

FOR YOUR BENEFIT

Important Numbers for All Participants

Medco Health

800-818-2364

www.medcohealth.com

Prescription Drug Program information, including mail-order procedures, a list of in-network pharmacies, formulary and non-formulary drug information, co-pays, and how to order new Diamond and Platinum ID cards, is available from Medco.

Encompass Pre-Certification Line

800-779-4158

www.encompassonline.com

Information on pre-certification of Diamond and Platinum medical in-patient and out-patient procedures, surgery and other tests as listed on the back of your ID cards is available from Encompass.

Health Plan of Nevada (HPN)

702-242-7300

www.healthplanofnv.com

Contact HPN for benefit and service questions.

Vision Service Plan (VSP)

800-877-7195

www.vsp.com

Receive more information regarding vision services, including names of in-network providers, a schedule of benefits and answers to billing and reimbursement questions.

Diversified Dental

800-249-3538

www.ddsppo.com

Visit the Web site for an online display of dental providers.



Teachers Health Trust

2950 E. Rochelle Avenue
Las Vegas, NV 89121

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Health Festival KUDOS

Recently, Robert and Dana Curdy, both teachers in the Clark County School District, called the Trust to offer their appreciation for its services. The Curdys won a breakfast at the Hyatt at Lake Las Vegas as a raffle prize at the 2005 Health Festival, and Dana called to express her appreciation for the Trust's continued commitment to its participants.

The Trust would, in turn, like to thank those who make the annual Health Festival raffle possible through their generous donations. The 2005 Health Festival featured over 200 donations from area merchants. Donations ranged from free Pilates lessons and massages to show tickets and spa packages, many of which were valued over \$200.

In addition to the donations, the Trust is grateful to be able to offer an event in which the CCSD employees can experience a number of vendors providing services to better our participants' health and well being. In 2005, 83 vendors gathered at Cox Pavilion to provide massages, vision screenings, depression screenings, body fat analyses and more. Likewise, the Trust offered free flu vaccines for Trust participants.

Preparations for the 2006 Health Festival are underway at the Trust, and we look forward to providing our participants with the educational information needed to make the necessary choices for a healthy lifestyle.

NIKETOWN 5
FOR KIDS
GIVE 100%

Saturday, November 4, 2006

Get ready for a fun 5K run/walk to benefit the physical education and athletic programs of Clark County schools. More details are available at www.niketown5k.com.

See you at the starting line!

Health Traxx

Special Edition
For Teachers by Teachers

A PUBLICATION FOR TEACHERS HEALTH TRUST PARTICIPANTS

FALL 2006  VOLUME 5, ISSUE 3

Health Fest 2006:

Reclaim Your Health

You could win a spa package worth \$1,500. Details on page 4.

- **Trust Tidbits: Find Out What's New at the Trust**
- **Consider Risk, Cost of Bariatric Surgery**
- **Changes to Lifestyle Decisions Program**
- **Facts for Life: Inflammatory Breast Cancer**

2006 BREAST CANCER AWARENESS CAMPAIGN (details on page 21)

TEETH. ONLY BETTER.

**We are a PREFERRED
DENTAL PROVIDER
for TEACHERS HEALTH TRUST
participants and
their dependents.**

You'll love our caring
doctors and staff,
convenient locations
and hours,
modern equipment
and comfortable setting.

**EVENING and
WEEKEND HOURS!!!**



FREE ELECTRIC ROTA-DENT TOOTHBRUSH — \$140 value*

or

FREE FULL MOUTH TEETH WHITENING — \$199 value*

*With completed dental treatment plan. Must present this ad. For Teachers Health Trust participants and their eligible dependents only. Rota-Dent toothbrush one per family. Exp. 7/31/07.



WIGWAM DENTAL
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(between Eastern & Pecos)
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open Saturdays

**Dr. Ellen Piyevsky-Adamson
and Associates**



LAKE MEAD DENTAL
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304-1234
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Reclaim Your Health

October 21, 2006 9 a.m. to 2 p.m.

Cox Pavilion (off Swenson, next to UNLV Thomas & Mack Center)

Come and discover how to save money, how to prevent an illness or learn valuable tools to easing disease. CCSD Licensed Personnel, Administrators and Support Staff are encouraged to bring their family and friends.

Gold Sponsors



Bronze Sponsors



Health

♥ **FREE Flu Vaccines** for all active CCSD employees eligible to enroll in a Teachers Health Trust or CCSD sponsored plan (*with a valid school picture I.D. and/or paycheck stub*). All Others—\$25

Discount coupons will be available to all dependents of a sponsored plan at scheduled pre-registration sites. Log on to the Teachers Health Trust Web site for a listing of pre-registration sites (www.teachershealthtrust.org).

♥ **Pneumonia Vaccines**—\$35; must have a serious medical condition and/or be age 65 or older. Supplies are limited. Vaccines will be administered on a first-come, first-serve basis.

♥ **Glucose & Cholesterol Screenings** (*For more accurate results, consider fasting for 12 hours*) FREE for all active CCSD employees eligible to enroll in a Teachers Health Trust or a CCSD sponsored plan (*with a valid picture I.D. and/or paycheck stub*). All Others—\$10 per test

♥ **Screenings** for Depression, Vision, Blood Pressure, Skin Cancer and Balance as well as Body Fat Analyses, Nutritional Testing, Metabolic Profiling, Information on Self-Breast Exams and much more.

Wellness

- Reflexology and Massage Therapy
- CPR/First Aid Training—\$20 per person. RSVP required. To RSVP, log on to the Teachers Health Trust Web site (www.teachershealthtrust.org).

Entertainment

- Face Painting
- Fortune Readings
- Balloon Art
- Caricatures
- Fun, games and much more

Free Snacks & Drinks

Also, continental breakfast will be awarded at a later date to staff at the worksite with the most employees present at the Health Festival.

Free T-Shirts

The first 2,000 attendees will receive free 2006 Health Festival t-shirts.

Raffle

***Must be a CCSD employee eligible to receive health benefits from the Teachers Health Trust or a CCSD sponsored plan to enter the raffle.*

- Gift certificates, tickets to Las Vegas shows and other valuable prizes
- **Grand Prize**

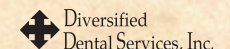


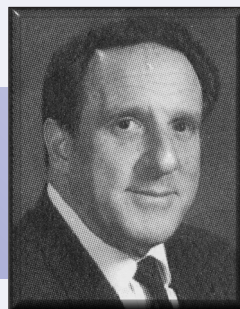
A Wellness Spa Package for two valued at \$1,500, donated by Canyon Ranch Spa

CONTRIBUTORS



ACTIVE HEALTH CHIROPRACTIC





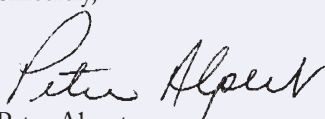
A MESSAGE FROM THE CEO

What can each of us do to minimize the impact of health care costs on our daily lives? The answer to this question poses a perplexing dilemma for health plans and for their participants. The staff at the Health Trust seeks answers to this question on an ongoing basis. The Health Trust pays about 400,000 medical and dental claims and 250,000 prescription drug claims annually. The statistics derived from this claims volume gives us a wealth of information on the types of medical services utilized by teachers and their families as well as the manner in which their health care dollars are being spent. Let's look at how you can maximize your health care dollars without a great deal of effort:

