

# Health Traxx

A PUBLICATION FOR TEACHERS HEALTH TRUST PARTICIPANTS

For Teachers by Teachers

FALL 2009  VOLUME 8, ISSUE 3

PRESCRIPTION DRUG ADDICTION: FINDING THE ROAD TO RECOVERY  
P. 16

ROAD TO RECOVERY

HEALTH FESTIVAL 2K9  
Good Health: Every Body Wins!!  
P. 13

TRUE EMERGENCIES  
Save Time, Money and Possibly a Life.  
P. 20



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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 decisions about health care. Although editorial content is based on sound medical information, we ask that you consult a health care professional regarding all medical concerns. We encourage you to keep copies of this news publication for the purpose of building a handy home medical reference guide or to 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 Trust. If you have questions or comments regarding this issue, e-mail the Trust at [wellness@teachershealthtrust.org](mailto:wellness@teachershealthtrust.org) or write to:

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**A MESSAGE  
 FROM THE CEO**

This issue of *Health Traxx* has articles dealing with addictions. Addictions add billions of dollars annually to health care costs, break up families, cause loss of jobs and generally destroy the fabric of the lives of addicted persons and their families. We live in a city where addictions are rampant. Anyone who visits a casino can smoke without limitation, is offered free alcoholic drinks, and can spend unlimited amounts of money at slot machines and gaming tables. These activities can easily become addictive and change lives. The temptation to engage in addictive activities is all around us: media advertising and the promise of wealth are just two examples. In the economic climate that we now live in, just think of how much money is spent on these activities and then look at your budget to see how the funds could possibly be better spent. You will probably be amazed. In a free society, we can make our own choices, but addictions not only affect the addicted person, but his/her family members, friends, and co-workers.

Tobacco, alcohol and gambling are not the only addictions that are troublesome in our society. The use of illegal drugs and the abuse of prescription medications can be devastating. At the Health Trust, we see participants doctor-shopping to get excessive amounts of narcotics and other addictive substances. The cost to the Health Trust of this type of activity is shocking. The Health Trust has computer programs in place that can detect the numerous ways that prescription medications can be abused and we seek to proactively deal with this issue not only to control the excessive costs but to try to steer the suspected abuser to the appropriate professionals for help. This is a problem that affects all of us and we need to be proactive in trying to help those who are having trouble helping themselves. Once a person is addicted, it is difficult, if not impossible, to quit without professional help and a large dose of motivation.

The Health Trust has a contract with the Human Behavior Institute (HBI), which is our network mental health provider. Aside from psychological counseling and other related services, HBI provides treatment for addictive behaviors. HBI has trained professionals who deal with addictions on a regular basis and they are available to those participants of the Health Trust who are seeking help. The services they perform are confidential and have often been instrumental in turning one's life from a downhill slide into a productive and addiction-free existence. Make no mistake: recovering from any addiction is a long process that takes perseverance, family involvement and professional help. A successful recovery opens the door to a better quality of life.

As I have pointed out in previous articles and talks, the Health Trust does far more than just pay your claims. It has many programs designed to improve your life and I urge you to look to the Health Trust for assistance and referrals, where appropriate, on issues that may be impacting your life. This is your Health Trust and your well-being is important to us.

Sincerely,

Chief Executive Officer

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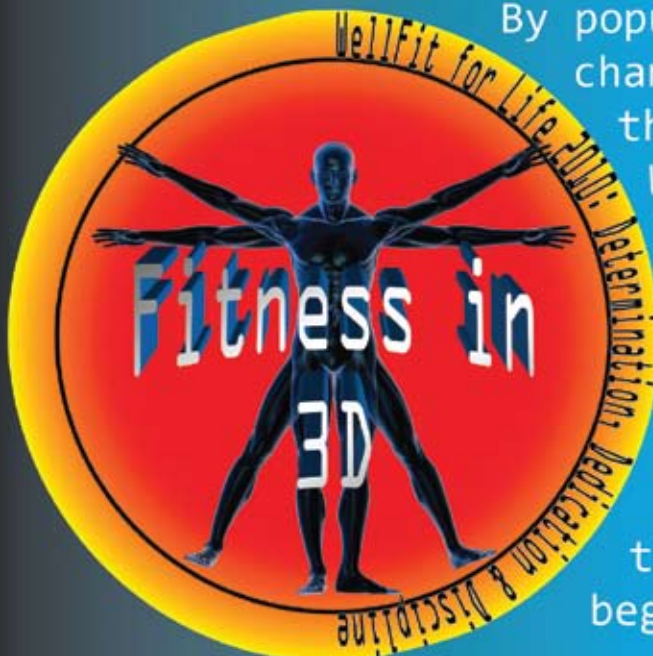
## ON THE COVER



Prescription drug addiction is an ever-growing problem in America. Turn to page 16 to learn more about the road to recovery. Also, Health Festival 2K9 is in the works; learn more about the Trust's largest annual event on page 13.

## Attention All Participants

The WellFit for Life & Best Weigh to Go Programs  
Start Dates Are Changing for 2010



By popular demand, the Trust has changed the start and end dates for the annual WellFit for Life & Best Weigh to Go programs.

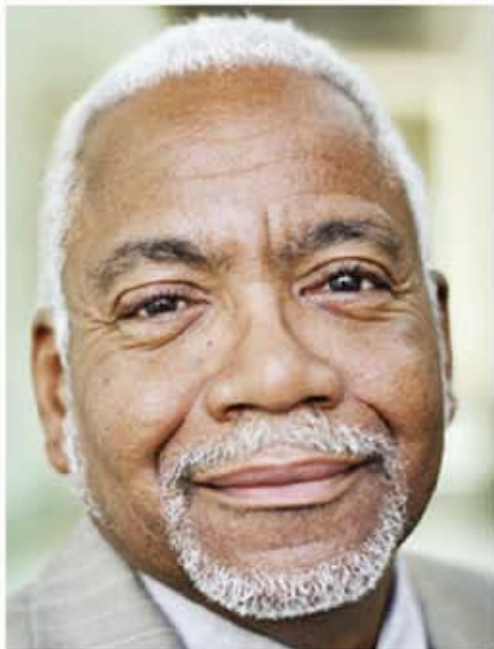
WellFit for Life & Best Weigh to Go 2010 will run from January 15<sup>th</sup> through March 27<sup>th</sup>, 2010.

Be on the lookout for location, time and registration information beginning in November.

# WHAT CAN THE WORLD'S MOST ADVANCED PHARMACY DELIVER? A SMARTER WAY TO TREAT PEOPLE.

Prescription drugs are often a first choice for medical intervention when treating patients with chronic and complex conditions—patients who account for 75% of the nation's medical costs. Today, Medco serves over 60

million people, of which almost half the adults have chronic and complex conditions, and nearly 1 out of 5 diabetes patients in the country. The problem is, when patients don't take their medications properly, it places a costly burden on the healthcare system. Medco has developed an advanced model that uses technology to close the gaps in care and assist patient compliance, and believes that if applied nationwide, it has the potential to reduce healthcare costs by upwards of \$300 billion annually.



