

Health Traxx

A PUBLICATION FOR TEACHERS HEALTH TRUST PARTICIPANTS

For Teachers by Teachers

FALL 2008



VOLUME 7, ISSUE 3

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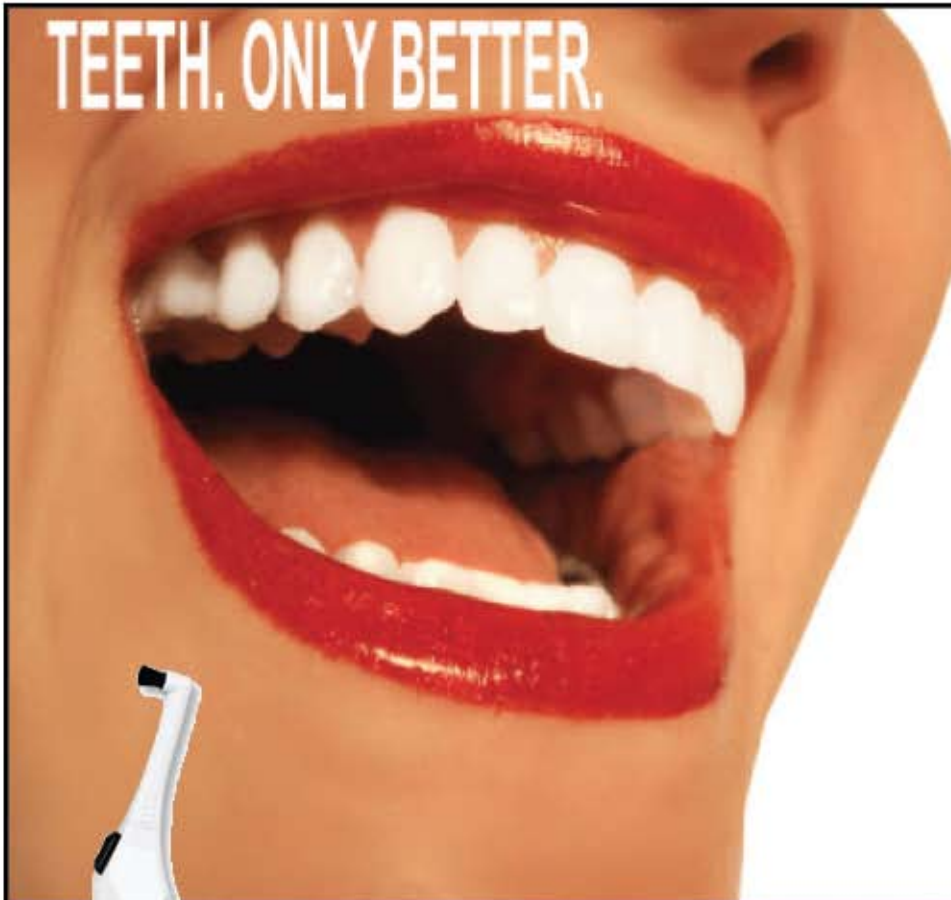
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HEALTH TRAXX

*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. If you have questions or comments regarding this issue, email the Trust at wellness@teachershealthtrust.org or write to:

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A MESSAGE FROM THE CEO

Aside from having to deal with oppressive heat, outrageous gas prices and an economy that can't seem to figure out where the bottom is, we now find ourselves in the midst of election season. The media overloads our senses with the latest news on how bad the economy is and bombards us with ads for judges, politicians, school board members and on and on. Many of you probably feel helpless as you try to work your way through these hard times, feeling like there is no way to change things. Well, there is: VOTE!

We often feel that our vote is meaningless. However, it is the only way we have to try to bring about changes and to improve our lives. I have voted in every primary and general election since the time I was old enough to vote – except one. About 25 years ago, I was out of town on a primary election day and got delayed at the airport, arriving home after the polls closed. My choice for a school board position lost by one vote. That experience has remained with me to this day! Our votes are important and we need to make our voices heard.

This will be a difficult legislative session in Carson City next year. There are very few dollars available to fund programs. On the national level, health care issues are near the top of the agendas for all candidates. How the healthcare system is reformed (if it does get reformed) will have a major impact on our daily lives. The proposals for universal health care, consumer-directed health plans, high deductible plans and the restructuring of managed care as we know it today are all on the table. Listen to the candidates carefully and vote for those who you think have the best approach to resolving the difficult issues facing our society. If we don't deal with these issues, our children and grandchildren will inherit a society that will be overwhelmed with debt. Health care costs are predicted to consume a substantial portion of our available resources in the next two decades.

Welcome back to the new school year and encourage your students to talk to their parents about the voting process. The long term dividends cannot be measured, but the benefits could enrich our lives for generations to come.

Sincerely,

Peter Alpert
Chief Executive Officer
August 2008

TRUST TIDBITS

To All New Teachers

The Trust would like to welcome all licensed employees new to the Clark County School District. It is the Trust's mission to bring you the best medical, dental, and vision benefits available. Welcome to the Teachers Health Trust!

Be sure to visit www.teachershealth-trust.org to learn more about the events, activities and benefits available to you as a licensed employee of the Clark County School District and participant of the Trust.

Fall Student Status

The Fall Student Status will be mailed out on September 11, 2008 and is due October 14, 2008. Required documentation includes 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.

Health Festival

Planning for the 2008 Health Festival is underway at the Trust. The festival will be held from 9 a.m. to 2 p.m. Saturday, October 25, 2008, at Cox Pavilion. Please see pages 13-15 for detailed information on this year's festival.

Pre-Registration

Would you like to shorten the lines for services at this year's Health Festival? The best way to ensure you can is to pre-register. Please see page 15 for locations, dates and times for pre-registration opportunities near you.

Open Enrollment

Open enrollment for Active Employees will begin October 28, 2008. All changes will be due November 25, 2008. All changes will be effective January 01, 2009.

Delay and you may have to pay!

Waiting to open your mail may cause a delay in paying your claims and/or cost you money.

The Trust requests important documents and information via mail that are deadline sensitive, such as Coordination of Benefits (COB), Third Party Liability (TPL), and eligibility documents.



If the required documentation is not received within the specified time, your claim(s) will be denied and you will be responsible for your claim and any additional interest that is charged by your provider. In other words, you will be liable.



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.

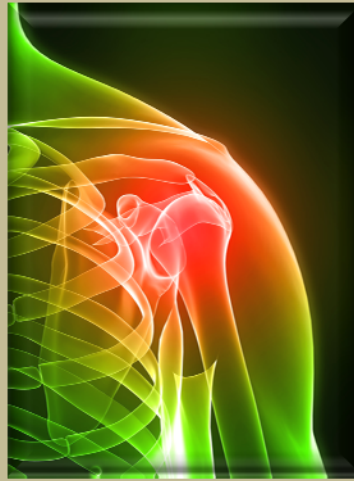
If you are injured on the job, the Clark County School District (CCSD) and the State of Nevada require that you submit a written notice of injury or occupational disease (Form C-1) within seven (7) days of the incident.