- Talk to your physician about using generic drugs. The cost savings to you and to the Health Trust is remarkable. You have no co-pays and the Health Trust pays less too. Free drugs. What a deal! Inside this edition of Health Traxx is more information on generic drugs. Take a look and make the choice that will save money for all of us.
- Be an informed user of health care services. Don't be afraid to ask questions of your health care provider. You are entitled to know about treatment options and alternatives, estimated costs and the necessity of having expensive tests and procedures which may or may not be in your best interest. If you don't ask, you are then leaving it to someone else to make your medical decisions. Would you do that when buying a house, a car or kitchen appliances? I doubt it.
- Inquire in advance whether your health care provider is included in the Health Trust's provider network. Our Web site is updated as providers join or leave the network. The cost savings to you can mean the difference between a reasonable co-pay and the possibility of facing bankruptcy. The choice is yours, but think of the consequences before you act.
- If you receive a referral to a specialist from a network provider, be sure to inquire if the specialist is included in the Health Trust's provider network. Taking five minutes to check could save you thousands of dollars.

We are all faced with the threat of being saddled with debt as health care costs continue to escalate. Taking the time to understand your options can go a long way toward keeping you healthy and out of debt. Don't just think about it—take the positive steps to help yourself!

Sincerely,


Peter Alpert
Chief Executive Officer
July 2006

HEALTH TRAXX

The Teachers Health Trust
Quarterly News Publication

Health Traxx is published quarterly by the Teachers Health Trust to help participants make life-saving choices when making health care decisions. Although editorial content is based on sound medical information, we ask that you consult a health care professional for all matters of concern. We encourage you to keep copies of this news publication to build a handy home-medical reference or recycle issues to friends and family.

Any opinions expressed by an author/source whose article appears in this publication are solely the opinions of the author/source and do not necessarily reflect the views of the Teachers Health Trust. Questions or comments regarding this issue should be emailed to wellness@teachershealthtrust.org or write to:

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E&E Communications

• ADVERTISEMENTS •

This publication is made in part by the generous donations of network providers and non-profit community organizations. Individuals or companies interested in advertising opportunities in *Health Traxx* should contact Misti R. Brock, Publications Specialist, at wellness@teachershealthtrust.org or contact the Health Trust Wellness Division at 702-794-0272. An advertisement in the *Health Traxx* publication does not mean the Health Trust endorses the provider or service. Ad purchase space is based on a first-come, first serve basis, and advertisers are required to be a part of the Diamond or Platinum provider network. Other organizations have to be non-profit local or national health agencies/organizations approved by the Health Trust Special Events Committee or a profitable company with a valid business license.

Welcome New Teachers!

The Trust would like to take this opportunity to welcome those who are new to the Clark County School District. Our goal is to provide you with the highest quality health and welfare benefits as well as aid in your effort to achieve overall health and well being. Welcome to the Teachers Health Trust!

Don't miss these important deadlines and Trust events:

- **Fall Student Status Verification** forms will be mailed in **September**. Required documents include a signed Affidavit of your dependent's support and proof of full-time student status from the school or authorized agent of the school your dependent attends.
- **Annual Open Enrollment** packets will be mailed to all participants in **November**. With this packet, you may change plans, add/delete coverage for your dependent(s), change your primary or contingent beneficiary or enroll in the Section 125 Premium-Only Plan (if you are not currently enrolled). Changes will be effective January 1, 2007.
- **The 2006 Breast Cancer Awareness Campaign** will be held throughout the months of **September, October and November** at various Desert Radiologists and Steinberg Diagnostic Imaging Center sites across the valley. Turn to page 21 for more information on locations and scheduling an appointment.
- **New ID Cards** are now being issued through the mail. If you are currently on the Diamond or Platinum plan and have not received your ID cards, please contact Medco Health at 1-800-818-2364. Turn to page 8 to see a layout of the new cards.
- **The Summary Plan Document (SPD)** is now available on disc only. If you misplace your disc, you can also view this document on the Teachers Health Trust Web site at www.teachershealthtrust.org. Please note the following icons as you view the plan:



A telephone icon indicates that a phone call is needed to authorize certain services. You should call the phone number listed with the telephone for more information.



The apple with a worm icon indicates that the following information is extremely important. Please pay special

attention to these sections as they pertain to potential mistakes that could affect your eligibility or unnecessarily increase your personal expense.

The Teachers Health Trust offices will be closed for the following holidays:

Labor Day	September 4
Nevada Day	October 27
Veteran's Day	November 10
Thanksgiving	November 23-24
Winter Break	December 25-29, January 1

JOIN the Wellness Team

The Teachers Health Trust relies greatly on the input of its participants in order to achieve excellence in terms of wellness programs and benefits.

One of the primary sources the Trust has to assist in the development of wellness programs and benefits is the Wellness Team, not to be confused with educators who are coordinators of the Health Trust's WellFit program.

The Wellness Team meets on the first Monday of every month during the nine-month school year to ensure that the wellness programs and activities of the Trust meet the needs of all Trust participants. Your participation in this group is vital to the success of the Trust and its programs.

To learn more about the Wellness Team or to find out who the team member at your worksite is, contact the Wellness Division at 702-794-0272 or wellness@teachershealthtrust.org.



Keep your
eyes healthy.

Did you know that eye exams can tell a lot about the health of your eyes and your overall wellness? Besides helping you see better, annual eye exams can often detect the earliest symptoms of serious eye and health conditions.



vsp.com (800) 877-7195

Call your VSP doctor for an appointment today. If you haven't chosen a doctor yet, simply go to vsp.com and find one near you.

NEWS & NOTES

Trust Medical Cards and Co-Pays

The following is an example of the Trust's *new* medical cards.



The Teachers Health Trust has changed the names of its plans from PPO Plus and PPO to Diamond and Platinum plans. Your plan name will be listed in the top right-hand corner of your new medical card.

