



GlobalHealth
Medicare Advantage Plans

GlobalHealthBeat

A Newsletter for Medicare Advantage Members

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Distracted Driving **Awareness**

Have you ever gotten into a car and gone into auto pilot mode? At 25 mph, you can travel the length of more than one football field in 10 seconds, what could you miss during this time?

According to the National Safety Council, ***on a typical day more than 700 people are injured in distracted driving crashes.*** This could be from texting or talking on a cell phone, even hands-free, or programming an in vehicle infotainment system, eating, drinking, applying makeup,

reading a newspaper or book, and/or watching a video. They all take attention away from driving.

Distraction categories include visual, manual (taking a hand off the wheel) or cognitive (taking your mind off driving). All can raise safety risks, not only for drivers but for those sharing the road around them. The human brain cannot handle two thinking tasks at the same time. It toggles quickly between tasks, slowing reaction time and causing crashes. Technology and vehicle safety features work with us, but it doesn't work without us.

Your life is worth more than a call, text, or playlist. Hands-free is not risk-free. Program phone and electronics before you start and don't interact with them while driving. Drive without distractions and help keep our roads and each other safe.

Sources:

<https://www.nsc.org/getmedia/01b64f21-6b61-4761-b539-e35c0f36c5af/safety-talk.pdf>
<https://www.nsc.org/road/distracted-driving-awareness-month/ddam-materials>

Osteoporosis Month

According to the National Osteoporosis Foundation, **osteoporosis is often called a “silent disease” because one can’t feel bones weakening.** A broken bone is often the first sign of the disease, and the resulting fractures can be devastating. The good news is that osteoporosis can be prevented or treated.

A **screening bone density test** measures how strong your bones are and can alert you to problems with your bones before you have a fracture. Here are some facts from the US Preventive Services Task Force, a panel of experts in disease prevention, about osteoporosis and getting screened:



Who should be screened?

- ✓ Women 65 and older.
- ✓ Postmenopausal women who are younger than 65 but at an **increased risk** for osteoporosis.

How often should I be screened?

- ✓ Every two years, or within 6 months of a bone fracture.

What about men?

- ✓ Men should talk to their health care provider about being screened for osteoporosis.

What kind of test is it?

- ✓ **A bone mineral density test**—known as a central DXA scan—is the most commonly used method to check for osteoporosis. It’s like an x-ray of your hip and/or spine and does not hurt.

What happens if I have Osteoporosis?

- ✓ Your doctor will talk to you about treatment, including medication and other steps to reduce the risk of future osteoporosis related fractures. Fractures caused by osteoporosis, particularly hip fractures, are linked to restricted mobility, chronic pain, disability, and loss of independence, as well as a lower quality of life. **Nearly one-third of patients who experience a hip fracture die within a year.**

With the risks that a bone break comes with, it’s better to play it safe and get screened so you can stay healthy. You can find the Fracture Risk Calculator [here](#), and bring the results to your doctor to discuss.

Read more at: [U.S. Preventative Services Task Force](#)

National Stroke Awareness Month

A stroke occurs when something blocks blood supply to part of the brain or when a blood vessel in the brain bursts. In either case, parts of the brain become damaged or die. A stroke can cause lasting brain damage, long-term disability, or even death.

Stroke is the fifth leading cause of death in the United States and is the leading cause of serious long-term disability, reducing mobility in more than half of stroke survivors aged 65 and over. While stroke risk increases with age, strokes can occur at any age. *About 1/3 of people hospitalized for stroke were less than 65 years old.*



Preventing Stroke

- ✓ Choosing healthy meal and snack options can help you prevent stroke. Be sure to eat plenty of fresh fruits and vegetables.
- ✓ Physical activity can help you stay at a healthy weight and lower your cholesterol and blood pressure levels. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity aerobic physical activity, such as a brisk walk, each week.
- ✓ Cigarette smoking greatly increases your chances of having a stroke. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for stroke. Your doctor can suggest ways to help you quit. For more information about tobacco use and quitting, see [CDC's Smoking & Tobacco Use website](#).
- ✓ Avoid drinking too much alcohol, which can raise your blood pressure. Men should have no more than two drinks per day, and women only one. For more information, visit [CDC's Alcohol and Public Health website](#).