If a timely-filed claim and all permissible appeals (including court reviews) are 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 your claims in a timely manner.

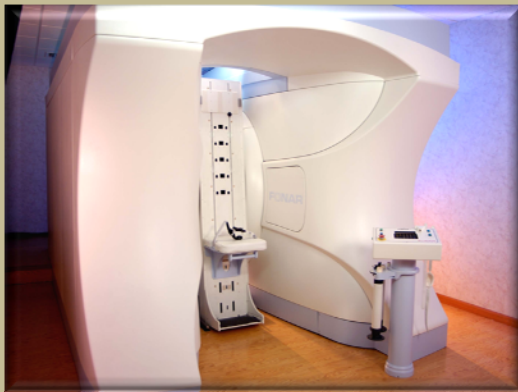
Regardless of the severity or type, any injury or illness sustained on the job should be submitted to Workers' Compensation. Notify your administrator immediately and then call the School District's Risk Management office at 702-799-2967.



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IMPORTANT DATES TO MARK ON YOUR CALENDAR

September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Prostate Cancer Awareness Campaign begins.	1 Labor Day: Trust Office Closed	2	3	4	5	6
7	8	9	10	11 Fall Student Status will be mailed out.	12	13 Breast Cancer Awareness Campaign begins.
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 Health Festival Pre-Registration at Trust office, 3-5 pm	30 Health Festival Pre-Registration at Frank Kim E.S., 3:30 - 5:00 pm.				

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Health Festival Pre-Registration at Trust office, 3-5 pm	2 Health Festival Pre-Registration at Trust office, 3-5 pm	3	4
5	6 Health Festival Pre-Registration at Cram M.S., 2:30 - 4:30 pm.	7 Health Festival Pre-Registration at Cortez E.S., 2:30 - 4:30 pm.	8 Health Festival Pre-Registration at Decker E.S., 3:30 - 5:00 pm.	9 Health Festival Pre-Registration at White M.S., 2:30 - 4:30 pm.	10	11
12	13	14 Fall Student Status due.	15	16	17	18
19	20	21	22	23	24	25 2008 Health Festival at Cox Pavilion.
26	27	28 Open Enrollment for active employees will be mailed out.	29	30	31 Nevada Day: Trust Office Closed	

November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11 Veterans Day: Trust Office Closed	12	13	14	15
16	17	18 Open En- rollment for retirees will be mailed out.	19	20	21	22 Breast Cancer Awareness Campaign ends.
23 30	24	25 Open Enroll- ment for active employees due.	26 Thanksgiving: Trust Office Closed at 12:00 pm	27 Thanksgiving: Trust Office Closed	28 Thanksgiving: Trust Office Closed	29 Prostate Can- cer Awareness Campaign ends.

December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16 Open En- rollment for retirees will be due.	17	18	19	20
21	22	23	24 Winter Holiday: Trust Office Closed	25 Winter Holiday: Trust Office Closed	26 Winter Holiday: Trust Office Closed	27
28	29	30	31 Winter Holiday: Trust Office Closed			

Breast Cancer, Are You Aware?

Understanding Mammograms and Breast Exams

Early Detection & Screening

Getting tested regularly for breast cancer is the best way for women to lower their risk of dying from the disease. Screening tests can find cancer early, when it's most treatable. In this section of About Breast Cancer, we discuss the strengths and weaknesses of each of the standard screening tests currently available to women – mammography (including digital mammography), MRI, clinical breast exam – as well as what happens if a test shows something abnormal.

Accuracy of Mammograms

Mammography does a good job of finding cancer in the breast, especially among women ages 50 and older. It is most accurate, however, when combined with another screening test called clinical breast exam. With mammography alone, among women ages 50 and older, anywhere between six and 27 percent of cancers may be missed, depending on a variety of factors, including breast density. When mammography is combined with clinical breast exam, approximately four percent more cancers are detected than with mammography alone. This improvement is even greater among women with dense breast tissue.

Follow-up of an abnormal Mammogram

For most women who have a mammogram, the results will be good news, with the test finding no signs of disease. For some women, though, the test may turn up something abnormal. These women will need to have tests to see whether or not they have cancer.

Women who need follow-up tests

should take heart that most abnormalities found by a mammogram are not cancer, but something much less serious like benign breast disease. Sometimes the tissue even turns out to be normal.

Follow-up generally begins with the least invasive tests (such as a diagnostic mammogram or ultrasound) and progress, if necessary, to more invasive tests (such as a needle or surgical biopsy). The first step is for the radiologists to determine how suspicious the abnormal finding on the mammogram is by examining the diagnostic mammogram or ultrasound images. If the abnormality is definitely not cancer, (for example, a simple cyst), then nothing special needs to be done, and a woman returns to her regular

the next step is to remove some tissue from the abnormal area (biopsy) to determine if it is cancer.

Clinical Breast Exam

Clinical breast exams are physical examinations done by physicians, nurse practitioners and other trained medical staff. The exams involve checking the look and feel of the breasts and underarm for any changes or abnormalities. The breasts are checked while a woman is sitting up and while she is lying down.

Clinical breast exams are an element of breast cancer screening and should be thought of as a complementary technique to mammography.



schedule of clinical breast exams and mammograms. If it appears to be benign (for example, a fibroadenoma), a woman may have a repeat mammogram and/or be followed up at her health care provider's discretion, depending on the results. If it is suspicious or very likely to be cancer,

Although Clinical breast exams are simple, relatively inexpensive tests that can be done as part of a routine medical checkup, not all health professionals are well trained in the technique. It is important that women ask for a clinical breast exam if one is not automatically offered.

Susan G. Komen for the Cure® recommends that you:

1. Know Your Risk

- Talk to your family about your family health history
- Talk to your doctor about your personal risk of breast cancer

2. Get screened

- Ask your doctor which screening tests are right for you if you are at higher risk
- Have a mammogram every year starting at age 40 if you are at average risk
- Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40

3. Know what is normal for you

- Know your breasts look and feel and report changes to your health care provider right away

4. Make healthy lifestyle choices that may reduce your risk of breast cancer, such as

- Maintaining a healthy weight
- Adding exercise into your routine
- Limiting alcohol intake

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*Teachers Health Trust Diamond and Platinum Plan - Annual Breast Cancer Awareness Campaign
September, October and November 2008*

The Teachers Health Trust, in conjunction with The Breast Center at Sunrise, Lifesigns, Pueblo Medical Imaging, and Deseret Women's Health Care, is once again proud to sponsor the 14th annual Breast Cancer Awareness Campaign.

The campaign is open to all Diamond and Platinum Medical Plan Participants and encourages Participants to take preventative measures in regard to breast health by obtaining a free breast exam and mammogram during the months of September, October, and November, courtesy of the Trust. You do not need to have a referral during the designated times below.