BASIC CO-PAYS		
In-Plan Benefits	DIAMOND Plan	PLATINUM Plan
All Office Visits (Including Behavioral Health)	\$20 per visit	\$30 per visit
Urgent Care	\$20 per visit	\$30 per visit
Laboratory	\$0 if performed by network laboratory \$10 per test if performed by a network physician/provider	\$0 if performed by network laboratory \$15 per test if performed by a network physician/provider
Radiology & Diagnostic Procedures	\$10 per test procedure	\$20 per test procedure
CAT Scans	\$50 per test procedure	\$75 per test procedure
MRI	\$50 per test procedure	\$75 per test procedure
PET Scans	\$200 per test procedure	\$400 per test procedure
Outpatient Hospital/Surgical Facility	\$150 per surgery	\$200 per surgery
Outpatient Surgeon	\$125 per surgery	\$250 per surgery
Anesthesia	\$100	\$150
Assistant Surgeon	\$0	\$0
Hospital Observation	\$100 per day	\$150 per day
Emergency Room	\$100 per visit	\$200 per visit
Ambulance	20% co-insurance	30% co-insurance
Routine OB Care (Physician)	\$150 for all routine office visits and delivery	\$300 for all routine office visits and delivery
Inpatient Routine Newborn Circumcision	\$20	\$30
Inpatient Hospital/Facility	\$150 per day up to \$450 per admission	\$300 per day up to \$900 per admission
Inpatient Surgeon	\$125 per surgery	\$250 per surgery
Anesthesia	\$100	\$150
Assistant Surgeon	\$0	\$0
Inpatient Visits	\$0	\$0
Allergy Testing	\$1 per test	\$2 per test
Allergy Antigens	\$1 per dose	\$2 per dose
Allergy Injections	\$5 per injection	\$10 per injection
Orthotics & Prosthetics (includes foot orthotics)	Participants are responsible for 20% co-insurance	Participants are responsible for 30% co-insurance
Durable Medical Equipment and Supplies	Participants are responsible for 20% co-insurance	Participants are responsible for 30% co-insurance
*Inpatient and Outpatient Hospice Services	Participants are responsible for 20% co-insurance	Participants are responsible for 30% co-insurance
*Home Health Care Visits (excludes pharmacy charges)	Participants are responsible for 20% co-insurance	Participants are responsible for 30% co-insurance
*Skilled Nursing & Rehabilitation Facilities (This is separate from hospital co-pay.)	\$150 per day up to \$450 per admission	\$300 per day up to \$900 per admission
*Outpatient Dialysis Facility	\$20 per visit	\$30 per visit
*Outpatient Dialysis Physician	\$20 per visit	\$30 per visit

* Effective September 1, 2006

NEWS & NOTES

Consider Risk, Cost of Bariatric Surgery *Weighing the Risks vs. Benefits*

Since the 1990s, when bariatric or weight loss surgery started becoming more common practice, many have chosen to overlook the risks in order to reap the benefits of the increasingly popular procedure.

And, as more and more procedures are being performed, the number of success stories has increased as well. But so has the number of complications and deaths.

In fact, the struggle between whether or not bariatric surgery is worth the risk has long been a topic of debate among researchers. According to Lloyd Stegemann, MD, while most of those who undergo bariatric surgery will experience no complications, "it is important to understand [...] that there are real risks when undergoing a major operation like weight-loss surgery."

Stegemann, a bariatric surgeon in San Antonio, Texas, explains in "Understanding the Risks of Bariatric Surgery" that risks often depend on the individual, indicating that factors such as current medical conditions and smoking may increase your risk of developing complications.

And those complications from either types of bariatric surgeries—Gastric Bypass or Lap-Band—can range from bleeding into the liver, spleen or blood vessels to cardiac problems, bowel obstructions and even blood clots, all which may require more surgeries to correct or, in severe cases, could lead to death.

A Painful Choice

However, many people see weight loss surgery as a light in the darkness of obesity and are anxious to undergo the

procedure regardless of the risks. Local Heidi Bridges was one such person.

After weighing her options, Bridges decided to have the Lap-Band procedure in which a plastic band is placed around the upper part of the stomach, creating a small pouch. The band contains a small balloon that is adjustable, allowing for a gradual restriction in the amount one is able to eat.

Bridges was thrilled with the results the surgery produced, having lost a total of 85 pounds from the procedure.

"I actually was very happy with the surgery and the results at first," she explained. However, Bridges' happiness was soon overshadowed by an agonizing pain. Only eleven months after her initial surgery, a doctor's visit revealed that she was suffering from band erosion, a condition in which the

band erodes through the wall of the stomach.

"I had to have the band removed," Bridges said. "And it was a pretty lengthy surgery because the band was so intertwined with my stomach."

But the pain did not stop. Two to three months after successful removal of the band, Bridges began experiencing even more pain. But the agony didn't just occur when Bridges ate; sometimes, simply drinking water was enough to cause excruciating pain.

After a number of consults and even the removal of her gallbladder in an attempt to alleviate the pain, Bridges found answers at the Mayo Clinic in Scottsdale, Ariz. In short, Bridges had suffered nerve damage or gastroparesis in her stomach as a result of the Lap-Band.

A condition often suffered by diabetics, gastroparesis causes a delay in the stomach's ability to effectively

(continues on page 13)

"[I]t is important to understand [...] that there are real risks when undergoing a major operation like weight-loss surgery."

Paralyzed, pain, nerve damage... "[T]he band was so intertwined with my stomach."

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2006 WELLFIT WINNERS


Individual Winners




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Kelly Myers
Steve Cozine ES




Elementary Schools
NOVICE
Michele Elliott
Doris Hancock ES



Elementary Schools
NOVICE
Amy Lorfing
M. J. Christensen ES




Elementary Schools
NOVICE
Tamara Hoit
Elizabeth Wilhelm ES



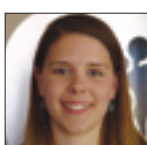
Elementary Schools
INTERMEDIATE
Becky Petrimoulx
Berkeley Bunker ES




Elementary Schools
INTERMEDIATE
Amy Smith
Kirk Adams ES




Elementary Schools
INTERMEDIATE
Scott Goldstone
C.V.T. Gilbert ES




Elementary Schools
INTERMEDIATE
Lenore Jarvis
M. Luther King Jr. ES




Elementary Schools
ADVANCED
Barbara Naftal
John F. Mendoza ES




Elementary Schools
ADVANCED
Age Wright
C. H. Decker ES



Elementary Schools
ADVANCED
Kathleen Lingo
C.V.T. Gilbert ES



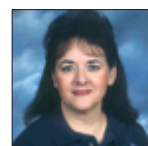
Elementary Schools
ADVANCED
Christy Hotaling
Jim Thorpe ES



Middle Schools
NOVICE
Raymond Affleje
James Cashman MS



Middle Schools
NOVICE
Jen Loescher
Marvin Sedway MS



Middle Schools
NOVICE
Linda Rodriguez
Brian & Teri Cram MS



Middle Schools
INTERMEDIATE
Jared Jones
Mablon B. Brown MS



Middle Schools
INTERMEDIATE
Audrey Yurtinus
Jack Lund Schofield MS



Middle Schools
INTERMEDIATE
Kristen Patterson
Marvin Sedway MS



Middle Schools
ADVANCED
Michelle Bakalas
Jack & Terry Mannon MS




Middle Schools
ADVANCED
Jeff Larson
Ernest Becker MS




Middle Schools
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Kimberly Jefferson
Thurman White MS



High Schools
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Jeffrey Buchbaum
Mojave HS



High Schools
NOVICE
Wendy Hagman
Durango HS



High Schools
INTERMEDIATE
Tracy Morris
Eldorado HS




High Schools
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Dena Demman
Palo Verde HS



High Schools
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Palo Verde HS




High Schools
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Casey Harney
Del Sol HS




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Celeste Evans
Elton M. Garrett




Rural Schools
INTERMEDIATE
Robin Lee
Martha P. King ES




Rural Schools
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Anthony "Todd" Sisneros
William Bennett




Special Schools
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Heidi Falk
Helen J. Stewart




Special Schools
INTERMEDIATE
Susanne Ferris Repp
Washington Continuation



Special Schools
ADVANCED
Bob Swift
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ADVANCED
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Tera Kimbrew



Teachers Health Trust & CCEA
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Peter Alpert