## AN ADVANCED PHARMACY NEEDS AN ADVANCED PHARMACIST.

Making this work requires a specialist. Over a thousand Medco specialist pharmacists are patient advocates, with expertise in the medications used to treat people with chronic and complex conditions, so they can help provide the most positive outcomes for our members. Leveraging the power of Medco's already wired system, specialist pharmacists use a proprietary patient management system and work with physicians to determine the right drug at the right dose at the right price.

## DELIVERING DIABETES RESULTS MOM WOULD BE PROUD OF.

*Hypertensive patients who primarily fill their prescriptions at the Medco Therapeutic Resource Centers<sup>®</sup> showed up to a \$700 decrease in total healthcare costs over 1 year.*

**\$700** PATIENT SAVINGS



There's a reason Mom always said take your medicine. And Medco is proving why. Because of their knowledge of specific diseases like diabetes, Medco specialist pharmacists can work with patients and physicians to enhance the care and treatment of specific chronic conditions, and help ensure patients stick to their prescribed regimen. In fact, when they do, medication adherence improves dramatically. A recent study showed that over a period of 90 days, Medco reduced the number of patients who didn't take their diabetes medication properly or at all by 76%. And according to another one of our studies, annual costs for diabetes care can be up to 48% lower for patients who take their diabetes medicine properly. So to those looking for the \$600 billion plus needed to fund healthcare this year, Medco believes it's not about spending more, but spending smarter, because smarter simply makes healthcare better.

Join the conversation at [makingmedicinesmarter.org](http://makingmedicinesmarter.org)

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MAKING MEDICINE SMARTER.<sup>™</sup>

## IMPORTANT DATES TO MARK ON YOUR CALENDAR

### SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		01 - Prostate Cancer Awareness Campaign begins.	02	03	04	05
06	07 - Labor Day: Trust office closed.	08	09	10 - Fall Student Status Verification Form mailed out.	11	12 - Breast Cancer Awareness Campaign (BCAC) begins.
13	14 - Health Festival 2K9 Preregistration at Trust (3 - 5 p.m.)	15 - Health Festival 2K9 Preregistration at Trust (3 - 5 p.m.)	16 - Health Festival 2K9 Preregistration at Durango H.S. (3 - 5 p.m.)	17 - Health Festival 2K9 Preregistration at Trust (3 - 5 p.m.)	18	19
20	21 - Health Festival 2K9 Preregistration at Cram M.S. (3 - 5 p.m.)	22 - Health Festival 2K9 Preregistration at Cortez E.S. (3 - 5 p.m.)	23 - Health Festival 2K9 Preregistration at White M.S. (2:30 - 5:30 p.m.)	24 - Health Festival 2K9 Preregistration at Liberty H.S. (3 - 5 p.m.)	25	26
27	28	29 - Health Festival 2K9 Preregistration at Trust (3 - 5 p.m.)	30 - Health Festival 2K9 Preregistration at Trust (3 - 5 p.m.)			

### OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01	02	03
04	05	06	07	08 - Fall Student Status Verification Form due.	09	10
11	12	13	14	15	16	17 - Health Festival 2K9 at Cox Pavilion (9 a.m. - 2 p.m.)
18	19 - Open Enrollment Packages for THT & RHT mailed out.	20	21	22	23	24
25	26	27	28	29	30 - Nevada Day: Trust office closed.	31

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03	04	05	06	07
08	09	10	11 - Veterans Day: Trust office closed.	12	13	14
15	16	17	18	19	20	21 - Breast Cancer Awareness Campaign ends.
22	23 - Open Enrollment Packages for THT & RHT due.	24	25	26 - Thanksgiving Holiday: Trust office closed.	27 - Thanksgiving Holiday: Trust office closed.	28
29	30 - Prostate Cancer Awareness Campaign ends.					

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23 - Winter Holiday: Trust office closed.	24 - Winter Holiday: Trust office closed.	25 - Winter Holiday: Trust office closed.	26
27	28	29	30	31 - New Year's Eve: Trust office closed		



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# Breast Cancer: Awareness Can Save Your Life

Except for skin cancers, breast cancer is the most common cancer in women, but it can be successfully treated. Screening tests can find cancer early, when it's most treatable.

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

## 1. Know your risk

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

## 2. Get screened

- Ask your doctor which screening tests are right for you if you are at a 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

See your health care provider right away if you notice any of these breast changes:

- Lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn't go away

## 4. Make healthy lifestyle choices

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake



**Breast self-exam (BSE)** is a tool that may help you learn what is normal for you. BSE involves looking at and feeling your breasts. Women who practice BSE should also be sure to get mammograms and clinical breast exams at the appropriate age. BSE should not be substituted for these screening tests. For more information on BSE and other screening methods, visit [Susan G. Komen for the Cure: Early Detection & Screening](#).



# Lifestyle Decisions<sup>®</sup>

*A Teachers Health Trust Resource for Participants with Chronic Conditions*


Being newly diagnosed with a chronic condition is a difficult and life-changing event. The Trust would like to help ease the transition into your new lifestyle by arming you with as much knowledge as possible.

*Lifestyle Decisions* is a disease management program focused on helping you learn to self-manage your condition through a wide array of educational resources.

The program is free and offers a variety of different health activities, information and resources for learning more about chronic conditions.

For more information, visit us online at [www.teachershealthtrust.org](http://www.teachershealthtrust.org) and click on the *Lifestyle Decisions*<sup>™</sup> link or contact the Health Programs Coordinator at 702-866-6162 or via e-mail at [mwhite@teachershealthtrust.org](mailto:mwhite@teachershealthtrust.org).

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# Teachers Health Trust Annual Breast Cancer Awareness Campaign

## September, October and November 2009

The Teachers Health Trust, in conjunction with The Breast Center at Sunrise, Lifesigns, Nevada Imaging Centers and Steinberg Diagnostic, is proud to sponsor the 15<sup>th</sup> annual Breast Cancer Awareness Campaign.

The campaign is open to all Diamond and Platinum Medical Plan participants and is designed to encourage participants to take an active role with respect to breast health by obtaining free breast exams and mammograms during the months of September, October and November. 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., Suite 250**  
**Las Vegas, NV 89109**

Saturday, September 12 - 8 a.m. to 4 p.m.  
Saturday, September 19 - 8 a.m. to 4 p.m.  
Saturday, September 26 - 8 a.m. to 4 p.m.  
Saturday, October 3 - 8 a.m. to 4 p.m.  
Saturday, October 10 - 8 a.m. to 4 p.m.  
Saturday, October 24 - 8 a.m. to 4 p.m.  
Saturday, November 7 - 8 a.m. to 4 p.m.  
Saturday, November 14 - 8 a.m. to 4 p.m.  
Saturday, November 21 - 8 a.m. to 4 p.m.