To receive your free exam, follow the simple steps below:

Step One: Call to Schedule your Appointment

Contact one of the sites below to schedule your appointment for a breast exam and mammogram at no charge to you. A physician will be available to provide you with a referral on site. You do not need a referral before this appointment.

The Breast Center at Sunrise
(702) 784-7870 OR (702) 731-8807 (opt. #02)

**3006 S. Maryland Pkwy, Ste 250
Las Vegas, NV 89109**

Saturday, September 13 - 8 a.m. to 4 p.m.
Saturday, September 27 - 8 a.m. to 4 p.m.
Saturday, October 11 - 8 a.m. to 4 p.m.
Saturday, October 18 - 8 a.m. to 4 p.m.
Saturday, November 8 - 8 a.m. to 4 p.m.
Saturday, November 15 - 8 a.m. to 4 p.m.

Pueblo Medical Imaging
(702) 228-0031

**8551 W. Lake Mead Blvd, Ste 150
Las Vegas, NV 89128**

Saturday, September 20 - 8 a.m. to 3 p.m.
Saturday, October 4 - 8 a.m. to 3 p.m.

Lifesigns
(702) 948-0013

**9065 S. Pecos Rd #190
Henderson, NV 89074**

Saturday, September 13 - 7 a.m. to 4 p.m.
Saturday, September 27 - 7 a.m. to 1 p.m.
Saturday, October 11 - 7 a.m. to 1 p.m.
Saturday, November 8 - 7 a.m. to 4 p.m.
Saturday, November 22 - 7 a.m. to 1 p.m.

Lifesigns
(702) 254-7200

**7201 W. Lake Mead Blvd #450
Las Vegas, NV 89128**

Saturday, September 20 - 7 a.m. to 1 p.m.
Saturday, October 4 - 7 a.m. to 1 p.m.
Saturday, October 18 - 7 a.m. to 1 p.m.
Saturday, November 15 - 7 a.m. to 1 p.m.

** The dates and times provided are for your convenience. You can still obtain a mammogram with a referral from your physician at the above facilities on dates not listed.*

Participants who are at least age 40 and older or who have a known family history of breast cancer should obtain an annual mammogram and breast exam. Those who are 20 to 39 years of age should have a physician examine their breasts every three years and should conduct self-exams regularly. Regardless of age, all Participants should check their breasts for changes in appearance and sensitivity monthly, preferably seven to 10 days after menstruation. Participants who no longer menstruate should check their breasts the first day of each month.

Step Two: Review Your Test Results

The results of your mammogram will be forwarded to your regular doctor. If your results are normal, a notice will be sent to you regarding the test results within two to three weeks from the time your test was performed. If your results are abnormal, you will be contacted by phone and asked to follow up with your regular physician.

For more information about the Breast Cancer Awareness Campaign, contact the Teachers Health Trust Wellness Division at (702) 794-0272 or via email at wellness@teachershealthtrust.org. For more information regarding mammograms or breast exams, log on to the Trust web site at www.teachershealthtrust.org, click on the Health links, and select the American Cancer Society icon.



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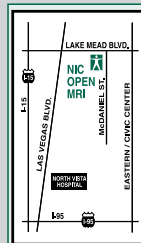
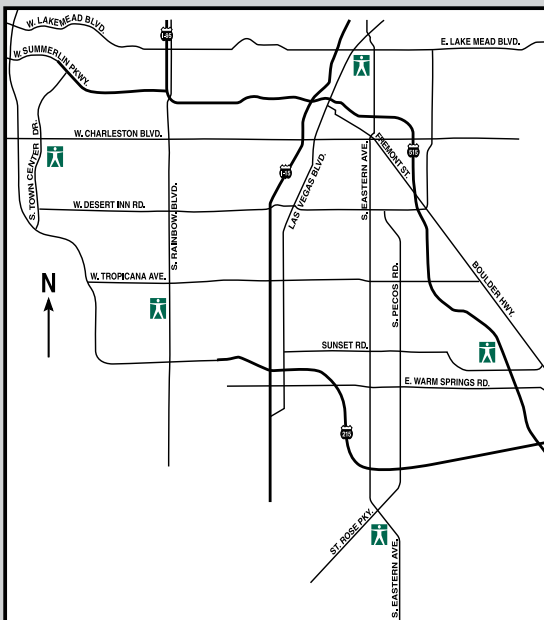
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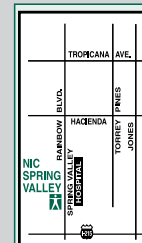
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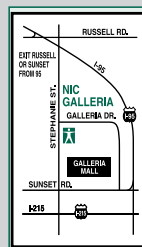
*Open MRI up to 300 lbs.



NIC Spring Valley
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 (702) 214-9729
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- Fluoroscopy & X-ray
- Nuclear Medicine

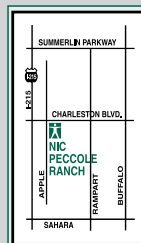
*MRI up to 550 lbs.



NIC Galleria (Southeast)
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- High-speed 16-slice CT
- Ultrasound
- Fluoroscopy & X-ray
- Mammography
- Sintamammography
- Dexa +PET

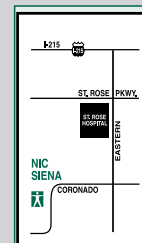
*MRI up to 350 lbs.



NIC Peccole Ranch (West)
 9499 W. Charleston Blvd., Suite 100
 Las Vegas, NV 89117
 (702) 947-9729
Open Monday - Sunday

- MRI, Open .7T
- High-speed dual CT, up to 350 lbs.
- Ultrasound
- Fluoroscopy & X-ray
- Dexa
- Mammography

*Open MRI up to 350 lbs.



NIC Siena
 861 Coronado Center Dr., #101
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 (702) 968-9729
Open Monday - Sunday

- MRI, 1.0T open (First in the World)
- High-speed CT 10 slice
- Fluoroscopy & X-ray
- Ultrasound

*Open MRI up to 500 lbs.

* Weight limit dependent upon patients circumference and body part being imaged.

GET READY TO FIRE UP THE ENGINES BECAUSE THE RACE IS ON

The Teachers Health Trust would like to thank our 2008 Health Festival Partners & Sponsors

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Teachers Health Trust presents...

RACING TOWARDS A HEALTHIER YOU!

2008 Annual Health Festival: Cox Pavilion at UNLV
October 25, 2008 (9:00 am - 2:00 pm)

HEALTH & WELLNESS

◆◆ FREE FLU VACCINES

All active CCSD employees eligible to enroll in a Teachers Health Trust plan are entitled to a free flu shot. You must show a valid school picture ID and/or pay stub with photo ID at time of registration in order to qualify.

- ◆ Dependents and guests can obtain flu shots for \$25.
- ◆ Discount coupons will be available to all dependents registered by an active CCSD employee eligible for a Trust plan at designated pre-registration sites.
See Pre-Registration for additional information.