Teachers Health Trust & CCEA
ADVANCED
Brenda Kelley

WELLFIT 2006 SPECIAL AWARDS



LIFETIME ACHIEVEMENT AWARD

LIFETIME ACHIEVEMENT AWARD
WINNER—Francine Catterton,
Frank Kim ES

DIVISION WINNERS

ELEMENTARY SCHOOLS—Lewis E. Rowe ES; Sandy Searles Miller ES; M. J. Christensen ES; C. H. Decker ES; and Jo Mackey ES
MIDDLE SCHOOLS—Brian & Teri Cram MS; Thurman White MS; and Ernest Becker MS
HIGH SCHOOLS—Durango HS; Green Valley HS; and SNVTC
RURAL SCHOOL—William G. Bennett ES
SPECIAL SCHOOL—Washington Continuation
LICENSED DEPARTMENT—Northeast Region

BEST WEIGH TO GO TEAM WINNERS



THIRD PLACE, Nike shoes for each team member—Laughlin Losers:

Anthony “Todd” Sisneros, Sheree Crawford and Eric Ridley



SECOND PLACE, \$500 in Nike gift cards—TNT: Darcy Gonzales and Rhonda Lambou

FIRST PLACE, \$1000—Ranzama Bams: Eric S. De Young and Steve Ladouceur

BEST WEIGH TO GO First Place Winners



For many, competition is a great motivator. And for teammates and friends Eric De Young, 34, and Steve Ladouceur, 30, it was the competition aspect of the 2006 WellFit program that kept them striving for and reaching first place and the \$1,000 prize.

With a combined weight loss total of 95 pounds or 19.79% of their total body weight, De Young and Ladouceur challenged each other to make the lifestyle changes necessary to complete the 10 week program on top.

Head varsity football coach and Honors Biology teacher at Bonanza High School, De Young encouraged Ladouceur, who teaches AP Government, Social Studies and World History Honors and coaches the boys’ volleyball and basketball teams, to begin the program.

“Eric was like, ‘let’s do this, let’s do this,’” Ladouceur said, noting that he had already begun a weight loss program after noticing his own weight-gain in Christmas pictures. “It was his idea to get started in the program.”

And Ladouceur believes that the results might not have been the same had it not been for the constant competitiveness and support the teammates provided one another.

“We talked about this the day of the weigh-in,” Ladouceur remembered. “If I go ahead and have those Pop-Tarts, I am letting him down. Not only am I letting him down, but I would never hear the end of it.”

“If you decide to participate, you have to do it with someone you are really close to who you couldn’t imagine letting down,” he continued.

And, in addition to finding a supportive teammate and reveling in a little friendly competition, De Young notes it is important to realize that fitness and health involve lifestyle changes.

“You have to decide is feeling good important to you or is that cheeseburger. You have to change your lifestyle,” he explained. “In the long run, it’s the best for you. You have to make the choice that I want to be healthier and then make simple changes.”

Coupled with changing their habits, both men hit the gym early for cardio and weight training, and both allowed themselves the occasional day to recharge. Likewise, both have decided to remain dedicated to their healthy, new lifestyles, agreeing upon a “penalty clause” for the first who returned to a set, unhealthy weight.

“The key is allowing your body to adjust to the changes,” Ladouceur said.

*Misti R. Brock, Publications Specialist
Teachers Health Trust*

NEWS & NOTES

Bridges explained that severe cases of gastroparesis require a patient’s stomach be removed and the patient to receive nourishment through a feeding tube.

Don’t Make Drastic Decisions

According to Dr. Stegemann, “[w]hile weight-loss surgery is safer than it ever has been, it is still a major operation, which has inherent risks associated with it. [. . .] Each individual must decide if the risks of surgery are less than the risks of continuing to live with their morbid obesity.”

And, from her own experience, Bridges agrees that the decision to have bariatric surgery is not one to be made lightly.

“I think people should definitely do research on all different types of surgery and not be persuaded by people who have already had the surgery and are doing well,” she said. “I told people the band was wonderful. I had lost 85 pounds. But I didn’t know the risk of getting nerve damage. I didn’t know all the facts.”

Because her surgery was initially such a success, three members of Bridges’ family have also had the surgery done, two of which are now considering having the band removed.

In addition to learning all that one can about either Gastric Bypass or Lap-Band surgeries, including the benefits, risks and complications, before the surgery takes place, Bridges believes that those who have already had their surgeries should carefully monitor themselves.

“I think patients should be monitored closer than they are,” she said. “There is a test you are supposed to have once a year, but, if I had had mine earlier, maybe the nerve damage would not have been as severe.”

Another factor individuals considering bariatric surgery should consider is cost. Surgical weight-loss procedures can cost anywhere from \$10,000 to \$40,000, depending on the surgery.

In short, the Teachers Health Trust does not cover weight-loss surgery. According to the Summary Plan Document, “The Plans also will not cover expenses in connection with surgical or invasive procedures—or the reversal of such procedures—for treatment of obesity (bariatric surgery), regardless of associated medical or psychological conditions. The Plans do not cover expenses for the treatment of the complications resulting from bariatric surgery.”

Instead, participants should make the changes within their lifestyles that are necessary to control their weight issues. For instance, individuals should consider joining a gym. The Trust offers a \$50 lifestyle enhancement benefit which may be utilized toward a gym membership. Further, participants are entitled to up to six visits with a nutritionist or dietician.

Simply changing your lifestyle might save your life.

*Misti R. Brock, Publications Specialist
Teachers Health Trust*

Bariatric Surgery

(continued from page 9)

remove its contents into the small intestine. Nerve damage within the stomach causes the food’s movement to become slowed or stopped completely.

In short, Bridges’ stomach was paralyzed.

“They told me that my stomach didn’t empty like a normal person’s because of the nerve damage,” she said. “And there is very little treatment for this condition.”

As a result, Bridges is limited in many of the daily activities that people take for granted. She can no longer go to dinner with friends due to the small, frequent meals she must eat. Much of the food she can eat is mild and bland, and, even when she avoids spice and flavor in her meals, she can still end up in pain. Furthermore, this condition is very trying on an emotional level, Bridges said, because it is an uncommon condition.

“Doctors don’t have a lot of answers for you,” she said.

And beyond the physical and emotional pain Bridges has suffered, she also feels that her condition has taken its toll on her family who has had to learn to adjust to her appointments, her eating habits and the emotional stress of the ordeal.

“It has really been hard on all of us,” she said, referring to her husband and two children.

And although Bridges is reminded of her condition on a daily basis, hers is a mild case, according to doctors. In fact,

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NEWS & NOTES

Changes to the Lifestyle Decisions Program

Recognizing the need to grow with our rapidly changing society, the Teachers Health Trust recently implemented a change within its Lifestyle Decisions program. As of July, Lifestyle Decisions has become an online “opt-in” health support services educational program. Lifestyle Decisions is now focused on helping participants learn to self-manage their diseases through educational resources.

The new Lifestyle Decisions program provides any participant who is interested in a healthy lifestyle or disease management information with access to summaries in an easy-to-read format online, links to other informative Web sites and upcoming workshops, giving participants access to the most up-to-date information available on a variety of topics.