**Nevada Imaging Centers**  
(702) 214-7971

**715 Mall Ring Circle, Suite 100**  
**Henderson, NV 89014**

Saturday, September 26 - 8 a.m. to 4 p.m.  
Saturday, October 10 - 8 a.m. to 4 p.m.

**Lifesigns**  
(702) 948-0013

**9065 S. Pecos Road, Suite 190**  
**Henderson, NV 89074**

Saturday, September 12 - 8 a.m. to 1 p.m.  
Saturday, September 19 - 8 a.m. to 1 p.m.  
Saturday, September 26 - 8 a.m. to 1 p.m.  
Saturday, October 3 - 8 a.m. to 1 p.m.  
Saturday, October 10 - 8 a.m. to 1 p.m.  
Saturday, October 24 - 8 a.m. to 1 p.m.  
Saturday, November 7 - 8 a.m. to 1 p.m.  
Saturday, November 14 - 8 a.m. to 1 p.m.  
Saturday, November 21 - 8 a.m. to 1 p.m.

**Steinberg Diagnostic**  
(702) 732-6000

**2767 N. Tenaya Way**  
**Las Vegas, NV 89128**

Saturday, September 19 - 7:30 a.m. to 1 p.m.  
Saturday, October 3 - 7:30 a.m. to 1 p.m.

*The dates & times provided are for your convenience. You may 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 7 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 physician. 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 e-mail at [wellness@teachershealthtrust.org](mailto:wellness@teachershealthtrust.org). For more information regarding mammograms or breast exams, log on to the Trust website at [www.teachershealthtrust.org](http://www.teachershealthtrust.org).

# TRUST TIDBITS

## WELCOME TO ALL NEW TEACHERS

The Teachers Health Trust would like to extend a warm welcome to all of the Clark County School District's newest licensed employees. The Trust is proud to have you aboard and wants you to know that it is our mission to bring you the best medical, dental and vision benefits available. Welcome to the Teachers Health Trust! Be sure to visit [www.teachershealthtrust.org](http://www.teachershealthtrust.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.

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## SUMMARY PLAN DOCUMENT

The Trust wants all participants to be aware that the most current Summary Plan Document (SPD) may always be found by visiting our website at [www.teachershealthtrust.org](http://www.teachershealthtrust.org).

## FALL STUDENT STATUS

The Fall Student Status Verification Form will be mailed out to participants on September 10, 2009, and is due back to the Trust no later than 5:45 p.m. on October 8, 2009. 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 that your dependent attends.

## OPEN ENROLLMENT

Open enrollment for active employees will begin on October 19, 2009. All change forms and required eligibility documentation will be due back to the Trust no later than 5:45 p.m. on November 23, 2009. All changes will become effective January 1, 2010.

## RETIREE HEALTH TRUST WEBSITE

The website for the Retiree Health Trust is now live. If you are a retired CCEA teacher looking for information regarding your healthcare plan, check out the Retiree Health Trust website. All participants of the Retiree Health Trust should be sure to log on to [www.retireehealthtrust.org](http://www.retireehealthtrust.org) to review information on benefits and resources available.

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- Centennial Hills 6850 North Durango Drive Suite 310
- Smoke Ranch 6990 Smoke Ranch Road

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For questions, please contact our staff at 933-9393.

Thank you to Teacher's Health Trust and our Clark County School District Employees



# STEPPING UP TO THE PLATE FOR THE ANNUAL TEACHERS HEALTH TRUST HEALTH FESTIVAL

The Teachers Health Trust would like to thank the starting lineup for Health Festival 2K9

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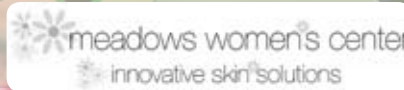


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# Health Festival 2K9

## Good Health! Every Body Wins!!

October 17, 2009 - 9:00 a.m. to 2:00 p.m. - Cox Pavilion at UNLV

### HEALTH & WELLNESS

#### Free Flu Vaccines

**All active licensed employees** are entitled to a free flu shot. You must show a valid school picture ID and/or pay stub with photo ID at the time of registration in order to qualify.

- Dependents and guests can obtain flu shots for \$25 per guest.
- Discount coupons will be available to all guests registered by an active CCSD-licensed employee eligible for a Trust plan at designated preregistration sites. (See *Preregistration for additional information.*)

#### Glucose & Cholesterol

**All active licensed employees** are entitled to free glucose and cholesterol screenings with Quest Diagnostics. You must show a valid school picture ID and/or pay stub with photo ID at the time of preregistration 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-served 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 body fat analyses, EMG spinal, blood pressure, cavity, vision, glaucoma, oxygen saturation and much more.

#### CPR & First Aid Training

CPR Connections will offer CPR/First Aid training sessions. The cost is \$20 per person. Register online today at [www.teachershealthtrust.org](http://www.teachershealthtrust.org).

#### Relaxation & Massage Therapy

Therapists from Full Spectrum Massage and Body Arts will be providing facials, massages and relaxation therapy sessions. Additionally, chair massages will be offered.



# ENTERTAINMENT

## Family Fun

There will be fun for the whole family, including face painting, fortune telling, balloon art, caricatures and live music provided by local student talent.

## Free Lunch

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

## Raffle Prizes

All active CCSD employees eligible to enroll in a Teachers Health Trust plan will be able to enter the raffle drawing. This year's raffle prizes include free golf outings, hotel accommodations, spa certificates, iPods, gift baskets and much, much more!

# Preregistration

Preregistering for the festival affords you many benefits, including discounted flu shots for your family and early access to all forms needed to obtain free shots and screenings during the festival. Additionally, preregistration allows you to utilize VIP lines that grant you earlier access for flu shots and other services and screenings.

To preregister, 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**. Preregistration for the 2009 Health Festival will be held at the following locations, dates and times:

Teachers Health Trust at 2950 East Rochelle Avenue, Las Vegas, NV 89121  
Monday, September 14; Tuesday, September 15; Thursday, September 17; Tuesday, September 29 & Wednesday, September 30 (3:00 - 5:00 p.m.)

Durango High School at 7100 West Dewey Drive, Las Vegas, NV 89113  
Wednesday, September 16, 2009 (3:00 - 5:00 p.m.)

Brian and Teri Cram Middle School at 1900 West Deer Springs Way, North Las Vegas, NV 89084  
Monday, September 21 (3:00 - 5:00 p.m.)

Manuel Cortez Elementary School at 4245 East Tonopah Avenue, Las Vegas, NV 89115  
Tuesday, September 22 (3:00 - 5:00 p.m.)