◆◆ GLUCOSE & CHOLESTEROL

All active CCSD employees eligible to enroll in a Teachers Health Trust plan are entitled to free glucose and cholesterol screenings. You must show a valid school picture ID and/or pay stub with photo ID at time of registration in order to qualify.

- ◆ Dependents and guests can obtain glucose and cholesterol screenings for \$10 per test.
- ◆ For more accurate results, consider fasting for 12 hours prior to the test.

◆◆ PNEUMONIA VACCINATIONS

The pneumonia vaccination will be available on a first come, first serve basis for \$25 to participants who meet qualifying requirements.

◆◆ OTHER SCREENINGS

Sponsors and vendors will be conducting free screenings at their booths. Available screenings include depression, vision, blood pressure, body fat analyses, and nutritional testing and much more.

◆◆ CPR & FIRST AID TRAINING

CPR Connections will offer CPR/First Aid training sessions. The cost is \$20 per person. Register online at www.teachershealthtrust.org.

◆◆ REFLEXOLOGY & MASSAGE THERAPY

Therapists from Full Spectrum Massage and Body Arts will be providing facials, massages and reflexology sessions. Additionally, chair massages will be offered as well.



ENTERTAINMENT

FAMILY FUN

There will be fun for the whole family, including face painting, fortune telling, balloon art, caricatures, and live music provided by Sinco as well as other area talent.

FREE LUNCH

A free lunch of hamburgers, turkey burgers, and veggie burgers with an assortment of toppings, potato chips, and drinks will be available.

RAFFLE PRIZES

All active CCSD employees eligible to receive health benefits from the Teachers Health Trust will be able to enter the raffle. Prizes include:

\$100 spa vouchers, Apple iPods, gas cards, DVD players, bicycles, gym membership vouchers, free hotel and restaurant accommodations, wine tours and much, much more!

GRAND PRIZE

\$500.00 travel voucher for the vacation of your choice, courtesy of AAA Travel

PRE-REGISTRATION

Pre-registering for the festival affords you many benefits, including discounted flu shots for your family and early access to all forms needed to obtain the free shots and screenings during the festival. Additionally, pre-registration allows you to utilize separate lines for flu shots and other services and screenings.

To pre-register, you will need a valid **CCSD Picture ID or Driver's License** and your **Teachers Health Trust Diamond/Platinum ID card or recent paycheck stub**. Pre-registration for the 2008 Health Festival will be held at the following locations, dates and times:

Teachers Health Trust at 2950 E. Rochelle Ave., Las Vegas, NV 89121
Monday, September 29 & Wednesday, October 1 - Thursday, October 2 (3:00 - 5:00 pm)

Frank Kim Elementary School at 7600 Peace Way, Las Vegas, NV 89147
Tuesday, September 30 (3:30 - 5:00 pm)

Brian & Teri Cram Middle School at 1900 W. Deer Springs Way, Las Vegas, NV 89084
Monday, October 6 (2:30 - 4:30 pm)

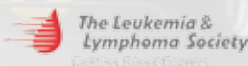
Manuel Cortez Elementary School at 4245 E. Tonopah Ave., Las Vegas, NV 89115
Tuesday, October 7 (3:30 - 5:00 pm)

C.H. Decker Elementary School at 3850 S. Redwood St., Las Vegas, NV 89115
Wednesday, October 8 (3:30 - 5:00 pm)

Thurman White Middle School at 1661 Galleria Drive, Henderson, NV 89014
Thursday, October 9 (2:30 - 4:30 pm)

MORE INFORMATION

For more information regarding the health festival and pre-registration process, log on to www.teachershealthtrust.org or contact the Wellness Division via email at wellness@teachershealthtrust.org.



Prostate Cancer - What You Should Know!

SCREENING - A PERSONAL DECISION

Prostate cancer is the third leading cause of cancer death in Nevada men. Although one in six men will develop prostate cancer in his lifetime, one in 34 will actually die from the disease.

FACTS:

- Each year almost 2,000 Nevada men will be diagnosed with prostate cancer and more than 200 will die from the disease.
- Prostate Specific Antigen (PSA) is a protein produced in the prostate gland.
- The United States Food and Drug Administration (FDA) approved the use of the PSA test together with a Digital Rectal Exam (DRE) to help detect prostate cancer among men age 50 and older.
- Doctors' recommendations for screening vary.
- The higher a man's PSA level, the more likely cancer is present; however, there are many possible reasons for the elevated PSA level.
- The PSA screening test has limitations and remains controversial.
- Nearly 70 percent of prostate cancers occur in men age 65 and older.
- Finasteride (Proscar) can reduce the chances of getting prostate cancer.
- Men age 50 and older covered by Medicare can get a PSA test every 12 months.

RISK FACTORS:

Any man can develop prostate cancer; however, there are known risk factors:

- Being age 50 or older
- African-American ancestry
- Family history of prostate cancer
- Diet high in animal fats

REDUCING YOUR RISK:

The best ways to lower your risk of prostate cancer are:

- Eat a colorful variety of fruits and vegetables every day
- Limit your intake of red and processed meats
- Eat a diet high in fiber
- Eat a diet rich in raw or cooked tomatoes, pink grapefruit, and watermelon
- If you are 55 years old, ask your doctor about taking Finasteride

SCREENING CONSIDERATIONS:

- There is no specific normal or abnormal PSA level.
- Generally, a PSA level of less than four is normal; a level of more than 10 is of concern.
- PSA levels alone cannot distinguish between benign prostate conditions and cancer.
- One abnormal PSA test does not necessarily indicate a need for further diagnostic tests.
- Prostate cancer, benign prostate enlargement, inflammation, infection, age and race can all elevate PSA levels.
- PSA levels that continue to rise over time indicate other tests may be needed.
- No clear, scientific evidence suggests that the possible benefits of PSA screening (earlier detection of prostate cancer and prevention of death from prostate cancer) outweigh the risks of follow-up diagnostic tests and cancer treatment that include bleeding, infection, inability to control urine and erectile dysfunction.
- A man should discuss elevated PSA test results with his doctor because most men with such test results do not have cancer.

TEACHERS HEALTH TRUST **SECOND ANNUAL** PROSTATE CANCER AWARENESS CAMPAIGN SEPTEMBER, OCTOBER & NOVEMBER 2008

The Teachers Health Trust is proud to announce the second annual Prostate Cancer Awareness Campaign designed to help heighten awareness and encourage prevention of Prostate Cancer. During the months of September, October, and November, all male Participants enrolled in either the Diamond or Platinum plan are eligible for a free prostate exam, including a Prostate-Specific Antigen (PSA) and a Digital Rectal Exam (DRE). Simply follow the steps below to obtain your **free** exam:

STEP 1: SCHEDULE AN APPOINTMENT WITH YOUR PHYSICIAN

Contact your physician and schedule an appointment during the months of September, October, or November.