While the program is still in the early stages of development, encompassing diabetes and coronary heart disease information only at this time, the Trust is working to expand the program to include education on a number of other topics with the goal of empowering participants to make better lifestyle decisions. The new Lifestyle Decisions program also allows for six nutritional consultations with a registered dietician for any purpose (e.g., weight management, diabetes, high cholesterol) as well as access to workshops featuring cardiologists, endocrinologists, ophthalmologists, podiatrists and other physicians in the Trust’s network of providers.

In order to access Lifestyle Decisions online, simply log on to the Teachers Health Trust Web site at www.teachershealthtrust.org. From there, click on the Wellness link and select Lifestyle Decisions. Once you have accessed the Lifestyle Decisions homepage, you will find links to a wealth of information on diabetes and coronary artery disease as well as have the opportunity to ask questions of a personal trainer and nutritionist through the “Ask the Personal Trainer” or “Ask the Nutritionist” links. As this is a new program, your feedback is greatly appreciated. Please offer any suggestions through the interactive Interest Survey.

For more information about Lifestyle Decisions, contact the Wellness Division by phone at 702-794-0272 or via email at wellness@teachershealthtrust.org.

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YOU MUST FILE A REPORT ON ALL INJURIES AND/OR ILLNESSES INCURRED AT WORK WITHIN SEVEN DAYS!

Claims resulting from work-related injuries must be filed through your Workers' Compensation carrier, not the Teachers Health Trust. This includes but is not limited to coaching injuries, environmental illnesses, etc.

IF YOU ARE INJURED ON THE JOB, THE CLARK COUNTY SCHOOL DISTRICT (CCSD) AND THE STATE OF NEVADA REQUIRE THAT YOU SUBMIT A WRITTEN NOTICE OF INJURY OR OCCUPATIONAL DISEASE (FORM C-1) WITHIN 7 DAYS OF THE INCIDENT.

If a timely-filed claim is denied as not being work-related, the Trust will review your claims for payment. The Trust will not consider claims if Workers' Compensation denied them because you failed to file the claim in a timely manner.

To be on the safe side, if you are a licensed employee and become ill or injured while on the job, notify your administrator immediately and then call the School District's Risk Management office at **799-2967**.

NEWS & NOTES

CASE MANAGEMENT SERVICES

For High-Risk Pregnancies



The Teachers Health Trust provides Case Management Services for all Diamond and Platinum plan participants who may experience a difficult pregnancy. Services are provided at no charge and are coordinated by a registered nurse (RN), who is also a certified case manager (CCM).

The purpose of case management is to manage your health care benefits in the most cost effective manner and to assist with interpretation of benefit coverage. **The Case Management department is available to assist you during those challenging times and to achieve the best possible outcome for you and your new family member(s).**

You may call the Teachers Health Trust at 866-585-2273 between 8 a.m. and 5 p.m., Monday through Thursday, and 9 a.m. and 5 p.m. on Friday. Or you may e-mail the department at casemanager@teachershealthtrust.org.

The RN case manager works closely with your attending physician and other providers to facilitate activities and communications among the health care professionals involved in your treatment plan. Below are some questions and answers about case management services and high risk pregnancies.

What is a high risk pregnancy?

Some examples include the following:

1. Expecting multiple births;
2. Additional medical diagnoses (e.g. diabetes, blood disorders, high blood pressure);
3. Nutritional issues (e.g. excessive vomiting and weight loss);
4. Unusual physical or mental stress (e.g. financial concerns);
5. Signs & symptoms of pre-term labor; and/or
6. Pregnancies with a history of
 - i. Previous miscarriages; and/or
 - ii. Previous pre-term labor with or without pre-term deliveries.

What can I expect from the Case Management Department?

The RN case managers are available to assist with any questions or concerns you may have, should you become high risk during your pregnancy. Some examples may include:

1. Co-payment responsibilities;
2. Benefits available for home health services; and/or
3. **Information about Matria Women's Healthcare.** Matria Women's Healthcare is contracted with the Teachers Health Trust to provide services for our participants and dependents who are experiencing a high risk pregnancy. Their specialized nurses work in conjunction with your Obstetrician to support you during your pre-natal period. In many cases, the Matria nurses can identify symptoms and potential conditions of which you may not be aware. They educate you to be able to identify warning signs, initiate preventive measures and call your obstetrician in a timely manner to prevent potential problems.

Should services be necessary during your high risk pregnancy, Matria can provide ongoing clinical monitoring and medication therapies in the home setting.

To take advantage of this program, please take this article with you to your next office visit for discussion or call Matria customer service directly at 1-800-456-4062 to get more specific information in regard to Matria's services.

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NEWS & NOTES

Program Helps Children, Teachers with Back to School Process

Going back to school in the fall can be a stressful experience for students and teachers alike. From beginning a new grade and making new friends at the student level to organizing lesson plans and preparing the classroom for teachers, many struggle with those first day jitters.

But for a child who has been out of the classroom due to illness, the process of reentry can often result in much more than a nervous tummy the first day of class. A cancer patient can suffer feelings of uncertainty, doubt and fear as he or she transitions back into the school setting.

A relatively new program sponsored by the Leukemia & Lymphoma Society hopes to change those nervous, unsettling feelings by helping children, teachers and parents

with the transition process. The Trish Greene Back to School Program for Children with Cancer was initialized into the society in 1999 but is just beginning in Clark County.

According to patient services manager Christina Miller, the program is designed to increase communication between all parties active in the child's care—from health care providers to school counselors.

"We provide the resources to get the child reentered into school," Miller said. From educational videos for classmates and teachers to books and other written materials for the families of the cancer patient, various types of resources are used to help the transitioning child feel more comfortable in the classroom environment.

"The videos show teachers and other children that the child returning may not have hair and may look different, but that he or she is the same child," Miller explained. "It answers questions kids may have, too, letting them know it is okay to visit their friend in the hospital because the friend needs that support."

The program is designed to educate all those involved with the child's transition because the more the teachers, guidance counselors and parents know, the easier it is for them to answer questions.

"It's very hard on the students, teachers and parents," Miller said. "This program helps explain what has happened to the child and how the cancer and treatments may have changed him or her."

Named after Senior-Vice President of Patient Services for the Leukemia & Lymphoma Society Trish Greene, who created the Back to School program and lost her battle with cancer in 1999, the program and its resources are available through the local Southern Nevada Chapter. For more information regarding this program, please contact Christina Miller, Patient Services Manager, at 702-436-4220 or via email at MillerC@lls.org. Information is also available on the Leukemia & Lymphoma Society Web site at www.leukemia-lymphoma.org.

*Misti R. Brock, Publications Specialist
Teachers Health Trust*



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Mental Muscle Express

Boost your brain power by solving these puzzles. See if you can uncover the meaning in these words, letters, symbols and their positions. Each puzzle represents a common word, phrase, expression, person or place.

The example below is "uptown."

N
W
O
T

1 house
prairie

2 PRNOLONGERINT

3 mind
matter

4 temperature

5

days	hot warm humid	cast
days	sunny cloudy	cast
days	rain sleet snow	cast

See Answers on page 18.

DID YOU KNOW?