Thurman White Middle School at 1661 Galleria Drive, Henderson, NV 89014  
Wednesday, September 23 (2:30 - 5:30 p.m.)

Liberty High School at 3700 Liberty Heights Avenue, Henderson, NV 89052  
Thursday, September 24 (3:00 - 5:00 p.m.)

# More Information

For more information regarding the Health Festival and preregistration process, log on to [www.teachershealthtrust.org](http://www.teachershealthtrust.org) or contact the Wellness Division via e-mail at [wellness@teachershealthtrust.org](mailto:wellness@teachershealthtrust.org).



## PRESCRIPTION DRUG ADDICTION: FINDING THE ROAD TO RECOVERY

Anis Abi-Karam and Cherry McDowell of Human Behavior Institute Elaborate

### UNDERSTANDING PRESCRIPTION ADDICTION

There is little doubt that modern pharmacology has helped many improve their quality of life.

Unfortunately, there is an attitude that prescribed medications are safer and less addictive than street drugs. This is far from the truth, as we have seen a substantial increase in prescription drug addiction in the last few years. People improperly use prescription drugs for a number of reasons – to get high, to calm down or even to lose weight. However, even those that use medications based on a physician's advice may be at risk for developing an addiction since taking some medications over an extended period of time may lead to physical dependence as the body adjusts to being medicated.

There are myths and beliefs that drug abuse is strictly a social problem, that drug users are morally weak or antisocial, and that addicts should be able to stop taking drugs if they are only willing to do so. While a willingness to stop is helpful and the first step towards recovery, scientific research provides overwhelming evidence that drugs not only interfere with normal brain functioning, creating feelings of pleasure, but they also have long-term effects on brain metabolism and activity that create cravings which make it difficult for addicts to quit through willpower alone. Once physical dependence develops, it is impossible to stop taking the drugs without suffering from symptoms of withdrawal.

Understanding drug abuse can help people identify and hopefully prevent it. This is important, as family involvement is crucial to help the recovering addict. A person suffering from prescription drug abuse generally displays behavioral, social and/or physiological symptoms as a result. Some of these symptoms may include:

- Mood swings, irritability or paranoia
- Secretive or suspicious behavior, like

- frequent trips to the restroom
- Frequent absences from work or school and/or a drop in quality of work or grades
- Neglect of family responsibilities
- Increasing doses of medication
- Abandoning or spending less time on activities such as hobbies, sports and socializing
- Experiencing problems with thoughts, feelings and behavior.

### DRUG ADDICTION TREATMENT CATEGORIES

There are two main categories of drug addiction treatment: behavioral and pharmacological. Behavioral treatment (such as individual, group or family counseling) teaches the patient how to function without drugs, avoid relapses and handle cravings. It can also help individuals improve their personal relationships and their ability to function at work, at school and in the community. Pharmacological treatments can be used to relieve withdrawal symptoms and help overcome drug cravings. At times, a medication can be used as a substitute for another drug, such as methadone for treatment of heroin addiction. Research suggests that a combination of both types of treatment could be most effective.

No single type of treatment is appropriate for all individuals addicted to drugs, including prescription drugs. Treatment may incorporate several levels of care services, such as detoxification, counseling and rehabilitation. Occasionally, some patients may require multiple courses of treatment before they maintain sobriety. Particular treatment options may yield better results depending upon the drug being abused. There are many types of addictions and treatments, but we will focus on three of the most common prescription drug addictions.

**TREATMENT OF OPIOID ADDICTION:** Before treatment commences, detoxification may be required, which in and of

itself is not a treatment. There are various options available for treating opioid addictions, including the use of medications such as naltrexone, methadone or buprenorphine (any of which should be used in conjunction with behavioral counseling). These medications can greatly enhance an individual's recovery and treatment due to their effects on the body. Naltrexone is a medication that blocks the effects of opioids. Methadone is a synthetic opioid that blocks the effects of heroin and other opioids. Buprenorphine can be prescribed by certified physicians in an outpatient setting, is long-lasting and tolerated well. Unfortunately, however, at times, these drugs get abused and the individual may need to be weaned off these drugs.

**TREATMENT OF CENTRAL NERVOUS SYSTEM DEPRESSANT ADDICTION:** Patients addicted to CNS should not attempt to stop taking them on their own, as withdrawal symptoms can be life-threatening. Addicted patients should undergo supervised detoxification. Additionally, they should be involved in behavioral therapy for support and to help them learn how to cope.

**TREATMENT OF STIMULANT ADDICTION:** Stimulant addiction is most effectively treated with behavioral therapies that have been proven effective in treating cocaine and methamphetamine addiction.

### ADDITIONAL TREATMENT OPTIONS

It is unfortunate that some families or parents tend to do their own diagnoses, prescribe treatments and do their own referrals without consulting a professional. Although their intentions are good, the outcome at times may not be positive and can result in poor treatment choices, deficient follow-ups and extensive financial burdens. Consultation with a professional that has proven expertise in addiction is often the most beneficial method of gaining direction as to treatment options and various alternatives.

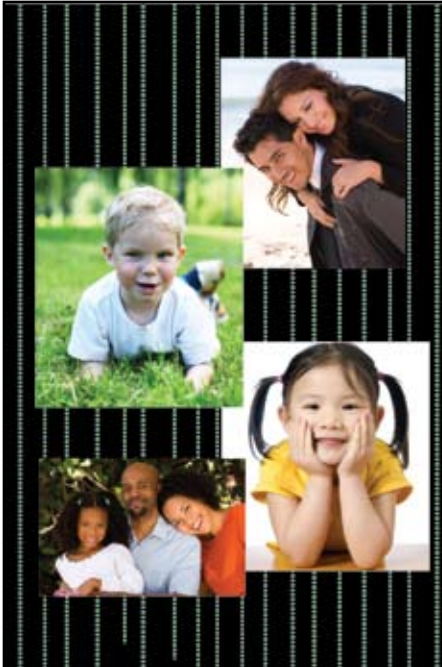


Depending on the patient's pattern of drug use and amounts ingested, treatment could vary from an outpatient to more restrictive inpatient setting. The following are types of services available:

- **Individual Counseling:** Not usually effective in treating addiction, though it may be supportive. Patients are typically seen once a week for an extensive time period.
- **Family Counseling:** Helpful in clarifying issues affecting the family but is not effective in treating the addict.
- **Group Counseling:** Usually, patients are seen in a structured environment that provides education and process counseling three to four times a week for four to six weeks. Most effective and widely-used behavioral treatment.
- **Residential Treatment Centers (RTC):** Primarily available to adolescents. Treatment can last from thirty days to up to nine months depending on the program. It is for individuals who did not benefit from less restrictive treatment. This is not the first treatment of choice, as research is conflicted as to its efficacy.
- **Group Homes:** A less restrictive setting primarily for adults living with other addicts and receiving services in a less protected environment.
- **Detoxification:** Done either in an outpatient or inpatient facility depending on drug use and is conducted under medical supervision to relieve withdrawal symptoms while the patient is adjusting to being drug-free.
- **Rehabilitation:** Conducted in a secure inpatient setting for a period of four weeks. It is for those in need of higher-level care due to repeated failures in a less restrictive setting.
- **Contingency Management:** Performed in an outpatient setting that enables patients to earn vouchers for drug-free urine tests. Vouchers can be exchanged for items that promote healthy living.
- **Support Groups:** An excellent system of follow-up. Usually, meetings are held weekly to promote sobriety and healthy living and to prevent relapse.