STEP 2: CUT OUT AND COMPLETE THE COUPON BELOW

Cut out the following coupon and complete your information, including your Trust ID number.

STEP 3: TAKE THE COUPON TO YOUR APPOINTMENT

Take the coupon with you to your doctor's appointment and ask your doctor to complete the information below, including the type of testing you had, your physician's signature, and the date.

STEP 4: RETURN THE COUPON TO THE TRUST FOR REIMBURSEMENT

With the information complete, return the coupon to the Trust offices, Attention: Wellness Division, P.O. Box 96238, Las Vegas, NV 89193-6238, for reimbursement of your copay.

PROSTATE CANCER AWARENESS CAMPAIGN REIMBURSEMENT COUPON (EFFECTIVE 09/01 - 11/30/08)

Cut out this coupon and take it to the doctor's office with you. Have your doctor complete the information below. Return to the Teachers Health Trust via mail, Attention: Wellness Division at P.O. Box 96238, Las Vegas, NV 89193-6238, for reimbursement of your copay.

Member ID #: 0000 _____

_____ had the following examination(s) on _____
Participant's Name Date of Exam

Prostate Specific Antigen (PSA)

Digital Rectal Exam (DRE)

Physician's Name (Please Print)

Physician's Signature



Date

KIDS KORNER

Meet Shamar Brown & Adam Jimenez of ForEver Fit for Kids

For tourists and newcomers, the latter of which includes myself, the city of Las Vegas appears to be the ultimate adult playground. As we know, though, behind the bright lights of the strip exists a network of communities. Within these communities you will find people facing the same challenges as families everywhere within this great country of ours. Sometimes, unfortunately, residents of Las Vegas face a fiercer brand of those same challenges, though. An excellent example of such a challenge is childhood obesity. Many in the medical community fear that the issue of childhood obesity is quickly becoming an epidemic and in the land of buffets, where gluttony is often encouraged rather than thwarted, it is hard to dismiss the claim.

Fortunately, the challenge has been recognized and there are those within the community who refuse to stand idly by while the children of Las Vegas are in need of guidance. Two such individuals can be found at the John D. "Jackie" Gaughan Boys & Girls Club, located on the UNLV campus. Within the walls of this building you will find Shamar Brown and Adam Jimenez, two men dedicated to the youth of the Las Vegas community. These gentlemen have chosen to confront the

challenge of childhood obesity in Las Vegas head on through the implementation of their new program, ForEver Fit.

ForEver Fit is the brainchild of Shamar, a native of New York who came to Las Vegas by way of California four years ago. While one must never assume that appearances

attended college in California on an athletic scholarship where he studied Criminal Justice and Juvenile Corrections. During these years, Shamar began working with at-risk teenagers in an effort to help guide the youth of the community down a positive and prosperous path.

Once in Las Vegas, he began working as a certified personal trainer. Over time, he began to notice that he was often approached by his clients for advice concerning the fitness of their children. Soon after, it became apparent that his love of personal training and constant desire to help the youth



(Left) Adam Jimenez and Shamar Brown in front of the John D. "Jackie" Gaughan Boys and Girls Club at UNLV, Tuesday, August 11, 2008. (Right) Shamar and Adam seated amongst the club's trophy collection, Tuesday, August 11, 2008.

alone can allow someone to determine another's level of excellence, one look at Shamar could make anyone question such a statement. A man whose physique immediately provides confirmation that when it comes to fitness, he is as serious as they come. Start a conversation with Shamar and you will quickly realize that this level of fitness is coupled with an understanding and ability that will quickly leave most in awe, myself included. Shamar

of the community he lived amongst were greatly needed in Las Vegas. In order to answer the call, he created the ForEver Fit program for kids, which he proposed to the Boys & Girls Clubs of Las Vegas.

The idea resonated with Adam Jimenez, the Director of the John D. "Jackie" Gaughan Boys & Girls Club. Adam has been with the Boys & Girls

Kids' Korner is designed with the health of your students in mind. Do you have an upcoming event focused on kids' health and fitness and you'd like to get the word out? Do you have a program that implements healthy habits at your school that you'd like to share with others? Send the details along with your name, school and contact information to BrendaKelley@teachershealthtrust.org, and you may see your ideas in the next *Health Traxx* issue!

Club for three years now and has seen the issue firsthand. Adam believes the reason he is seeing the problem of childhood obesity heighten in the Las Vegas community is simply due to resources. As Adam makes clear, "There are a lot of at-risk kids in the area who simply lack the tools to stay fit. They need information, tools and resources so that they can take control of their unhealthy lifestyles."

This realization is what brought Shamar and Adam together, as well as what spurred Shamar to jump into action, so that the ForEver Fit program could launch during the 2008-09 academic year. The question, of course, is just what is the ForEver Fit program and how will it help the kids who participate gain the knowledge and tools they need to take control of their health and fitness?

"There are a lot of at-risk kids in the area who simply lack the tools to stay fit. They need information, tools and resources so that they can take control of their unhealthy lifestyles."

- Adam Jimenez

ForEver Fit is designed to combine the theoretical with the applicable by providing a multidimensional approach to education and exercise. The program includes classroom discussion on nutrition topics where the kids will learn how to make meal decisions that reinforce a healthier lifestyle. These topics will be coupled with lessons on numerous types of fitness activities that the kids can engage in regularly.

Shamar and Adam are clear that they do not want to focus on any single type of activity, such as weight lifting or aerobics. The primary reason for this choice is the realization that the best way to ensure that the program has a long-term impact on the kids' habits is through exploration of a variety of activities. Shamar hopes that this will allow every child in the program to find a activities that they truly enjoy and will want to continue long after their time with ForEver Fit has come to an end.

The program will not be all classroom time, though. Each classroom session will segue into an application lesson where the kids will be provided hands-on instruction on proper form and execution of the exercises they have discussed.

The foundation of the program is best exemplified by the acronym R.E.E.P., which serves as the mantra of the program. The acronym stands for responsibility, education, exercise and peer support. Shamar and Adam are quick to state that the most important of those is responsibility. They know their lessons will not always be reinforced on the playground or in the home.

continued on page 23

CNS Clinical Neurology Specialists

Clinical Neurology Specialists are proud to be a provider for the Teachers Health Trust. We are conveniently located throughout Las Vegas. Clinical Neurology Specialists is a full service Neurology practice that has been in existence in Las Vegas for over 10 years now. Our providers have a vast knowledge in different specialties as listed below. All of our providers are BOARD CERTIFIED IN NEUROLOGY, VASCULAR NEUROLOGY, NEUROMUSCULAR AND MOVEMENT DISORDERS, NEURO-IMAGING AND FELLOWSHIPPED TRAINING IN ELECTROPHYSIOLOGY.

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FOCUS on the FACTS

Q: Are Annual Pap Smears Still Necessary After Having Had a Total Hysterectomy?