Skin Cancer Facts

- Skin cancer is the fastest growing cancer in the U.S.
- 1.5 million Americans will be diagnosed with skin cancer this year.
- In the U.S., one person dies every hour from skin cancer.
- Skin cancer is the #1 cancer in men over age 50 and will affect 44% of Caucasian men in their lifetime.
- Skin cancer is the #2 cancer in women ages 20-29, second only to breast cancer.
- One blistering sunburn in childhood more than doubles your chances of developing melanoma later in life.
- 98% of all skin cancer cases are treatable when caught early.
- The United States melanoma survival rate is 90%; however, the Nevada melanoma survival rate is only 20%.

From SkinCheck Skin Cancer Clinics and Skin Cancer Foundation

For all the phases of a woman's life
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HIGHLIGHTS

Ask the Editor

Dear Editor,

I am a busy working mother of two, and I never can find time to fit exercise into my daily schedule. By the time I have gotten the kids off to school, I am almost late for work. When I get home, I am exhausted, and, after Scout meetings and homework, I want nothing more than to eat dinner and go to bed. The weekends are also jammed full of soccer games and birthday parties. How do I make time for my workout?

Busy Mom, Henderson

Dear Busy,

Life often makes it difficult to fit exercise into all of our daily schedules. It is important you realize, though, that difficult is not impossible. The key is finding a schedule that works best for you. For example, getting 45 minutes in on the treadmill before the kids get up may be your optimal workout time. Likewise, you may be able to join a group of co-workers for a quick power walk during your lunch break. While these options do require you to make sacrifices (such as getting up a little earlier), they also allow you to get your workout each day without forcing you to neglect other obligations. Ideally, you need at least 30 minutes of aerobic exercise five days a week; however, you still get the same benefit from your workouts if you break them up. For instance, if you can only dedicate 20 minutes to the treadmill in the mornings, consider picking up another 20 minutes when you get home from work while the kids are busy with homework. And while it may seem difficult to get started at first, especially when you are tired from a long day or want just another 10 minutes of sleep, you will soon feel the benefits of regular exercise, including feeling less tired, being more focused and experiencing less frequent mood changes. And, finally, if you know you won't be able to get a workout in one day, squeeze in other forms of activity to make up for it. For instance, park across the parking lot and walk a little further to the soccer game or walk the dog a few more blocks than usual. Remember, every little bit counts!

Dear Editor,

I have always been a very active person, participating in sports throughout my college days and maintaining a regular exercise routine. My wife, on the other hand, is not very athletically inclined and has gained an unhealthy amount of weight recently. How can I encourage her to get into a fitness routine and lose some weight without hurting her feelings or making her feel like I find her unattractive?

Sensitive Hubby, Las Vegas

Dear Sensitive,

This question plagues a great number of individuals who find themselves or their significant others settling into an unhealthy routine. The key here is to avoid making your wife feel alienated and to work together to establish a healthy lifestyle. Help her understand that you are interested in a healthier way of life for both of you by suggesting you do activities together. Studies show that people lose more weight, maintain a healthier attitude and stay dedicated to an exercise program longer when they workout with a partner. Whether you suggest joining a gym or riding bicycles in the mornings, find something that she will be interested in and be dedicated to doing this activity with her. Remember, an effective weight loss and exercise program is not something that happens overnight; it involves a lifestyle change. Prove your seriousness and your dedication to this change by suggesting healthy meal alternatives to replace the large pepperoni pizza that has become Saturday night's routine. Keep fresh fruit and vegetables on hand in abundance for snacking and work them into your favorite dishes. And above all, maintain a positive attitude. Keep your wife motivated by noticing when her clothes become a little looser and challenging her when she suggests adding an extra mile to your biking route. Before long, you will both be benefiting from this healthy new lifestyle.

Mental Muscle Express Answers:

1. "Little House on the Prairie"
2. No longer in print
3. Mind over matter
4. Rising temperature
5. Today's weather forecast

Ask the Editor is a new recurring feature of *Health Traxx* that allows participants to write in with health and wellness related questions. For each issue, the editorial staff will choose two to three questions to respond to and print. In addition to questions, your comments are also appreciated. Let us

know what articles you truly enjoyed or what types of articles you would like to see more often. Questions and comments can be sent by mail to the Teachers Health Trust, c/o Misti Brock, P.O. Box 96238, Las Vegas, NV 89193-6238 or via email to mbrock@teachershealthtrust.org.

NUTRITION

Fast Food Nutrition: A Guide to Making Healthy Choices

While fast food restaurants may not offer the healthiest options, most people find themselves eating fast food from time to time. How can you make the most of your fast food meal? For that matter, how can you make the most of any restaurant meal? The good news is that many restaurants, fast food and sit-down, are adding healthier menu options. It is now possible to eat a fairly nutritious meal on the go. Making good choices when you are eating out will help you maintain a healthy diet. Knowing what types of menu items are healthier than others can help limit temptation and will also help you encourage your children and grandchildren to make healthy choices as well.

Following a few simple rules when you are eating out will make it possible to maintain your nutritious diet even when you are away from home or on the road.

- **Order food to go**—Studies show that people tend to consume more food when they are not eating at their own kitchen tables. When you take fast food home, you also have the option of providing a healthier side dish such as fruit or vegetables.
- **Avoid buffets**—All-you-can-eat buffets promote overeating. If the temptation isn't in front of you, you are less likely to overindulge.
- **Stick to the light menu/make careful menu selections**—Many restaurants indicate healthy choices on their menus, and most sit-down places will modify menu items on your request. Knowing how food is

prepared can be a good indication of whether it will work with your diet or ruin it.

- **Don't be afraid to special order**—Most restaurants have plenty of things that are good for you, but they are served in heavy sauces. Many restaurants, even fast food restaurants, are happy to accommodate your requests.
- **Watch portion size**—At a typical restaurant, a single serving provides enough calories for at least two meals. Portion sizes at restaurants are usually double or triple what a person would normally eat, so it is important to keep that in mind when ordering and eating.
- **Share**—Sharing entrees, appetizers and desserts with dining partners is a great idea. It allows you to sample something that you really want to have while also helping you avoid the temptation to overindulge.
- **Order sauce and dressing on the side**—If you ask for sauces and dressings on the side, you can control the amount that you eat. Often you can use less than is normally used and still enjoy the same taste.
- **Remember the big picture**—Think of eating out in the context of your whole diet. Moderation is always key, but planning ahead can help you relax and enjoy your dining out experience without sacrificing good nutrition or diet control.

When faced with only fast-food options for a meal or snack, consider trading in the high calorie, high fat meals for healthier alternatives:

Starbucks

Instead of a Grande Mocha Frappuccino with whip cream (420 cal, 16 g),
Try a Grande Mocha Frappuccino Light with no whip cream (180 cal, 1.5 g).

McDonald's

Instead of a Double Quarter Pounder with Cheese (730 cal, 40 g),
Try a Caesar Salad with Grilled Chicken (220 cal, 6 g).

Burger King

Instead of a Cheesy Bacon Tender Crisp (800 cal, 47 g),
Try a TenderGrill Chicken (400 cal, 7 g) with fat free honey mustard (40 cal, 0 g).

Carl's Jr.