It is important to realize that, yes, relapse is a probability. However, although an occasional slip or total relapse can be shameful and painful, either may prove to be valuable. Through a relapse, individuals may learn about their limits, strengths and weaknesses. It can be part of the difficult and long road to recovery.

*Anis Abi-Karam & Cherry McDowell,  
Clinical Director & Addiction Coordinator  
Human Behavior Institute*



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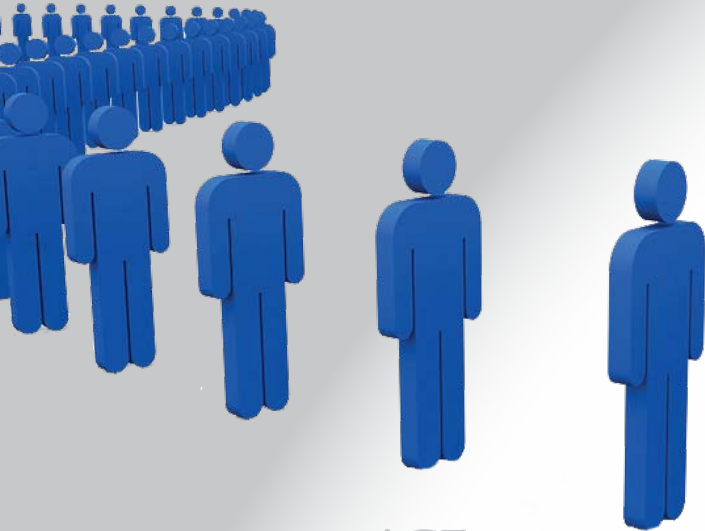
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## 2009 PROSTATE CANCER AWARENESS CAMPAIGN

### What Are the Risk Factors for Prostate Cancer?



#### AGE

Age is the strongest risk factor for prostate cancer. Prostate cancer is very rare before the age of 40, but the chance of having prostate cancer rises rapidly after age 50. Almost 2 out of 3 prostate cancers are found in men over the age of 65.

#### NATIONALITY

Prostate cancer is most common in North America, northwestern Europe, Australia, and on Caribbean islands. It is less common in Asia, Africa, Central America, and South America. More intensive screening in some developed countries likely accounts for at least part of this difference, but other factors are likely to be important as well. For example, lifestyle differences (diet, etc.) may be important: men of Asian descent living in the United States have a lower risk of prostate cancer than white Americans, but their risk is higher than that of men of similar backgrounds living in Asia.

#### GENES

Scientists have found several inherited genes that seem to raise prostate cancer risk, but they probably account for only a small number of cases overall.

#### DIET

Men who eat a lot of red meat or high-fat dairy products appear to have a slightly higher chance of getting prostate cancer. These men also tend to eat fewer fruits and vegetables. Doctors are not sure which of these factors is responsible for raising the risk.

Although the causes of prostate cancer are not yet completely understood, researchers have found several factors that may change the risk of getting it.

#### RACE/ETHNICITY

Prostate cancer occurs more often in African-American men than in men of other races. African-American men are also more likely to be diagnosed at an advanced stage, and are more than twice as likely to die of prostate cancer as white men. Prostate cancer occurs less often in Asian-American and Hispanic/Latino men than in non-Hispanic whites.

#### FAMILY HISTORY

Prostate cancer seems to run in some families, which suggests that in some cases there may be an inherited or genetic factor. Having a father or brother with prostate cancer more than doubles a man's risk of developing this disease. (The risk is higher for men with an affected brother than for those with an affected father.) The risk is much higher for men with several affected relatives, particularly if their relatives were young at the time the cancer was found.

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# TEACHERS HEALTH TRUST THIRD ANNUAL PROSTATE CANCER AWARENESS CAMPAIGN SEPTEMBER, OCTOBER & NOVEMBER 2009

The Teachers Health Trust is proud to announce the third annual Prostate Cancer Awareness Campaign. The ongoing campaign is designed to help heighten awareness and encourage prevention of prostate cancer. All male participants enrolled in either the Diamond or Platinum Plan are eligible for a free prostate exam, including a prostate-specific antigen (PSA) test and a digital rectal exam (DRE) during the months of September, October and November. 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 below with you to your doctor's appointment. Ask your physician to complete the coupon, including the examination type(s) administered, physician's printed name and signature, and the date.

## STEP 4: RETURN THE COUPON TO THE TRUST FOR REIMBURSEMENT

Return the completed coupon to the Teachers Health Trust offices, Attention: Wellness Division, P.O. Box 96238, Las Vegas, NV 89193-6238. Your office copayment will be reimbursed to you by check via mail.

# PROSTATE CANCER AWARENESS CAMPAIGN REIMBURSEMENT COUPON (EFFECTIVE 09.01.09 - 11.30.09)

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, P.O. Box 96238, Las Vegas, NV 89193-6238, within six months of exam(s) for reimbursement.

Trust ID#: 0000 \_\_\_\_\_

\_\_\_\_\_ had the following examination(s) on \_\_\_\_\_

Participant's Name

Date of Examination(s)

Prostate-Specific Antigen (PSA) Test

Digital Rectal Examination (DRE)

Physician's Name (please print)



Physician's Signature

\_\_\_\_\_ Date

For more information about the Prostate Cancer Awareness Campaign, contact the Teachers Health Trust Wellness Division at (702) 794-0272 or via e-mail at [wellness@teachershealthtrust.org](mailto:wellness@teachershealthtrust.org). For more information regarding prostate-specific antigen (PSA) tests or digital rectal exams (DRE), log on to the Trust website at [www.teachershealthtrust.org](http://www.teachershealthtrust.org).

## TRUE EMERGENCIES

## Identifying and Strategizing Can Save Time, Money and Possibly a Life.

The range of approaches people have for addressing health concerns tends to be quite broad. Some are inclined to visit a doctor or hospital at the first indication of illness or injury, some avoid seeking the immediate care they need, and some fall in between the two. But in any circumstance that poses a significant health threat, the price of a misguided choice can be steep; it can end up costing money or, in the most extreme case, a life.