A: • The answer, as is the case with most issues in life, is, "It depends."
• It mostly depends upon the reason for having the total hysterectomy, which is the removal of the uterus AND the cervix. In November of 2002, the American Cancer Society stated that "Women who have had a total hysterectomy do not need Pap Smears unless the hysterectomy was performed for cancer or pre-cancerous conditions."

If you have had a total hysterectomy due to cancer or dysplasia (formation of abnormal cells) of the cervix or uterus, a history of cervical precancerous lesions, or have Human Papillomavirus (HPV), a sexually-transmitted disease that is associated with cervical cancer, then routine, yearly Pap Smears are recommended. If the total hysterectomy was performed due to invasive cervical cancer, then Pap Smears are recommended every 3 months for the first year post surgery and then every 6 months thereafter.

A Pap Smear is a test done where cells are collected from the cervix and analyzed for any abnormalities. You may then be asking yourself, "If my uterus and cervix have been removed, of what use would a Pap Smear be to me?" After removing the cervix, doctors create what is referred to as a vaginal cuff, which is basically a stitched area at the top of the vagina, closing it off, where the cervix used to be. Changes that occurred in the surface of the cervix which produced abnormal Pap Smears can also occur in the vaginal cuff, which can lead to vaginal dysplasia that might cause vaginal cancer.

It should be noted, however, that vaginal cancer is extremely rare and that it mostly affects older women between the ages of 50-70, with half of the women afflicted being older than age 60. The risk factors associated with vaginal cancer include the following:

continued on page 23



THE TRUST WANTS YOU TO 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 Leaders, not to be confused with educators who are coordinators of the Trust's WellFit for Life program in the spring.

The Wellness Team meets regularly 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.

The Trust is currently recruiting new Wellness Team Leaders for the 2008-09 school year. To learn more about the Wellness Team Leaders, find out if your work site has a delegate, or to volunteer for the Wellness Team Leaders, contact the Wellness Division at (702) 794-0272 or via email at wellness@teachershealthtrust.org.

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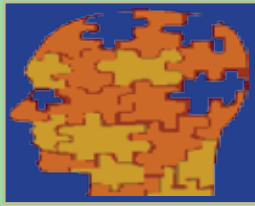
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MENTAL MUSCLE EXPRESS



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

The example below is "broken heart."

HE ART

(1)

LOOK KOOL

(2)

T 2222

(3)

QUA\$\$\$\$RTERS

(4)

**X E
K
A
M**

(5)

**L O T
T I M E**

See answers on page 25.

AVOID THE WAIT

Quest Diagnostics is the first national laboratory to offer automated appointment scheduling. Now you can schedule appointments for lab tests at times and locations that are most convenient for you. Automated appointments may be scheduled online or by interactive phone. You may even schedule same-day appointments, when available. Walk-ins are still welcome. You also have the option of email reminders prior to appointments when an email address is provided.

How to schedule an appointment:

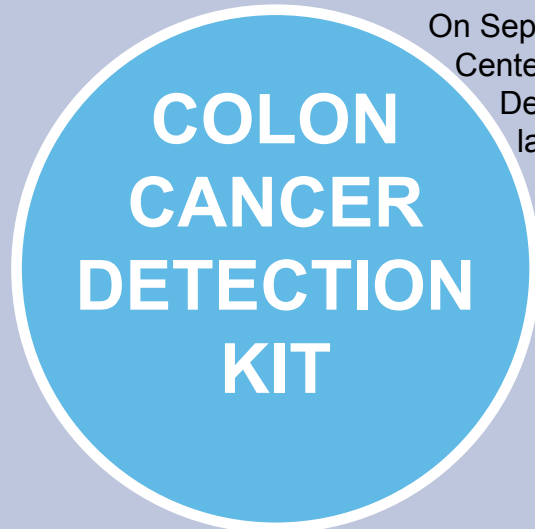


Visit their web site at www.questdiagnostic.com/appointment or call 1-888-277-8772 (24 hours a day, 7 days a week). Utilize Google map technology to locate the nearest Patient Service Center. Zip code entry ensures scheduling at the most convenient Patient Service location.

"Appointment scheduling is the way to go, and the time savings at the collection site are just immeasurable. I have done it before and will continue to schedule my lab visits in this manner."

- Satisfied Customer

FOR YOUR BENEFIT



On September 13 only, The Breast Center at Sunrise is offering EZ Detect Kits for only \$2, regularly \$5. EZ Detect recognizes the bowel problems synonymous with colorectal cancer and is the most modern, convenient and sanitary home test available.

**September 13, 2008
Breast Center at Sunrise
3006 S Maryland Parkway, Ste 250
Las Vegas, NV 89109**



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3. Make your choices and get your doctor's approval.

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Visit **www.medco.com/save** or call **1 800 319-7750** today.

*Average annual savings calculations are projected from a study of over 8 million lowest online non-Medicare savings opportunities in 2007. Your actual savings may not reach the projected average. Please see the reverse side for additional important information about your potential savings. Savings amounts may vary based on drug prices, prescription programs in effect at the time of the savings calculation, applicable law and pharmacist's judgment. Sales tax, where applicable, is not included. In most cases, only those alternatives preferred by your prescription program are shown. Some or all of the alternatives may not be appropriate for you and all will require your doctor's approval. Not all have been reviewed by Medco's independent Pharmacy and Therapeutics Committee. Medco can earn rebates on some drugs, and these rebates which may be shared with plan sponsors. No prescription change is made without a doctor's authorization.

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FOCUS on the FACTS
continued from page 20

- Exposure to Diethylstilbestrol (DES) as a fetus (DES is a synthetic estrogen that was used in the 1940s as a means of preventing miscarriages; if you were born after 1971, it is not possible that you were exposed.)
- History of cervical cancer
- HPV infection
- Smoking

If you have had a total hysterectomy due to a benign condition, such as abnormal bleeding or uterine fibroids, then it is generally agreed upon by those in the medical community that Pap Smears are no longer necessary. However, women with risk factors such as sexually transmitted diseases (STDs), multiple sex partners, and changes in immune system functioning should still have regular Pap Smears. It should be noted that even if you determine that you do not need Pap Smears anymore, annual Pelvic Exams (examination of external genitals) should still be performed.

This article should be consulted as a guideline only. You should always consult your doctor when making decisions pertaining to your personal healthcare.

*Jennifer Barrett, Comm. Specialist
Teachers Health Trust*

Kids Korner
continued from page 18

It will be up to the kids to ensure that they make the move towards a healthier lifestyle through their own will and determination.

The men behind ForEver Fit know that this is only one step towards resolving the growing problem of childhood obesity in Las Vegas but that it is, nonetheless, an important one.

It is their belief that time and effort will show that the program has a positive impact on the children who participate. They both hope that if they are able to demonstrate this impact, they can expand the program.

The ForEver Fit program will be kicking off the first week of October. The program will be conducted Monday through Thursday from 6:30 pm - 8:30 pm and is free for all members of the Boys & Girls Club of America.

