



The Beacon

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Med-Cert Medical Management Resources

“Guiding your way to better health management”

HEALTH FOCUS

BUILDING BETTER BONES

Before bone mineral density scans became common, the hidden weaknesses in your bones remained just that – largely unidentified until the first debilitating fracture. But regular screening has revealed that bone health isn’t graded pass/fail. Even a slight reduction in bone mass (called osteopenia) may make you vulnerable to fractures.

Nearly 40% of American women ages 50 and older have undiagnosed osteopenia, and an additional 7% have undetected osteoporosis.

The National Osteoporosis Foundation recommends that women get screened (have a bone scan) by the age of 65 – earlier if they break a bone or have another risk factor, such as family history.

Age is not the only saboteur. Smoking, excessive drinking (2-3 alcoholic-containing drinks a day), a history of steroid use – all can cause erosion of the bone. An osteopenia diagnosis, though, doesn’t guarantee you will progress to osteoporosis.

Treatment decisions are very individual. One patient with severe osteopenia may be a candidate for drugs, while another with better bone density and no risk factors may try exercise and other natural approaches first.

While several osteoporosis drugs are available, it is unclear how long someone

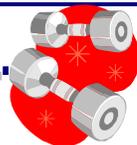
with osteopenia would need to take the pills. But studies indicate that early intervention with drugs will help prevent bone loss.

NATURAL BONE STRENGTHENERS

If you want to strengthen your bones, start by taking a look at what is on your dinner plate. Federal recommendations call for 1,000 mg/day of calcium from age 19 to 50; after 50, make it at least 1,200 mg. The mineral can be found in low-fat dairy products, foods fortified with calcium, and dark green vegetables such as broccoli. Also make sure you are getting 800 IUs daily of Vitamin D through a multivitamin or by consuming egg yolks, saltwater fish and vitamin D-fortified dairy products. And it is never too late to get active.

Health Note...

EXERCISING four days a week offers more protection to your bones than taking Calcium and Vitamin D supplements.



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FYI.....

1. **Ischemic stroke** – blood flow to the brain is limited by a clot or obstruction in a vessel to the brain. This accounts for about 83% of all stroke cases.
2. **Hemorrhagic stroke** – a ruptured blood vessel causes blood to leak into the brain. This accounts for 17% of all stroke cases.

Aspirin & Stroke



Studies revealed that aspirin reduces the probability of stroke for those at risk, and when taken daily in small doses it may help prevent or alleviate the complications of a second stroke. Furthermore, if you have suffered a stroke and you’re taking aspirin, ceasing to take this wonder drug elevates your chances of having another stroke. Talk to your doctor about taking a daily dose of aspirin, and stick with it if it is prescribed.

POWER OF PREVENTION

While millions of Americans take 81 mg of aspirin a day to try to prevent a stroke or heart attack, it does not always work, particularly for the 5 – 40 percent for whom aspirin does not help prevent blood clots. However, aspirin still offers important benefits. Those taking aspirin who go on to have a stroke appear to have less severe strokes than if they had not been taking the drug. It has been noted that aspirin may be more protective than the other anti-clotting

medications because it limits both the size of the clots and their number.

POST STROKE THERAPY

According to the American Stroke Association, every 45 seconds someone in America has a stroke, about 700,000 a year. And stroke is our nation's number-three killer and a leading cause of severe, long term disability. To help reduce the devastating aftereffects, 160 to 325 mg of aspirin within 48 hours of an ischemic stroke may offer a small but statistically significant decrease in death rates and disability from stroke.

Women's Edge – Healthy women ages 45 and older can reduce their risk of a stroke by taking 100 mg of aspirin every other day. Studies have shown that aspirin significantly reduced the risk of major cardiovascular events, ischemic stroke and heart attack among women 65 and older, as well as reduced the incidence of a first stroke by 17% in all women. This is specifically significant, because each year 40,000 more women than men have strokes and more than 60% of total stroke deaths happen to women.

TALES NAILS TELL

When it comes to health, your fingernails tell all. Nails often provide a first indication of an underlying disease or condition. Here are some of the hints your nails may be giving you – and what they could mean.

Clue: Clubbing (when the nail curves like a spoon)

Condition: Heart disease or Crohn's disease – an inflammation of the small intestine that triggers pain and diarrhea.

Clue: Small pits in the nail:

Condition: Psoriasis, a chronic skin condition that causes itching and burning.

Clue: Discolored nails that lift off the nail bed.

Condition: Have a doctor take a culture of the nail before treatment. 50% of discolored nails are misdiagnosed and mistreated. It may, in fact, be a fungal infection.

Clue: Light or pale-white nails.

Condition: Anemia.



Water Wisdom

- 75 % of Americans are chronically dehydrated.
- In 37 % of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even MILD dehydration will slow down one's metabolism as much as 3%.
- One glass of water will shut down midnight hunger pangs.
- Lack of water is the Number 1 trigger of daytime fatigue.
- Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80 % of sufferers.
- A mere 2 % drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on a computer screen or on a printed page.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45 %, it can slash the risk of breast cancer by 79 %, and one is 50 % less likely to develop bladder cancer.

"Quotable Quote"

It is the ability to take a joke, not make one, that proves you have a sense of humor.

Max Forrester Eastman



HERB OF THE HOUR

Rosemary - A popular herb may help make cooking red meat safer.

Cooking meats may create carcinogenic compounds, especially if the meat is cooked at a high heat. However, a recent study reveals rosemary may minimize those compounds. In the study, adding a bit of rosemary extract to hamburger patty mixtures before cooking helped reduce the formation of the harmful substances.

MORE TALK ABOUT ALMONDS



Seek out a handful of almonds for a serving of a potential Parkinson's fighter.

A diet packed with vitamin E may help protect against Parkinson's disease, recent research concludes, and almonds are a good source. Parkinson's is a chronic neurological condition that hampers motor function. Other good food sources of antioxidant vitamin E include hazelnuts, wheat-germ oil, sweet potatoes, and peanut butter.

Benefit: Getting up to 400 IU of vitamin E per day can make your Real Age as much as 1 year younger.

Recipe Corner



SPRINGTIME CHICKEN

Combine: 1/2 c. low-fat Ritz cracker crumbs
1 Tbsp. Finely chopped parsley
1/8 tsp. Pepper, 1/4 tsp. Salt
1/4 tsp. onion powder

Spray 4 boneless, skinless chicken breasts and 8 small redskin potatoes with cooking spray and coat with above mixture. Bake these in a flat casserole uncovered at 350 degrees for 30 min., turning over once at about 15 minutes.

SAUCE: 1 1/2 c. chicken broth
1 Tbsp. chives (chopped)
2 Tbsp. Cornstarch
1/4 tsp. Kitchen Bouquet
dash or two of hot pepper sauce
1 1/2 Tbsp. dried butter buds
10 oz. pkg. frozen peas
4 oz. can sliced mushrooms, drained
Salt and pepper to taste

Mix the above sauce ingredients and stir and simmer during the last 5 minutes that the chicken and potatoes are baking. Pour sauce over the top and serve. A crusty loaf of bread and mixed baby greens and tomato salad will make your meal complete.



This newsletter is brought to you courtesy of Med-Cert, Inc. Our sources for this edition were the Web MD, Real Age - Health Tools and Tips for Living Younger, Remedy magazine and the Happy Day Cards (fishing for a healthy recipe) web sites.