Accurately assessing whether you or a loved one is experiencing a true emergency can be challenging for anyone. A child's circumstance in particular can be exceptionally difficult to evaluate, as children suffer from a unique set of medical conditions in addition to those that affect adults. To further complicate this scenario, an ill child may not yet be able to talk or otherwise communicate that something is wrong. That is why it is especially

important to obtain medical attention for your child whenever you believe he/she is experiencing an emergency.

When we find ourselves or our loved ones in an unexpected predicament, panic can set in; the clear thinking required to determine the suitable course of action can elude each and every one of us in such a moment. Still, there are ways to plan ahead of time for any emergency situation that may take place in the future so

- 
- A heart attack or repeated attacks of chest or upper abdominal pain/pressure with sweating and/or pain in the jaw or arms
  - Sudden or intense pain
  - Uncontrolled bleeding with weakness (known as shock) or without
  - Heavy vaginal bleeding
  - Bloody diarrhea or rectal bleeding
  - Coughing up or vomiting blood or something that looks like coffee grounds
  - Severe or persistent vomiting or diarrhea
  - A stop in breathing, difficulty breathing or shortness of breath
  - Fainting, coma, loss of consciousness or other unresponsiveness when talked to or touched
  - A sudden, severe headache, especially if there is neck pain or a change in consciousness at the same time
  - A change in mental ability or a state of confusion, such as not knowing where you are or being unable to recognize familiar people (which may or may not be accompanied by dizziness; unusual behavior; difficulty standing, walking, speaking, eating or feeding; decreased responsiveness or alertness; and/or excessive sleepiness or weakness)
  - Sudden blindness or change in vision
  - Fever coinciding with a change in behavior (especially with a severe, sudden headache accompanied by mental changes, rashes or neck/back stiffness)
  - Numbness or paralysis of an arm, leg or one side of the body
  - Unexplained seizures or convulsions
  - Stroke
  - Head, neck or back injury
  - Severe injuries, such as suspected broken bones, motor vehicle injuries or industrial injuries
  - Broken bones visible through an open wound
  - Serious burns
  - Drowning
  - Choking
  - Suspected poisoning or overdose
  - Anaphylaxis (a severe allergic reaction throughout the body)
  - Skin or lips that look blue or purple (gray for darker skin tones)
  - Hypothermia or abnormally low body temperature
  - Heatstroke, severe dehydration or exhaustion
  - Domestic violence or rape
  - Suicide attempt/suicidal or homicidal thoughts

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In the unfortunate event that you find someone you love in a true emergency, having a plan in advance is your best bet with respect to ensuring that person's safety.

that the overwhelming feelings in a moment of crisis will not prevent you from getting the necessary help. Compile your household's medical information (including medical histories, immunization records, medications taken, allergy information, completed consent to treat forms for children, copies of or actual insurance cards, advance directives and family contact numbers) and keep it someplace handy. Take CPR and first aid classes and make sure you have complete first aid kits available and easily accessible to all your family members. Teach your children how to call 911 and when it is necessary to do so. Familiarizing yourself and your children ahead of time with the list of emergency indicators on the facing page can also help you feel prepared should an emergency arise and take the appropriate steps if it does.

In the unfortunate event that you find someone you love in a true emergency, having a plan in advance

is your best bet with respect to ensuring that person's safety. Know where the emergency room nearest to you is located and the swiftest route to it, but call an ambulance if you recognize that moving the person could cause

further harm or that the medical equipment and technical skills of a medical professional are needed. When calling 911, be sure to speak as clearly as possible, provide all the necessary and requested information and follow any directions the dispatcher gives you. Keep your loved one warm and awake, but do not give them food or drink. If you are able to while waiting for help to arrive, pack a small bag, gather the person's medical information and perform first aid if you are properly trained. Turn on an outside light, turn off appliances, secure your pets and clear a route that the response team can easily use to get to the injured/ill person. Do not forget to lock up the house before you leave. Most importantly, though, try to remain calm for yourself and your loved one's sakes and know that the precautionary steps you have taken truly do make all the difference.

*Raegen Pietrucha,  
Communications Specialist  
Teachers Health Trust*



**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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Their Nearest Urgent Care Facilities

Do you know the location of the urgent care facility nearest to your home and work? Don't wait until an emergency occurs to try to find an open in-network facility. The Trust has compiled this list of in-network urgent care facilities and their hours of operation. For holiday hours, contact the individual facility directly. Also, remember that providers are added and removed from the Trust's network regularly. Check the provider's status within the Trust's network by logging on to the Trust's website at [www.teachershealthtrust.org](http://www.teachershealthtrust.org) and clicking the Provider Search link.

**Advanced Urgent Care/Night Light****Pediatrics - Boulder City Light:**

999 Adams Blvd., Ste. 107  
Boulder City, NV 89005  
702-293-1041

Tues. & Thurs. only, 9 a.m. to 3:45 p.m.

**Pediatrics - Eastern:**

9975 S. Eastern Ave., Ste. 110  
Las Vegas, NV 89123  
702-361-2273

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**Forte Family Practice**

**Cheyenne:** 9010 W. Cheyenne Ave.  
Las Vegas, NV 89129  
702-240-8646

Mon. through Sat., 7 a.m. to 7 p.m.  
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**Rainbow:** 4845 S. Rainbow Blvd., Ste. 402

Las Vegas, NV 89103  
702-362-9800

Mon. through Sat., 7 a.m. to 7 p.m.  
Closed Sunday

**Fremont Medical Center**

**Charleston:** 9499 W. Charleston Blvd.,  
Ste. 150  
Las Vegas, NV 89117  
702-228-5477

Mon. through Fri., 7 a.m. to 8 p.m.  
Weekends, 8 a.m. to 4 p.m.

**Lake Mead:** 595 W. Lake Mead Pkwy.

Henderson, NV 89015  
702-566-5500

Mon. through Fri., 7 a.m. to 8 p.m.  
Weekends, 8 a.m. to 4 p.m.

**Wynn:** 4880 S. Wynn Road

Las Vegas, NV 89103  
702-871-5005

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**Genesis Medical Group**

100 N. Green Valley Pkwy., Ste. 110  
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702-436-7700

Mon. through Fri., 7 a.m. to 7 p.m.  
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8530 W. Sunset Road, Ste. 110  
Las Vegas, NV 89113  
702-853-5680

Mon. through Sun., 9 a.m. to 5 p.m.

**Harmon Medical Center (HMC)**

150 E. Harmon Ave.  
Las Vegas, NV 89109  
702-796-1116

Mon. through Fri., 8 a.m. to 5 p.m.

**IHC Instacare**

**St. George:** 1739 W. Sunset Blvd.  
St. George, UT 84770  
435-634-6000

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**Hurricane:** 75 N. 2260 West  
Hurricane, UT 84737  
435-635-7227

Mon. through Sat., 9 a.m. to 9 p.m.