If you would like to enroll a child or learn more about ForEver Fit, contact Shamar Brown at (702) 401-1479 or via email at reshapinglives@hotmail.com.

To learn more about the Jackie D. Gaughan clubhouse, programs, donate or volunteer, contact Adam Jimenez at (702) 731-6658.

*Philip A. DiGiacomo, Contributor
Teachers Health Trust*



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H.E.R.O.S

Healthy Employees Representing Our Schools

Karen Williams

Karen Williams is the Library Specialist for the Marlan J. Walker Elementary School in Henderson. In her role, she has regular contact with each and every student and plays a fundamental part in their education.

Despite being an educator, it is unlikely that she expected to become the spokesperson for breast cancer awareness at Walker E.S. a little over a year ago. That is, until she became diagnosed with breast cancer in 2007.

At first, Karen simply carried on as usual while she battled the disease. She underwent surgery and chemotherapy, as well as taking the medications associated with treatment. Through it all, she never missed a single day of work, refusing to let breast cancer get the best of her.

Karen was so determined to face her cancer head on that, in December of 2007, she removed the wig she had been wearing since losing her hair due to the chemotherapy and medications. It was a decision that took courage and she was well aware that it would make her battle with cancer apparent to both her peers, as well as the student body. Needless to say, in a school full of inquisitive children, the questions quickly followed this brave decision. Rather than skirt the inquires, she decided to open up discussion

with the older children and help them to understand the challenges she faces.

Karen's candor on the topic allowed her to address many misconceptions and fears the children had on the subject of breast cancer. These discussions quickly evolved into a community of students and staff rallying around their beloved librarian. Where many may have just embraced the support, Karen

"When you're faced with a challenge like this, you can bury your head in the sand or face it head on!"

- Karen Williams

saw an opportunity to channel the positive energy towards a purpose greater than her personal battle.

In May of 2008, she organized a *Susan G. Komen Race for the Cure* school team. Once again, the school answered the call as the student body, parents, and faculty donned pink shirts and walked in honor of not only Karen, but all women past and present that have fought the good fight against breast cancer.

When asked about her willingness to share and educate others about her personal fight, the response only exemplified her strength, "When you're faced with a challenge like this, you can bury your head in the sand or face it head on!" Fortunately for our community, Karen is far too strong to bury her head and that is why she is a local hero the Teachers Health Trust believes you should know.

*Philip A. DiGiacomo, Contributor
Teachers Health Trust*

WATCH FOR STROKES

DIABETES

CANCER

HYPERTENSION AHEAD

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Two locations: **Summerlin** (7201 Lake Mead Blvd., Suite 450) and **Henderson** (9065 South Pecos Rd., Suite 190)

HEROS is a section of Health Traxx that highlights outstanding CCSD 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 HEROS, contact Brenda Kelley at bkelly@teachershealthtrust.org.

PREGNANCY RESOURCES

Pregnancy and Pre-term Delivery Support Groups

March of Dimes: www.marchofdimes.com

Sidelines National Support Network: www.sidelines.org

Mothers of Supertwins: www.mostonline.org

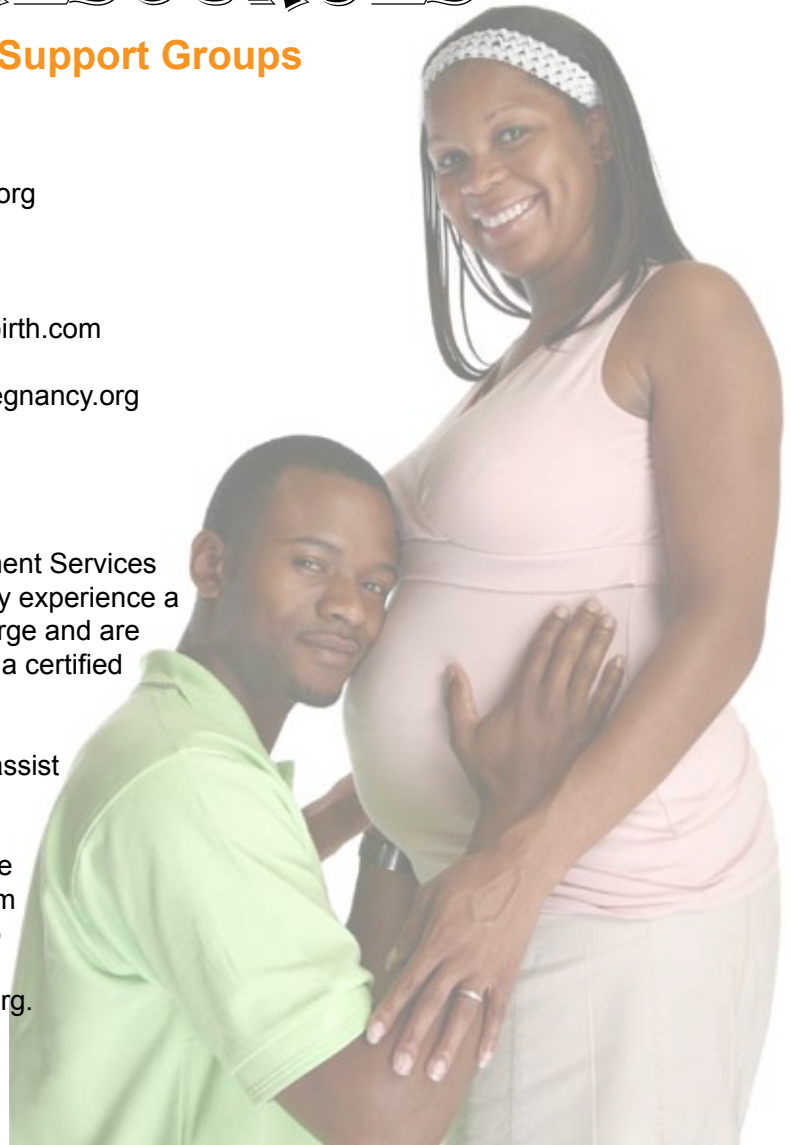
Center for the Study of multiple Birth: www.multiplebirth.com

American Pregnancy Association: www.americanpregnancy.org

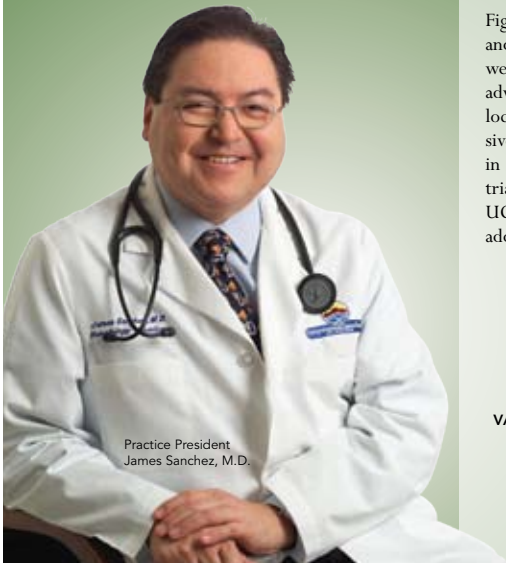
Mommy Cast: www.mommycast.com

The Teachers Health Trust provides Case Management Services for 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 Case Management Department is available to assist you during those challenging times and to help you achieve the best possible outcome for you and your new family member(s). For more information, please contact the Trust at (866) 585-2273 between 7:00 am and 5:45 pm Monday through Thursday and 8 am to noon on Friday or email the Case Management Department at casemanager@teachershealthtrust.org.