Instead of a Breakfast Burrito (560 cal, 32 g),
Try an English Muffin with margarine (213 cal, 9 g) and strawberry jam (40 cal).

Panda Express

Instead of a 5.5 ounce serving of Orange Chicken (480 cal, 21 g),
Try a 5.5 ounce serving of Broccoli Beef (150 cal, 8 g).

Quiznos

Instead of a small Italian with dressing (775 cal, 43.5 g),
Try a small Turkey Lite (334 cal, 6 g).

Wendy's

Instead of a medium order of fries (493 cal, 23.5 g),
Try a baked potato with sour cream and chives (320 cal, 4 g).

*Fat and calorie calculations from Calorie King
(www.caloriesking.com)*

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FACTS FOR LIFE: Inflammatory Breast Cancer

What is inflammatory breast cancer?

Inflammatory breast cancer (IBC) is the most aggressive form of breast cancer. It is called inflammatory breast cancer because its main symptoms are swelling and redness of the breast. It is a less common form of invasive ductal cancer. Unlike other forms of breast cancer, IBC often lacks a distinct lump or tumor. Instead, it grows in nests or sheets that spread through the breast. IBC is not usually detected by mammograms or ultrasounds unless there is a defined lump. If no lump is present, it can be hard to diagnose. Because IBC cells spread easily to other parts of the body, it requires prompt diagnosis and treatment.

Who is at risk?

IBC accounts for about one to six percent of new cases of breast cancer.

- It is slightly more common in African American women. As many as ten percent of new breast cancer cases in African American women are IBC, compared to six percent of breast cancer in Caucasians and five percent in women of other races.
- It is more common in younger women than other forms of breast cancer. It has been seen in women who are pregnant and in women who are breastfeeding.
- Like other forms of breast cancer, it has been seen in men.

Symptoms of inflammatory breast cancer

There are many symptoms of inflammatory breast cancer. It is important to see your doctor if you have any of these symptoms:

- One breast becomes much larger than the other one (often sudden)
- Warmth and swelling in the breast (often sudden)
- Redness or pinkness that may look like an infection
- Itching or pain in the breast that won't go away
- Dimpling of the skin that may look like the skin of an orange (called peau d'orange)
- Ridges or thickening areas of skin
- Nipple discharge
- Nipple retraction or flattening
- A bruise that does not go away
- Swollen lymph nodes on the neck or under the arm
- A lump (although often there is no lump)

The symptoms of IBC are not always the same. It is often misdiagnosed as a breast infection. Any of these symptoms may be a sign of either IBC or a benign breast infection

(not cancer). If the symptoms last longer than a week after starting antibiotics, insist that your doctor do a biopsy to see if cancer cells are present. If you do not feel that your doctor listens to your concerns, get a second opinion.

Treatment for inflammatory breast cancer

Treatment for inflammatory breast cancer often starts with several rounds of a systemic treatment of chemotherapy, hormone therapy or both. These treatments affect the whole body. They are used to kill or control any cancer cells that might have spread to other parts of the body. Then local treatments, such as radiation therapy or surgery, are used to target the remaining cancer cells in the breast and under the arm. Sometimes systemic treatments are used again after the local treatments. Systemic treatments used at follow-up may include chemotherapy, hormone therapy and biological therapy.

If you have been diagnosed with inflammatory breast cancer, know that there is hope. Advances in the treatment of breast cancer have improved the five-year survival rates of women with IBC. Recent studies have shown as much as a 50 percent survival rate after five years and a 35 percent survival rate after ten years. Relapses after ten years are rare and new research is always going on. Staying positive is vital to your quality of life. Ask your doctor about sources of help and support in your area.

Resources Organizations

American Cancer Society
1-800-ACS-2345
www.cancer.org

IBC Research Foundation
1-877-STOP-IBC
www.ibcresearch.org

National Cancer Institute
1-800-4CANCER
www.cancer.gov

The Susan G. Komen Breast Cancer Foundation
1-800 I'M AWARE
www.komen.org

Internet

IBC Support
www.ibcsupport.org

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12th Annual Diamond & Platinum Plan

National Breast Cancer Awareness Campaign

September, October and November

Due to the continued overwhelming response to the Breast Cancer Awareness Campaign in previous years, your Health Trust—in conjunction with Desert Radiologists, Steinberg Diagnostic Medical Imaging Centers and an elected physician—will be conducting **free** breast exams as well as writing referrals to receive a free mammogram during the months of September, October and November 2006.

Eligibility: Diamond and Platinum plan participants who are at least age 35 or have a known family history of breast cancer should obtain an annual mammogram and breast exam. If you are ages 20 to 34, you should have a physician examine your breasts every three years, and you should conduct self-breast exams regularly.

All Diamond and Platinum plan participants, regardless of age, should check for changes in their breasts' appearances and sensitivity monthly, preferably seven to 10 days after menstruation. Participants who no longer menstruate should check their breasts the first day of every month.

To receive your **free** exam, follow these two simple steps:

STEP ONE: Set up an Appointment

Desert Radiologists—387-6900

**3920 S. Eastern Ave., Ste. 100-A
Las Vegas**

Monday, September 18, 2006
Tuesday, September 19, 2006
Wednesday, September 20, 2006
Monday, October 16, 2006
Tuesday, October 17, 2006
Wednesday, October 18, 2006

**60 North Pecos
Henderson**

Tuesday, September 5, 2006
Wednesday, September 13, 2006
Tuesday, September 26, 2006
Tuesday, October 3, 2006
Wednesday, October 11, 2006
Friday, October 13, 2006

**2020 Palomino Ln., Ste. 100
Las Vegas**

Friday, September 8, 2006
Thursday, September 21, 2006
Thursday, September 28, 2006
Tuesday, October 10, 2006
Thursday, October 19, 2006
Thursday, October 26, 2006

**2811 West Horizon Ridge Pkwy.
Henderson**

Wednesday, September 6, 2006
Thursday, September 14, 2006
Wednesday, September 27, 2006
Thursday, October 5, 2006
Friday, October 20, 2006
Monday, October 30, 2006

Steinberg Diagnostic Medical Imaging Centers— 732-6000

**4 Sunset Way #D
Henderson 89014**

Monday, September 11, 2006 3 to 5 p.m.

**2767 North Tenaya Way
Las Vegas 89128**

Saturday, September 16, 2006 9 a.m. to 1 p.m.
Monday, September 18, 2006 3 to 5 p.m.
Monday, November 6, 2006 3 to 5 p.m.

**2950 South Maryland Pkwy.
Las Vegas 89109**

Monday, September 25, 2006 3 to 5 p.m.
Monday, November 13, 2006 3 to 5 p.m.

Call one of the facilities listed below to set up an appointment to receive an exam and/or mammogram at no charge to you.

Save money! During this campaign, your diagnostic co-pay of \$10 (Diamond) or \$20 (Platinum) will be waived. In addition, if you have a doctor and want to save more money by not paying the normal \$20 or \$30 office visit co-pay, a medical practitioner will be available during the times listed above to examine you at no charge and write a referral for your mammogram. If a mammogram is needed, he or she will confidentially forward your results to your doctor.

The dates listed above have been set-up for your convenience; you can still obtain a mammogram at the facilities listed above during dates not listed.