**River Road:** 577 S. River Road  
St. George, UT 84790  
435-688-6300

Mon. through Sun., 9 a.m. to 9 p.m.

**Legacy Urgent Care**

105 N. Pecos Road, Ste. 111  
Henderson, NV 89074  
702-263-4555

Mon. through Fri., 8 a.m. to 7 p.m.  
Sat., 8 a.m. to 4 p.m., Sun., 8 a.m. to 12 p.m.

**Night Light (Dixie) Pediatrics**

1240 E. 100 South, Ste. 14  
St. George, UT 84790  
435-628-8232

Mon. through Fri., 9 a.m. to 5 p.m.

**Rapid-Care Medical Clinic**

4270 S. Decatur Blvd., Ste. A-1A  
Las Vegas, NV 89103  
702-798-7770

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Sat., 8 a.m. to 2 p.m.  
Closed Sunday

**UMC Quick Care**

**Boulder:** 5412 Boulder Hwy.  
Las Vegas, NV 89122  
702-383-2300

Mon. through Fri., 8 a.m. to 7:30 p.m.  
Weekends, 8 a.m. to 4 p.m.

**Craig:** 2202 W. Craig Road  
North Las Vegas, NV 89032  
702-383-6270

Mon. through Fri., 8 a.m. to 7:30 p.m.  
Weekends, 8 a.m. to 4 p.m.

**Enterprise:** 1700 Wheeler Peak St.

Las Vegas, NV 89106  
702-383-1900

Daily, 8 a.m. to 6 p.m.

**Laughlin:** 150 Bruce Woodbury Drive

Laughlin, NV 89029  
702-383-3933

Daily, 7 a.m. to 5 p.m.

**Nellis:** 61 N. Nellis Blvd.

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**Rancho:** 4331 N. Rancho Drive

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702-383-3800

Mon. through Fri., 8 a.m. to 7:30 p.m.  
Weekends, 8 a.m. to 4 p.m.

**Spring Valley:** 4180 S. Rainbow Blvd.,

Ste. 810  
Las Vegas, NV 89103

702-383-3645

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Weekends, 8 a.m. to 4 p.m.

**Summerlin:** 2031 N. Buffalo Drive

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Sat., 8 a.m. to 7:30 p.m.  
Sun., 8 a.m. to 4 p.m.

**Sunset:** 525 Marks St.

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## **H.E.R.O.S.** *Healthy Employees Representing Our Schools* *Lifetime Achievement Award Winner*

Rhonda Houston



Sig Rogich Middle School

The annual WellFit for Life and Best Weigh to Go programs have helped many members of our community adopt and maintain a healthy lifestyle. These programs have a tendency to reveal those within the CCSD doing so despite much greater challenges than simply maintaining willpower.

A perfect example of an educator exhibiting limitless fortitude is Rhonda Houston of Sig Rogich Middle School. Ms. Houston is one of the many Trust participants who completed the 2009 WellFit for Life program, which is arguably an accomplishment worth celebrating in and of itself. Her participation in the program is even more notable due to the fact that it was completed alongside a regimen of dialysis treatments to aid her recovery from a kidney transplant.

As a physical education teacher, Ms. Houston has always placed a great emphasis on leading a healthy lifestyle and, upon meeting with her, it comes as little surprise that dialysis failed to slow her down. In fact, it was her overall excellent health and fitness that confounded her physicians four years ago when Rhonda

suffered from renal failure. To date, her doctors are unable to provide any explanation as to its cause. Those who treated her best verbalized their bafflement when they dubbed her the healthiest person requiring a transplant they had ever seen.

After her transplant, unfazed and more determined than ever, Rhonda focused on remaining active despite any obstacles from the recovery process. Regardless of treatment side effects and having to forgo beloved activities, she persevered. An example of her determination can be seen in her approach to regular exercise. Due to the fragility of skin grafts she received following the transplant, Rhonda had to give up her favorite sport, volleyball. Most would have utilized this as a rationalization for inactivity. Rhonda, on the other hand, simply adapted by taking up new activities such as dancing and jogging. In addition, Rhonda has grown quite fond of hiking the numerous trails at Red Rock, Ice Box Canyon being her current favorite.

When the admirably humble Ms. Houston was pressed to discuss her motivation, she revealed she felt a sense of duty: "We are educators, we are role models and we have so many kids who are out of shape. They look up to us, and, if we can, we must be role models of health to them."

As far as we at the Trust are concerned, this sense of dedication to the children she educates encapsulates why Rhonda has received the 2009 Lifetime Achievement Award! It is also why she is yet another community hero you should know!

H.E.R.O.S. highlights outstanding CCSD-licensed employees or employee groups who have achieved excellence by being healthy educators. Healthy educator(s) can be a person or group who has won a competition; led a non-profit local or national health organization; developed a healthy policy, curriculum, program or wellness initiative at a worksite or in the community; achieved a drug-free nutrition or weight loss goal with before-and-after results; or made health-related strides in spite of a health condition. To nominate a licensed employee or group for H.E.R.O.S., contact Brenda Kelley at [bkelly@teachershealthtrust.org](mailto:bkelly@teachershealthtrust.org).



## **THE TRUST WANTS YOU TO JOIN THE WELLNESS LEADERS**

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

One of the primary sources the Trust utilizes for 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 Leaders convene 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 2009-10 school year. To learn more about the Wellness Team Leaders, to 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 e-mail at [wellness@teachershealthtrust.org](mailto:wellness@teachershealthtrust.org).

### **JOIN TODAY**





# SWINE FLU VACCINATION INFORMATION

## CDC Recommendations for Use Against Novel H1N1

Since the initial outbreak of the novel influenza A H1N1, commonly referred to as Swine Flu, the Center for Disease Control has been working with numerous domestic and global health organizations to control the spread. One of the key components of the containment strategy has been the determination regarding how to supply and administer the vaccine.

On July 29, 2009, the Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices (ACIP) posted a press release outlining their findings and recommendations for prioritization should initial supplies of the vaccine be limited.

*The committee recommended the vaccination efforts focus on five key populations. Vaccination efforts are designed to help reduce the impact and spread of novel H1N1. The key populations include those who are at higher risk of disease or complications, those who are likely to come in contact with novel H1N1, and those who could infect young infants. When vaccine is first available, the committee recommended that programs and providers try to vaccinate:*

- pregnant women,
- people who live with or care for children younger than 6 months of age,
- health care and emergency medical services personnel,
- persons between the ages of 6 months through 24 years of age, and people from ages 25 through 64 years who are at higher risk for novel H1N1 because of chronic health disorders or compromised immune systems.

The CDC has been careful to communicate that they do not expect shortages of the vaccine. Nonetheless, the committee recognized that the initial supply may fail to meet the demand and have recommend the following vaccine prioritization in the event of a shortage:

- pregnant women,
- people who live with or care for children younger than 6 months of age,
- health care and emergency medical services personnel with direct patient contact,
- children 6 months through 4 years of age, and
- children 5 through 18 years of age who have chronic medical conditions.