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Practice President
James Sanchez, M.D.

Fighting cancer takes strength, determination and the support of family and friends. That's why we're here, providing Las Vegas with the latest advancements in cancer treatment in seven locations throughout the valley. Comprehensive Cancer Centers of Nevada provides patients in the Las Vegas area access to cancer research trials through affiliations with US Oncology and UCLA. Visit us online at www.ccnvada.com for additional information or call us at (702) 952-3400.



VALLEY LOCATIONS:

HENDERSON
952-3444
NORTHWEST
952-2140
CENTRAL VALLEY
952-3400

SOUTHWEST
952-1251
SUMMERLIN
233-2200
BOULDER CITY
293-0357
PEDIATRIC CARE
688-6180

MENTAL MUSCLE ANSWERS

1. Look both ways
2. Tea for two
3. Four dollars in quarters
4. Kiss and make up
5. Lost in time

Lifestyle Decisions™

Nutritional Consultations and Diabetes Educational Classes

Participants are entitled to six nutritional/dietary consultations and/or diabetes educational classes per calendar year from Trust In-Network providers. Copayments may apply. Please refer to your Summary Plan Document for your plan copayments. Before scheduling an appointment with one of the following nutritionists/dietitians and/or diabetes educational class providers, please refer to the Trust web site to ensure that the provider/facility is In-Network, as contracted providers change frequently.

Nutritional /Dietary Consultants

Nutrition by Joey - Joey Sjostrom
702-878-5639

Anders and Dunaway Nutrition
2121 E. Flamingo Road, Ste. 114
Las Vegas, NV 89119
702-382-8841

Canyon Ranch SpaClub at the Venetian
3355 Las Vegas Boulevard South, Ste. 1159
Las Vegas, NV 89109
702-414-3606

University Health Systems - Miriam Een
702-992-6888

Diabetes Educational Classes

Sunrise Hospital and Medical Center
Outpatient Diabetes Educational Classes
3101 S. Maryland Parkway, Ste. 316
Education Classroom
6 to 8 p.m.
www.sunrisehospital.com

Valley Hospital Medical Center
Diabetes Resource Center
620 Shadow Lane
Las Vegas, NV 89106
702-477-6530 to register
or fax to 702-671-8573
www.valleyhospital.net

North Vista Hospital
Diabetes Care Centers of at North Vista Hospital
1409 East Lake Mead Boulevard
North Las Vegas, NV 89030
ph: 1-800-941-2172
fax: 702-639-2815

Desert Springs Hospital and Medical Center
The Diabetes Treatment Center
2075 E. Flamingo Road
Las Vegas, NV 89119
702-369-7560

**Must have referral from physician.
Contact the facility for additional
referral/scheduling information.

**Must have referral from physician.
Contact the facility for additional
referral/scheduling information.

Summerlin Hospital Medical Center
Diabetes Treatment Center
657 Town Center Drive
Las Vegas, NV 89144
702-233-7225
www.summerlinhospital.org

**Must have referral from physician.
Fax referral to 702-369-7564.
A Diabetes Specialist will
then call to schedule your appointment.

St. Rose Dominican Hospital
Diabetes Awareness Teaching & Education Center (D.A.T.E.)
Hospital Locations:

Rose De Lima Campus
102 East Lake Mead Parkway
Henderson, NV 89015

Siena Campus
3001 St. Rose Parkway
Henderson, NV 89052

San Martin Campus
8280 West Warm Springs Road
Las Vegas, NV 89113

To register for classes, call 702-616-6545 or fax 702-566-9157

*Outpatient classes and one-on-one self-management instruction available by appointment.

For more information regarding *Lifestyle Decisions*™, log on to the Trust web site at www.teachershealthtrust.org or contact the Wellness Division at 702-794-0272 or via e-mail at wellness@teachershealthtrust.org.

body MIND

Monthly Guide to Good Health

According to a recent survey conducted by the American Academy of Family Physicians, 29 percent of men wait as long as possible before seeking medical attention when they feel sick, are in pain, or are concerned about their health. This is a dangerous tendency because many serious health conditions—such as high blood pressure, high cholesterol and high blood sugar—often go undetected until diagnosed by a physician.

WHY SHOULD I GO TO THE DOCTOR?

It is important that men receive the recommended exams and screenings to detect health problems early and prevent them from progressing. Regular physical exams provide an opportunity for your doctor to:

- Assess risk factors for future conditions
- Offer guidance for a healthy lifestyle
 - Update vaccinations
 - Establish a relationship

Are you
MAN ENOUGH
to get a
PHYSICAL?

WHICH SCREENINGS DO I NEED?

In addition to regular checkups, age-appropriate screenings are recommended at specific times. Typically, screenings recommended for men include:

- Blood pressure
- Cholesterol
- Glucose
- Colorectal cancer
- Prostate-specific antigen (PSA)
- Skin cancer

WHAT ARE THE PRIMARY HEALTH THREATS TO MEN?

- Cardiovascular disease
- Unintentional injuries
- Chronic obstructive pulmonary disease
- Diabetes
- Cancer
- Influenza
- Pneumonia
- Stroke

MAKE HEALTHY CHOICES

- Eat a balanced diet
- Eat healthy portions
- Maintain a healthy weight
- Engage in regular physical activity
- Do not use tobacco products
- Get an adequate amount of sleep
- Engage in activities to help you manage stress

Your doctor can recommend an individualized screening timetable based on risk factors and personal and family health history.

EARLY DETECTION MAY SAVE YOUR LIFE.

This year, an estimated 186,320 new cases of prostate cancer are expected to occur in the United States, and 28,660 men are expected to die of the disease. A brief screening may find prostate cancer before a man experiences any symptoms.



EL DESCUBRIMIENTO TEMPRANO PODRÍA SALVAR LA VIDA

Este año, se calcula que 186,320 casos nuevos de cáncer de la próstata ocurrirán en los Estados Unidos, y se imagina que 28,660 hombres morirán de la enfermedad. Una exploración breve podría descubrir el cáncer de la próstata antes que un hombre experimente cualesquier síntomas.

The Valley  Health System™

Desert Springs Hospital Medical Center • Spring Valley Hospital Medical Center
Summit Hospital Medical Center • Valley Hospital Medical Center
Centennial Hills Hospital Medical Center



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