

JOHNS HOPKINS US FAMILY HEALTH PLAN

PatriotLife

Fall 2017



Inside

- 3 Mammograms Save Lives
- 4 **Cover Story: Diet and Lifestyle Changes to Lower Blood Pressure**
- 7 Health and Wellness Calendar

Men: Talk with Your Provider About Prostate Cancer

Prostate cancer is the most common cancer in men after skin cancer. About one in seven men will be diagnosed with prostate cancer in his lifetime. However, it usually grows slowly and in many cases does not cause serious health problems.

Should You Be Screened?

The two main screenings for prostate cancer are a digital rectal exam (DRE) and a prostate-specific antigen (PSA) blood test. Currently, the American Cancer Society recommends that patients make an informed decision about getting screened after talking with their providers about risk factors. Your provider may recommend you have one of these screenings if you have specific symptoms.

Find a Network Provider

A primary care provider is your best resource for determining whether or when you need a prostate cancer screening. If specialty care is necessary, USFHP members must get a referral from their primary care providers. To search our provider network, visit hopkinsmedicine.org/usfhp and click "Find a Doctor."



5 FACTS ABOUT PROSTATE CANCER

1 The risk of having prostate cancer rises rapidly after age 50 and more than two-thirds of new cases occur in men between ages 55 and 74.

2 Many men with prostate cancer don't experience any symptoms, which is why it's crucial to discuss screening with your health care provider.

3 In many cases, prostate cancer grows quite slowly. So some older men and those in poor overall health may opt to avoid treatment for now. Instead, they just have their providers monitor their prostate cancer.

4 When treatment is necessary, numerous options are available, including surgery, hormone therapy and vaccine treatment.

5 When prostate cancer is caught early, as it usually is, the five-year relative survival rate is nearly 100 percent. The 15-year survival rate for all stages of prostate cancer combined is 95 percent.



Spread the Word: Mammograms Save Lives

Mammography is an important tool for detecting breast cancer early on, when it's easiest to treat. According to the Centers for Disease Control and Prevention, screening mammograms can reduce breast cancer deaths by approximately 20 to 35 percent in women ages 50 to 69 and approximately 20 percent in women ages 40 to 49.

The benefits and limitations of mammography vary based on factors like age and personal risk. Women should talk with their providers about their personal risk factors before making a decision about when to start getting mammograms or how often they should get them.

Johns Hopkins USFHP covers routine annual screening mammograms for members after age 40. Members with certain risk factors are covered for annual screening mammograms after age 30.

Beating Breast Cancer

One thing is clear: If we are going to win the battle against breast cancer, women



Cancer's Warning Signs?

When it comes to cancer, catching it early when it's most treatable is best. But do you know what the early signs are? Put your knowledge to the test and learn something new about cancer warning signs at bit.ly/2fjpGm6.

must be screened. Currently, 70 percent of uninsured women—and 30 percent of women who *do* have insurance—have fallen behind on breast cancer screenings.

If your provider tells you it's time to have a mammogram, make sure to have this important screening. You can help others, too. Remind the women you know and love about the importance of regular mammograms—it just might save their lives.

Most cases of breast cancer are diagnosed early through mammograms. The five-year survival rate for these early cases is 99 percent.

—American Society of Clinical Oncology

5 FACTS ABOUT BREAST CANCER



1 Many women who get breast cancer have no family history of the disease.

2 Older women are more likely to get breast cancer than younger women.

3 Roughly one out of eight women will be diagnosed with breast cancer during her lifetime.

4 Mammography can detect breast cancer in the early stages—when it's most treatable. In fact, it may even spot this type of cancer one to two years before a lump can be felt.

5 Getting a mammogram only takes about 20 minutes.

Make These Diet & Lifestyle Changes to Lower Blood Pressure

At least one in three American adults has hypertension (high blood pressure). Uncontrolled hypertension can cause:

- Stroke
- Heart failure
- Kidney failure

Hypertension Linked to Physical and Mental Issues

More research is adding to the list of health concerns associated with hypertension. Studies suggest those whose blood pressure is high and uncontrolled could experience:

- Difficulties carrying out normal daily tasks later in life
- Problems with thinking, such as memory loss, as they age





We Can Help! Attend One of Our Programs

“Spend Less, Eat Well” is a 90-minute healthy eating workshop for families on a budget. Learn how to purchase and prepare healthier meals, save money on groceries and read nutrition labels.