In addition, the CDC stressed in the press release that the swine flu vaccination is not intended to replace standard flu vaccinations and is meant to be used alongside standard seasonal vaccinations. For more information or to review the press release in its entirety, visit [www.cdc.gov/media](http://www.cdc.gov/media).

**As of the release of this issue of *Health Traxx*, the vaccination for novel influenza A (H1N1), or Swine Flu, is not readily available. For this reason, the Teachers Health Trust wants to make it clear to all participants that the vaccination will not be administered at the 2009 Health Festival. If you fall within the established risk population, the Trust encourages you to discuss options with your physician.**

## 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 "eggs over easy."

EGGS

EZ

(1)

SEIFGELN

(2)

**BROKE**

(3)

GUN, JR.

(4)

WOWOLFOL

(5)

APPLE

See answers on page 28.

## LEGAL NEWS: DUI, RECKLESS ENDANGERMENT & BENEFITS

### Citations for Driving Under the Influence Will Be Revisited by Your Health Plan

The events of the evening have left you fumbling for your keys. Voices of your colleagues persist but are muffled by your mind primarily as a result of the consumption of spirits served throughout the night. Maybe you will stop, listen and call a cab. Maybe a sober colleague will take your keys and drive you home. Regardless of the possible outcomes from that point forward, you are in no condition to drive and in no position to risk your life, the lives of other drivers you will encounter on the road or the potential criminal charges resulting from a bad decision to drive in an impaired state.

According to statistics posted on the Mothers Against Drunk Driving (otherwise known as M.A.D.D.) website, [www.madd.org](http://www.madd.org), on average, a person is killed by a drunk driver every 45 minutes. Most alarming is the statistic indicating that approximately three in every ten automobile accidents experienced by Americans are related to alcohol consumption.

In the state of Nevada, there is no stipulation that differentiates between a DUI (driving under the influence) and a DWI (driving while intoxicated). This being the case, a DUI citation takes on a broader definition that includes and may not be limited to impairment caused by alcohol or drugs. A driver can be charged with a DUI if impairment is evident regardless of blood alcohol level, thereby making "DUI" a more generalized term.

The National Institute on Drug Abuse confirms in fifteen states, including Nevada, that it is illegal to operate a motor vehicle if there is any detectable level of a prohibited

drug or its metabolites in the driver's blood. In various states, the laws define this criminal act as "drugged driving" once it is determined that a drug – regardless of whether the drug is illegal, prescription or over-the-counter – has caused a driver to become impaired and incapable of driving safely. In the state of Nevada, this illegal act is defined as a DUI, may incorporate additional charges (such as possession, if relevant to the situation), and is punishable under the applicable laws and statutes that govern the state.

[In the state of] Nevada... it is illegal to operate a motor vehicle if there is any detectable level of a prohibited drug or its metabolites in the driver's blood.

Trust health plan may give you another very sobering thought to ponder.

The Teachers Health Trust **does not** cover any medical and/or dental services or expenses incurred for injuries or illnesses that occur as a consequence of the commission or attempted commission of an act that results in a conviction of a felony or misdemeanor. Per the Teachers Health Trust's Summary Plan Document, the definition of misdemeanor is limited to assault and/or battery, **DUI** or reckless driving. This provision applies regardless of whether or not you were cited for causing an automobile accident or loss.

In cases where a participant is cited and charged for a DUI or DWI, regardless of whether said citation or charge was issued in or outside of the state of Nevada, the Trust will deny payment of all applicable claims and will not issue payment until the participant submits pertinent legal documents from the applicable courts that indicate the participant's DUI and/or reckless driving charges have been dismissed or amended to indicate no felony or misdemeanor charges remain (as defined by the Trust's Plan Provision). Please take time to review and revisit your Plan Document to confirm the Non-Covered Services in both the Diamond and Platinum Plans.



If these facts and statistics are not enough to deter you from driving while under the influence, a brief revisit with your Teachers Health

Although deciding to indulge in alcoholic beverages or take prescription or non-prescription medications is not a crime, it is your responsibility to educate yourself on the effects the drug or beverage you are consuming have on your sobriety, particularly if you plan on driving after consumption. If you are unsure of how your body will react to a prescription or over-the-counter drug, try administering a test period to allow yourself to become familiar with the effects of the medication. Most importantly, refrain from driving if the drug or medication may impair your ability to drive in any way.

*Sandra Garza-Chavez, Contributor  
Teachers Health Trust*



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## FOCUS on the FACTS

**Q:** I recently moved to Las Vegas. My first weekend here, I was pulled over and issued a DUI. This is Sin City, though; what's the worst that could happen?

**Inquisitively,  
Ian E. Braeted**

**A:** Well, Ian, this may be Sin City, but endangering the lives of your fellow Nevadans is one vice few will ever look kindly upon. Fortunately, it sounds like no one was hurt, and hopefully you've learned your lesson. Nonetheless, I hope you're prepared because Nevada takes DUI seriously.

In Nevada, a blood alcohol concentration (BAC) above .08% is considered "per se intoxicated" by law and is sufficient to be convicted of DUI. When stopped for a suspected DUI in Nevada, you are subject to implied consent laws. What this means is that by using Nevada roads, you have already consented to being subjected to breath, blood or urine testing for alcohol content. Refusal to comply may result in the compulsory suspension of your driver's license for up to a year. Additionally, Nevada enforces a Zero Tolerance BAC policy. Anyone under the legal drinking age of 21 caught operating a car with a BAC above .02% will be issued a DUI.

If convicted, assuming this is your first offense, you may be allowed to enroll in alcohol education and assessment/treatment classes. These programs are typically offered in lieu of incarceration or fines.

If this is not your first DUI, you will likely be subjected to administrative license suspension/revocation penalties. These minimum mandatory penalties are often enforced with respect to repeat offenders or those who refuse to submit to breath, blood or urine testing for blood alcohol content. However, these penalties can be imposed upon first-time offenders as well.

The point is that while we Nevadans want both residents and tourists to enjoy themselves in our great state, it is important that everyone do so safely and responsibly. Next time, catch a cab or assign a designated driver. In the end, it is a safer, cheaper and much more civic-minded decision.

*To learn more about the DUI laws of Nevada and to locate resources, visit <http://www.dmvnv.com>.*



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**MENTAL MUSCLE ANSWERS**  
 1. Mixed feelings 2. Flat broke 3. Son of a gun  
 4. Wolf in sheep's clothing 5. Apple turnover

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# HEALTH TRAXX: FALL, 2009

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H.E.R.O.S. LIFETIME ACHIEVEMENT AWARD

by Philip DiGiacomo

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2. Photography: Philip DiGiacomo

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