Signs of Stroke

- ✓ Sudden **numbness** or weakness in the face, arm, or leg, especially on one side of the body
- ✓ Sudden **confusion**, trouble speaking, or difficulty understanding speech
- ✓ Sudden **trouble seeing** in one or both eyes
- ✓ Sudden **trouble walking**, dizziness, loss of balance, or lack of coordination
- ✓ Sudden **severe headache** with no known cause.

1/3 of people hospitalized for stroke were **less than 65 years old.**



If you think someone may be having a stroke, act

F.A.S.T.

to help stroke patients get the treatments they desperately need.



Face:

ask the person to smile. Does one side of the face droop?



Arms:

ask the person to raise both arms. Does one drift downward?



Speech:

ask the person to repeat a simple phrase. Is the speech slurred or strange?



Time:

if you see any of these signs, call 9-1-1 right away. Note the time when the symptoms first appeared to help health care providers determine the best treatment options.

Read more at:

[Centers for Disease Control and Prevention – What is Stroke](#)

Mental Health Awareness Month

In the United States, mental illnesses are among the most common health conditions. **More than 50% of Americans will be diagnosed with a mental illness or disorder at some point in their lifetime** since a person's mental health can change over time. When a person's resources and coping abilities are stretched beyond their limits, their mental health may suffer.

Our emotional, psychological, and social well-being are all part of our mental health.

It has an impact on the way we think, feel, and act. It also influences how we deal with stress, interact with people, and make good decisions. Mental health is crucial at every stage of life, with older persons having the highest prevalence. It is linked to anguish and suffering, and it can cause impairments in physical, mental, and social functioning, as well as impacting the course and complications of other chronic diseases' treatment.

The most common mental health conditions include anxiety, severe cognitive impairment, and mood disorders (such as depression or bipolar disorder). **Depression is not a normal part of growing older**, even though the rate of older adults with depressed symptoms tends to rise with age. **It is estimated that 20% of adults aged 55 and up have some type of mental health concern.**



Both mental and physical health are essential components of complete well-being. Mental illness, especially depression, **increases the risk for many types of physical health problems**, particularly long-lasting conditions like stroke, type 2 diabetes, and heart disease. Mental health issues are often implicated as a factor in cases of suicide. **The suicide rate among older males is the greatest of any age group.** Men aged 85 and up have a suicide rate of 45.23 per 100,000, compared to 11.01 per 100,000 for people of all ages.

Mental illnesses can develop over a short period of time, come, and go with clear beginnings and ends, or be chronic or long-term. Aside from anxiety disorders and depression, there are over 200 classified types of mental illness, including seasonal affective disorder, eating disorders, personality disorders, posttraumatic stress disorder, and drug use disorders.

When you are experiencing life changes or are feeling down, it is important to **speak with your primary care provider** or a licensed mental health professional. With your Generations Medicare Advantage Plan, you can visit a mental health professional for little to no cost.

Healthy Ways to Manage Stress:

- ✓ eating healthy, well-balanced meals
- ✓ exercising frequently
- ✓ getting plenty of sleep
- ✓ avoiding excessive alcohol and drug use
- ✓ making time to interact with people
- ✓ unwinding and taking a deep breath

Sources:

<https://www.cdc.gov/mentalhealth/learn/index.htm>

https://www.cdc.gov/aging/pdf/mental_health.pdf

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

<https://www.who.int/en/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

<https://www.nimh.nih.gov/health/publications/chronic-illness-mental-health/index.shtml>

Kessler RC, Angermeyer M, Anthony JC, et al. Lifetime prevalence and age-of-onset distributions of mental disorders in the World Health Organization's World Mental Health Survey Initiative. *World Psychiatry*. 2007;6(3):168-176.

Chapman DP, Perry GS, Strine TW (2005). The vital link between chronic disease and depressive disorders. *Prev Chronic Dis*; 2(1): A14.

Men's Health *Month*

The average man pays less attention to his health than the average woman. Compared to women, men are more likely to make risky choices and not see a doctor for regular checkups. According to the CDC, men in the United States, on average die **5 years earlier** than women and die at higher rates from the three leading causes of death, heart disease, cancer, and unintentional injuries.

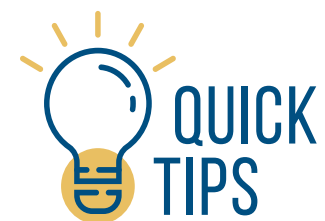
Anyone can be affected by heart disease, stroke, diabetes, cancer, and depression, but men have a higher risk of certain diseases, like stroke.

Strokes occur 1.5 times more frequently in men than in women. Men also have unique issues such as prostate cancer and benign prostate enlargement.