“Blood, Are You Pressuring Me?” is a 90-minute workshop for adults. Learn ways to manage blood pressure through eating healthy, reducing sodium and being physically active.

See the calendar on page 7 for upcoming times and locations for these and other programs. Call 800-957-9760 to sign up for a program.

Controlling your blood pressure can reduce your chances for these major health concerns. How can you manage your blood pressure? Your diet and lifestyle habits can go a long way.

Dish Up a Healthy Diet

Your provider may suggest making changes to your diet. They may include:

- Eating less salt
- Cutting back on saturated fats and cholesterol
- Limiting protein to small portions

Build your diet around these foods to help lower blood pressure:

- Vegetables and fruits
- Fat-free or low-fat milk
- Whole grains

- Fish
- Poultry
- Beans
- Seeds and nuts

Healthy Lifestyle Changes

Other changes that can help lower your blood pressure include:

- Losing weight if you are overweight
- Limiting alcohol to no more than one drink a day for women and two drinks a day for men
- Exercising for at least 30 minutes on most days (for example, walking, swimming or taking an exercise class)
- Quitting smoking

After-Pregnancy Blues: Cause for Concern?

DEPLOYMENT CAN AFFECT POSTPARTUM DEPRESSION

Up to 80 percent of all new moms feel sad, anxious, crabby or just plain tired after giving birth. It's no wonder so many new mothers get the "baby blues"—a mother is bound to be short on sleep and long on responsibilities, especially if the timing of a spouse's deployment coincides with pregnancy or delivery. The baby blues typically begin three to four days after delivery. They tend to disappear by the 10th day.

When the Blues Stick Around

If a new mother's blues persist or worsen, she may have a more serious condition called postpartum depression (PPD). The same may be true if she begins to suffer several weeks or months after childbirth.

The following signs, if present beyond the first few weeks after childbirth, may indicate PPD:

- Sadness, irritability or anxiety
- Loss of interest or pleasure in life
- Difficulty sleeping
- Loss of appetite or weight loss
- Feelings of hopelessness, worthlessness or guilt
- Low energy or motivation
- Fatigue
- Thoughts of hurting yourself or the baby

PPD affects about 15 percent of childbearing women. PPD rates in spouses whose husbands are deployed are even higher, according to a study published by the Defense Technical Information Center on behalf of the U.S. Department of Defense. PPD was more prevalent in women when their spouses were deployed during delivery (18.4 percent) and deployed after delivery (17.3 percent).

Get Help to Manage Your Pregnancy

Our Partners with Mom program provides health coaches to expectant and new mothers to help them adjust to the changes of a new baby. To learn more, call **800-261-2396, ext. 5355**.

PPD can make women feel miserable and undermine the confidence they need to care for their babies. Untreated, PPD could even interfere with the baby's development.

Pinpointing PPD

PPD can be easy to ignore. After all, tiredness and other symptoms may result from sleep loss. And postpartum weight loss occurs naturally.

A provider can determine whether symptoms are springing from another medical condition. Anemia, for example, can cause extreme feelings of fatigue. Thyroid disorders also can cause symptoms similar to PPD.

What to Do About PPD

PPD can be treated effectively with psychotherapy and/or antidepressant medications. In one study, women who received either treatment felt better within four weeks. Johns Hopkins USFHP's Behavioral Health department might be able to help, too. Call **410-424-4830** to speak with one of our specialists.

If you think you may be suffering from PPD, contact your provider. The following coping strategies may also help:

- Find a trusted friend to talk to.
- Seek help with child care, household chores and errands.
- Take at least 15 minutes each day to do something special for yourself—try taking a bath, reading, exercising, walking or meditating.
- Keep a diary to record your progress toward recovery.
- Join a support group for mothers with PPD.



Health and Wellness Calendar

Are your sleep habits affecting your overall health? Sign up for Johns Hopkins USFHP’s “Sleep Your Way to Better Health” class to learn tips about getting better sleep.

Are you taking the right steps to care for your heart? Sign up for our “Matters of the Heart” class to find out how to avoid heart disease.

Check out the calendar below to find a health class for you. For more information about each class and the location of each class, visit our website. To sign up, call **800-957-9760**.

