



The Beacon

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Med-Cert Medical Management Resources

“Guiding your way to better health management”

What is Prostate Cancer?

Prostate cancer is the abnormal growth of cells in a man's prostate gland. The prostate sits just below the bladder. It makes part of the fluid for semen. In young men, the prostate is about the size of a walnut. It usually grows larger as you grow older.

Prostate cancer is common in men older than 65. It usually grows slowly and can take years to grow large enough to cause any problems. As with other cancers, treatment for prostate cancer works best when the cancer is found early. Often, prostate cancer that has spread responds to treatment. Older men with prostate cancer usually die from other causes.

Experts don't know what causes prostate cancer, but they believe that your age, family history (genetics), and race affect your chances of getting it. What you eat, such as foods high in fats, may also play a part.

What are the symptoms?

Prostate cancer usually does not cause symptoms in its early stages. Most men don't know they have it until it is found during a regular medical exam.

When problems are noticed, they are most often problems with urinating. But these same symptoms can also be

caused by an enlarged prostate (benign prostatic hyperplasia). An enlarged prostate is common in older men.

See your doctor for a checkup if:

- You have urinary problems, such as:
- Not being able to urinate at all.
- Having a hard time starting or stopping the flow of urine.
- Having to urinate often, especially at night.
- Having pain or burning during urination.
- You have difficulty having an erection.
- You have blood in your urine or semen.
- You have deep and frequent pain in your lower back, belly, hip, or pelvis.

How is it diagnosed?

The most common way to check for prostate cancer is to have a digital rectal exam, in which the doctor puts a gloved, lubricated finger in your rectum to feel your prostate, and a prostate-specific antigen (PSA) blood test. A higher level of PSA may mean that you have prostate cancer, but it could also mean that you have an enlargement or infection of the prostate.

If your PSA is high, or if your doctor finds anything during the rectal exam, he or she may do a prostate biopsy to

figure out the cause. A biopsy means your doctor takes a sample of tissue from your prostate gland and sends it to a lab for testing.

How is it treated?

Your treatment will depend on what kind of cancer cells you have, how far they have spread, your age and general health, and your preferences.

You and your doctor may decide to treat your cancer with surgery, radiation, hormone therapy, or a combination. If you have cancer that is low-risk and has not spread (early stage), you may be able to wait and watch with active surveillance to see what happens. During active surveillance (watchful waiting), you will have regular checkups with your doctor to see if your cancer has changed.

Choosing treatment for prostate cancer can be confusing. Talk with your doctor to choose the treatment that is best for you.

Med-Cert News

The Med-Cert staff wishes you a very Happy Independence Day!!!

Did you know??

Your middle fingernail grows the fastest.



Ask A Nurse

Q: Is it true that you are only contagious the first few days of having a cold or flu?

A: No. Your sneezes have fewer virus particles toward the end, so you're less infectious then but as long as you're coughing and sneezing, you can still spread germs.

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Q: What is a good source of potassium?

A: Potatoes. One medium potato has nearly double the potassium of a banana! Potatoes also have vitamin C and essential minerals, and they are a great source of fiber. Keep the skins on.

July is Group B Strep Awareness Month

Approximately 1 in 4 pregnant women carry GBS, the most common cause of life-threatening infections in newborns according to the U.S. Centers for Disease Control and Prevention (CDC). GBS can also infect babies during pregnancy and the first few months of life. Visit their web site for more information at www.groupbstrepinternational.org.

DON'T FORGET TO PRECERTIFY

Med-Cert's Toll-free Precert Telephone Number is (800)-356-7126 and should be reflected on your health insurance ID cards.

It is ultimately the responsibility of the employee/participant/member to make sure precertification has been done. Many plans will reduce your benefit amount if you fail to precertify.

Group Health Plans vary from one employer to the next so it is important for you to know what your health plan requires. Call the customer service representative for your health plan if you have questions.

Below is a list of some of the common Standard Precertification Notification Requirements.

- *Inpatient Hospital Stays*
- *Inpatient Treatment for Mental and Emotional Conditions or Substance Abuse*
- *Inpatient Rehabilitation Therapy*
- *Skilled Nursing Care*
- *Outpatient Stays over 12 hours*
- *Outpatient Surgeries*
- *Physical Therapy after first 6 visits*
- *Speech Therapy after first 6 visits*
- *Home Health Care*
- *Hospice Care*
- *Maternity – on confirmation of pregnancy (or at least 2 months prior to delivery) and again on admission for delivery*
- *Outpatient Procedures – refer to your Employee Benefit Plan booklet as some plans require precertification for outpatient procedures*

Med-Cert provides:

Utilization Management, Maternity Management, Large Case and Wellness Disease Management, Transplant Coordination and Stop Loss Assessments

For information on any of our services, please call

866-261-5657 (toll free). We are on the Internet. Visit us at:
www.medcertinc.com

Recipe Corner



Summer Medley

Ingredients

- 1 lemon
- 1 bunch fresh parsley
- 3 lb assorted summer squash
- 1 head garlic
- 1 lb sole fillets
- 3 oz Fontina cheese
- 6 large eggs
- Butter
- Olive oil
- Red-pepper flakes
- Dry white wine

Directions

Make this first: Summer Squash Sauté

6 cloves garlic, sliced
2 Tbsp extra virgin olive oil
1 tsp red-pepper flakes
3 lb assorted summer squash (zucchini, yellow crook neck, etc.), thinly sliced
1/2 tsp salt

Time: 55 minutes

Servings: 8 (4 c total)

Heat garlic, oil, and red-pepper flakes in large sauté an over medium heat 2 to 3 minutes or until garlic begins to turn golden. Add squash and salt. Toss to coat. Cover, reduce heat to medium-low, and cook 30 minutes, stirring occasionally, until squash begins to break apart. Uncover, increase heat to medium, and cook 10 to 12 minutes longer or until liquid is almost gone.



This newsletter is brought to you courtesy of Med-Cert, Inc. Our sources for this edition are Web MD and Prevention magazine.