STEP TWO: Review Your Test Results

Once you have had your mammogram, the results will be forwarded to your personal doctor. If your results are normal, a notice will be sent to you regarding your test results within two to three weeks from the time your test was performed.

For more information on mammograms or other medical questions, log on to the Health Trust Web site at www.teachershealthtrust.org, click on Links (health links) and go to the American Cancer Society icon.

If you have other questions regarding this campaign, you may contact the Health Trust Wellness Division at 702-794-0272 or via email at wellness@teachershealthtrust.org.



RX NEWS

Generic Zocor® Now Available

If you use Zocor, you may save with simvastatin

The Food and Drug Administration (FDA) has approved simvastatin, the generic equivalent to Zocor. If simvastatin is priced like most generic drugs, it will cost less than Zocor for the same health benefit!

Same active ingredient, same health benefits

Simvastatin has been tested to ensure that it has the same active ingredients, dosage form, quality, strength and purity as the original brand-name drug. That's why the FDA has indicated that generic equivalents like simvastatin can be expected to work equally as well as Zocor.

Triphasil 28: \$80
Generic: \$0

Zocor: \$80
Generic: \$0

Flonase: \$80
Generic: \$0

Lipitor: \$50
Generic: \$0

Choose generic.
Save money.
It's that simple.

Start saving with simvastatin

Simvastatin, the generic equivalent to Zocor, became available at the end of June. If you use Zocor, ask your doctor to help you start saving money by allowing your pharmacist to substitute simvastatin for Zocor when it becomes available at your pharmacy.

For more information about simvastatin, log on to Medco Health at www.medcohealth.com.

Adapted from www.medcohealth.com with permission from Medco Health 2006

Seeing Savings at the Pharmacy

Below is a list of the five most popular prescription drugs that have become generic in 2006 as well as a breakdown of the money you save when you use generic drugs. Remember, as a participant, you can obtain generic drugs absolutely free. By encouraging your providers to prescribe generic drugs whenever possible, you are not only saving yourself money; you are saving the Trust money as well. Any way you look at it, generic drugs create a win-win situation.

GENERIC PRESCRIPTION SAVINGS

Brand name: Duragesic	Cost for you: \$50	Your annual cost: \$200	Cost for Trust: \$4,509.45
Generic available: Fentanyl	Cost for you: \$0	Cost for Trust: \$0	Cost for Trust: \$3,725.66
Use: pain reliever	You save \$50	Per year \$200	Trust saves \$783.79
Brand name: Prozac	Cost for you: \$80	Your annual cost: \$320	Cost for Trust: \$220.83
Generic available: Fluoxetine	Cost for you: \$0	Cost for Trust: \$0	Cost for Trust: \$35.20
Use: antidepressant	You save \$80	Per year \$320	Trust saves \$185.63
Brand name: Dynacin	Cost for you: \$80	Your annual cost: \$320	Cost for Trust: \$509.42
Generic available: Minocycline	Cost for you: \$0	Cost for Trust: \$0	Cost for Trust: \$421.19
Use: antibiotic	You save \$80	Per year \$320	Trust saves \$88.23
Brand name: Neurontin	Cost for you: \$80	Your annual cost: \$320	Cost for Trust: \$181.52
Generic available: Gabapentin	Cost for you: \$0	Cost for Trust: \$0	Cost for Trust: \$170.31
Use: pain relief for shingles, partial seizures	You save \$80	Per year \$320	Trust saves \$11.21
Brand name: Oxycontin	Cost for you: \$50	Your annual cost: \$200	Cost for Trust: \$359.46
Generic available: Oxycodone	Cost for you: \$0	Cost for Trust: \$0	Cost for Trust: \$268.21
Use: pain reliever	You save \$50	Per year \$200	Trust saves \$91.25

***Figures based on three-month supply of medicine from Medco by Mail. Co-pays figured using Diamond Plan. Costs are estimates only based on information from Medco Health.*

H.E.R.O.S.

HEALTHY EMPLOYEES REPRESENTING OUR SCHOOLS



Francine Catterton is stubborn.

And it's that stubbornness that she attributes to the many accomplishments she has achieved, including her most recent accomplishment: receiving the 2006 WellFit Lifetime Achievement Award.

The Lifetime Achievement Award is given to one CCSD

licensed employee each year who completes the Health Trust's WellFit 10-week cardiovascular program while living with a serious medical condition.

But this award isn't the only proof that Catterton is living a full life.

By age 37, Catterton has competed in the Special Olympics and the ParaOlympics, has earned the world record for running with crutches, is a world class tennis player, having placed in her division at the 1995 U.S. Open, and has now ended her ninth year as a teacher and her second year as a Special Education teacher at Frank Kim Elementary School.

Still, the struggle to realize such achievements has been an uphill battle.

As an infant, Catterton was diagnosed with Cerebral Palsy, a disability that affects muscle coordination and body movement and caused her to have eight surgeries on her legs alone before the age of ten. However, her disability did not keep Catterton from leading a life like any other child.

"I loved sports, so when [my brothers and sisters] played, I played," she said. "The sooner you treat a disability, the less of a disability it will be."

However, as a freshman in college, Catterton was quickly faced with another lifelong challenge when, tragically, she was hit by a shuttle bus as she walked on the sidewalk.

Since then, Catterton has faced the long road to recovery from an injury that doctors say should have

killed her. Instead, though, she believes it has only made her stronger.

"It was a reality check," Catterton explained. "I learned to take less things for granted."

Catterton also believes the stubbornness and "no quit attitude" she developed as a child played an important role in her survival. And it is that message she hopes to convey everyday to her classes.

"My family was always very supportive," she said. "My strength came from being treated the same, and that is how I treat my students."

Having been a child with a disability, Catterton understands the difficulties that many other children with disabilities face. Her desire to "give back" to the community through her own experience is what helped her choose education as a career.

In fact, Catterton believes it is important to allow her students to help her in the classroom because she believes it is the best way to learn.

"Everyone has special needs in some way," she said. "They are learning by example."

Since moving to Nevada, Catterton has seen significant improvement in her mobility, less spasticity in her muscles and an overall improvement in her health. With the help of her manual wheelchair, crutches, scooter and car with hand controls, Catterton is able to live a totally independent life. She stays active by participating in therapeutic horseback riding once a week and chose the WellFit program as means of motivation.

And although Catterton has her good and bad days, she believes that doing something everyday, whether it be bowling in the teachers' league or clocking her daily steps with a pedometer, is small but beneficial progress.

"I wanted to motivate myself, make myself stronger," she said. "It is a step in the right direction."

*Misti R. Brock, Publication Specialist
Teachers Health Trust*

H.E.R.O.S. is a section of *Health Traxx* that highlights outstanding CCSD's licensed employees or employee groups who have achieved excellence by being healthy educators. A healthy educator can be a person or a group who has won a competition, the leader of a non-profit local or national health organization, one who has developed a health policy, curriculum, program or wellness initiative at a CCSD worksite or in the community, someone who has achieved a drug-free nutrition or weight loss goal with before and after results or a person who has a health condition and has made great strides despite the condition. To nominate a licensed employee or group for H.E.R.O.S., please email Misti R. Brock at wellness@teachershealthtrust.org for an application.