if a problem arises, you can get

care quickly and with less stress.

Be sure to get your annual wellness visit/exam. By having a physical exam, your PCP can more easily detect potential health risks. Catching these problems in the early stages may make them easier to treat and at a lower cost.

And if you're new to Medicare, make sure to get your Welcome to Medicare preventive visit.

Preventive care and services checklist

Write the dates in the boxes provided to help you remember when you had the test, procedure or exam. Then, share this information with your health care provider.

Test/procedure/exam Needed one time only	Date received					
Initial Medicare wellness exam						
Pneumonia vaccination						
Test/procedure/exam Needed more than one time	Date	Date	Date	Date	Date	Date
Annual wellness exam						
Flu vaccination (every year)						
Blood pressure check (every year)						
Height, weight, BMI (every year)						
Cholesterol and lipid test						
Glaucoma check						
Depression screening						
Fall risk screening						
Tobacco and alcohol screening						
Prostate cancer screen for men						
Cervical cancer/PAP test for women						
Mammogram for women						
Osteoporosis screening for women						
Colorectal cancer screening – can be one of these three:						
- Fecal blood test (every year)						
- Sigmoidoscopy (every five years)						
- Colonoscopy (every ten years)						