Sleep Your Way to Better Health	Oct. 25; 9–10:30 a.m.	Edgewater
Sleep Your Way to Better Health	Oct. 25; 5:30–7 p.m.	Bowie
Matters of the Heart	Oct. 27; 1–2:30 p.m.	Baltimore
Spend Less, Eat Well	Oct. 30; 5–6:30 p.m.	Dundalk
Sleep Your Way to Better Health	Nov. 2; 10–11:30 a.m.	White Plains
Blood, Are You Pressuring Me?	Nov. 2; 10–11:30 a.m.	Germantown
Matters of the Heart	Nov. 2; 1–2:30 p.m.	Baltimore
Matters of the Heart	Nov. 8; 1–2:30 p.m.	Baltimore
Stress Relief	Nov. 8 or Nov. 15; 5–6:30 p.m.	Dundalk
Have a Better Visit	Nov. 9; 11 a.m.–1 p.m.	Chevy Chase
Prediabetes and Me	Nov. 14; 1–2:30 p.m.	Baltimore
Spend Less, Eat Well	Nov. 15; 11 a.m.–12:30 p.m.	Baltimore
Matters of the Heart	Nov. 16; 10–11:30 a.m.	White Plains
Blood, Are You Pressuring Me?	Nov. 16; 3:30–5 p.m.	Columbia
Diabetes Mapping	Tuesdays, Nov. 21–Dec. 12; 3:30–5 p.m.	Columbia
Grocery Store Tour	Nov. 22; 1–2 p.m.	Baltimore
Prediabetes and Me	Nov. 24; 1–2:30 p.m.	Baltimore
Matters of the Heart	Nov. 27; 4–5:30 p.m.	Belcamp
Prediabetes and Me	Nov. 28; 1–2:30 p.m.	Baltimore
Simple Cooking with Heart	Nov. 29; 1–2 p.m.	Baltimore
Stress Relief	Dec. 7 or Dec. 14; 1–2:30 p.m.	Germantown
Matters of the Heart	Dec. 12; noon–1:30 p.m.	Baltimore
Spend Less, Eat Well	Dec. 12; 1–2:30 p.m.	Baltimore
Spend Less, Eat Well	Dec. 29; 1–2:30 p.m.	Baltimore

A Time to Honor Our Service Members

Every November 11, Americans honor former service members for Veterans Day. And the previous day is also a special one: November 10 is the United States Marine Corps’ birthday. This year, the Marine Corps will celebrate 242 years of service and sacrifice. Johns Hopkins US Family Health Plan is proud to serve and care for our nation’s veterans, active-duty armed forces members, and their families. We approach every day as an opportunity to say “thank you” and to provide the care you deserve.

Patriot Life is the official member newsletter of the Johns Hopkins US Family Health Plan (USFHP). It is published three times per year by Johns Hopkins HealthCare's Marketing and Communications department.

If you have questions regarding fraud or suspected fraudulent activities involving a Johns Hopkins USFHP member, provider or employee, please contact the Corporate Compliance department at **410-424-4996**, by fax at **410-762-1527**, or by email at **compliance@jhhc.com**. All information will be kept confidential.

Developed by StayWell

I1056MD

Johns Hopkins Medicine
US Family Health Plan
6704 Curtis Court
Glen Burnie, MD 21060

CONNECTIONS & COMMUNICATIONS ONLINE

JOHNS HOPKINS MEDICINE

 Facebook:
Johns Hopkins Medicine

 Twitter:
@HopkinsMedicine

 Videos:
YouTube.com/
johnshopkinsmedicine

REACH OUT

CALL
800-808-7347

EMAIL
usfhpcustomerservice@jhhc.com

WRITE
Johns Hopkins US Family Health Plan
Customer Service Department
6704 Curtis Court
Glen Burnie, MD 21060

JOHNS HOPKINS US FAMILY HEALTH PLAN

 Health Library:
Hopkinsmedicine.org/usfhp/members_visitors/health_education/library.html

 Member Handbook:
Hopkinsmedicine.org/usfhp/handbook

 Health Coaching:
Hopkinsmedicine.org/usfhp/coaching

 Pharmacy:
Hopkinsmedicine.org/usfhp/pharmacy

The USFHP website has a variety of pharmacy information related to the formulary, pharmaceutical restrictions or preferences, requesting an exception, quantity limits and step therapy, generic substitution and other pharmacy management procedures. The pharmacy formulary is updated regularly to include new medications and the latest safety information.

NOTICE OF NONDISCRIMINATION

Johns Hopkins US Family Health Plan (USFHP) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

FOREIGN LANGUAGE ASSISTANCE

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **800-808-7347** (TTY: **800-201-7165**).

Chinese: 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 **800-808-7347** (TTY: **800-201-7165**)

To find this issue online or email it to a friend, visit hopkinsmedicine.org/usfhp/patriotlife.