Many of the major health risks that men face can be prevented with a healthy lifestyle:

- ✓ **Regular physical activity** helps control your weight, reduce your risk of heart diseases and some cancers, and can improve your mental health and mood. Adults need 2.5 hours of physical activity a week.
- ✓ Recognize and reduce **stress**.
- ✓ **Eat healthy** and include a variety of fruits and vegetables every day.
- ✓ **Limit** foods and drinks high in calories, as well as sugar, salt, fat, and alcohol.
- ✓ **Choose not to smoke.** Quitting smoking has immediate and long-term benefits. You lower your risk for different types of cancer, and don't expose others to secondhand smoke.
- ✓ **Use sunscreen**, try to avoid the sun during peak hours, and wear a hat and sunglasses. Up to 50% of Americans who live to age 65 will have at least one type of skin cancer.



1. Understand your **family health history** of diseases and health conditions that are or were present in your family.
2. Get **regular checkups** and **screening tests** that can spot disease early when it is easiest to treat. Common screenings include:

- ✓ Blood Pressure
- ✓ Cholesterol
- ✓ Diabetes
- ✓ Prostate
- ✓ Colon Cancer



Consult with your doctor about what screenings you should have and how often.

Sources:

<https://minorityhealth.hhs.gov/omh/content.aspx?ID=10238&lvl=2&lvlid=12>, <https://www.health.harvard.edu/topics/mens-health>
<https://www.webmd.com/men/features/mens-top-5-health-concerns#3>

*The Generations***Kitchen Table****Greek Tabbouleh Salad****Total Time:** 40 minutes**Serving Size:** 4**Ingredients**

- ¾ cup medium bulgur (4 ounces), rinsed
- Hot water
- 3 tablespoons fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh thyme
- ½ pint cherry tomatoes, halved
- 1 seedless cucumber, peeled and cut into ½-inch dice
- 2 scallions, thinly sliced
- ½ cup crumbled feta (3 ounces)
- ¼ cup pitted kalamata olives, coarsely chopped
- ¼ cup chopped flat-leaf parsley
- ¼ cup chopped mint
- Salt and freshly ground pepper

**Directions**

- 1** In a large bowl, cover the bulgur with 2 inches of hot water and let soak for about 20 minutes, until tender. Drain the bulgur in a fine sieve, pressing firmly to release the excess water. Wipe out the bowl.
- 2** In the same bowl, whisk the lemon juice with the olive oil. Add the bulgur, tomatoes, cucumber, scallions, feta, olives, parsley and mint. Season with salt and pepper and toss well. Let stand for 10 minutes and toss once more before serving.

**QUICK TIPS**

Make ahead! Refrigerate for up to 8 hours before serving.

24/7 Nurse Line

If you are a member of **any GlobalHealth Medicare Advantage Plan**, you can talk to a nurse *at no cost to you*.

The nurse can help you decide if you need to make an appointment with your PCP, go to urgent care, or seek emergency care.

You do not need a referral or prior authorization to call.



Call CareNet:

Arizona: **1-877-285-1424 (TTY: 711)**

Oklahoma: **1-800-554-9371 (TTY: 711)**

Texas: **1-877-281-5127 (TTY: 711)**

A couple of things to remember:

- ✓ It is not a replacement for PCP visits.
- ✓ It should not be used in an emergency, such as having chest pains – **call 911**.

GlobalHealth is an HMO plan with a Medicare contract. Enrollment in GlobalHealth depends on contract renewal. GlobalHealth has been approved by the National Committee for Quality Assurance (NCQA) to operate a Special Needs Plan (SNP) in 2022. This approval is based on a review of GlobalHealth's Model of Care. GlobalHealth complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. GlobalHealth cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. GlobalHealth tuân thủ luật dân quyền hiện hành của Liên bang và không phân biệt đối xử dựa trên chủng tộc, màu da, nguồn gốc quốc gia, độ tuổi, khuyết tật, hoặc giới tính. GlobalHealth bik'ehgo hójil'ínígíí bidadeeti'ígíí Wááshindoon t'áá át'é bilá'ashdla'ii bee bá ádaahaazt'i'ígíí bibee haz'áanii dóo doo ak'íjji' nitsáhákees da díí ninahjí' al'áá dadine'é, dine'é bikágí át'ehígíí, bináahai'ígíí, nazhnit'ago da, éi doodaii' asdzáni dóo diné át'ehígíí.