

HEALTH

A Publication for Teachers Health Trust Participants



TRAXX

Summer 2010 • Volume 9, Issue 2
For Teachers by Teachers



**Congratulations,
WellFit Winners
p. 10**



**Deciphering
Hypertension
p. 14**



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for the Sun
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Immunization
Workshop
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FOCUS ON THE FACTS ABOUT CHILI PEPPERS, P. 18

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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 or write to:

Teachers Health Trust
c/o Brenda Kelley
P.O. Box 96238
Las Vegas, NV 89193-6238

Chairperson
Jane Forbes

Editor & Publications Coordinator
Brenda S. Kelley

Layout & Design
Philip A. DiGiacomo

Contributing Editor
Raegen Pietrucha

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A MESSAGE FROM THE CEO

On March 23, 2010, the Patient Protection and Affordable Care Act ("Health Reform Law") was signed into law and, together with the subsequent changes made by the Health Care and Education Affordability Reconciliation Act of 2010, created a revised model for providing and financing health care in the United States. Many people who were previously either uninsured or underinsured will now have more affordable access to the health care system and some of the restrictions currently imposed by health insurance companies have been eliminated. While the new health reform law is cumbersome, far-reaching and expensive to some employers and higher income individuals, its broad scope will provide needed benefits to a segment of the population which to date has not been able to afford to access the health care system in a more meaningful manner.

Many of the new mandates set forth in the health reform law will not apply to the Health Trust since these mandates are already incorporated into your existing plan. For example, the Health Trust does not have a pre-existing condition exclusion, does not cancel benefits when an individual has high claims and does not arbitrarily adjust rates to account for those individuals who have health conditions which use more financial resources. The major changes in your plan that will take place on January 1, 2011 will be the ability of your child that does not have access to health insurance through his/her employer to be eligible for coverage until he/she reaches the age of 26 (regardless of marital or student status) and the elimination of the existing \$2,000,000 limitation on lifetime benefits. The Board of Trustees is in the process of reviewing the new health reform law and any plan changes made will be communicated to all participants sufficiently in advance of January 1, 2011 to enable you to plan for the upcoming year. My discussions with the Board of Trustees will continue during the next few months, at which time a more complete analysis of changes will be forthcoming, including premium changes, if any.

As I have stated in previous editions of *Health Traxx* and during other talks that I have given, the goal of the Health Trust is to provide the most comprehensive benefits possible within the framework of the funding that it receives and to conduct business in a fiscally responsible manner. The tentative contract between CCEA and CCSD does not provide for any increase in CCSD health insurance premiums for teachers. This will be the second year without an increase in premiums from CCSD and, given the current state of the economy in Nevada, the future outlook for increases looks guarded. The Health Trust has adequate reserves to meet the challenges of the new health care law and, together with the support of my knowledgeable staff members, I look forward to being able to continue meeting your health care needs in the most cost-efficient and comprehensive manner possible.

Enjoy your summer and stay healthy!

Sincerely,

Peter Albert
Chief Executive Officer
May 2010

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TRUST TIDBITS

Find Your Subscriber ID#, Win \$ 25.00

In order to thank our readers and increase the fun factor, we will continue to offer one lucky winner the chance to win \$25.00 each issue. For your chance to win, pay close attention to find the *Health Traxx* \$25 bill (sample shown to the right). If your subscriber number is on the bill, you win! In order to collect your prize, please e-mail the Wellness Division at www.wellness@teachershealthtrust.org. All prizes must be claimed within 90 days of the issue's mail date. Good luck and thanks for reading.



Non-PPO Take Care Clinics at Walgreens

The Trust has been receiving a number of claims from Walgreens' Take Care Clinics, which are non-emergency treatment centers that provide vaccinations, diagnostic testing and other services. Though Walgreens' pharmacies are contracted through the Trust, its Take Care Clinics are out-of-network, and claims from the Take Care Clinics will therefore be processed at the out-of-network benefit level. To avoid such unnecessary out-of-pocket expenses, log on to the Trust's website at www.teachershealthtrust.org and verify that all providers you intend to visit are in-network.

2010 Health Festival

Planning for the Teachers Health Trust's 2010 Health Festival is currently underway. The annual festival will be held on Saturday, October 16, 2010, at Cox Pavilion, located on the UNLV campus. This year's festival will be entitled "Round-up to Good Health," supported by a rodeo theme.

ON THE COVER

HEALTH TRAXX
A Teacher Health Trust Publication

August 2010 • Volume 2, Number 2

Organizational Change p.10

Understanding Hypertension p.14

2010 Diabetes Fair: Inaugural Event p.19

Be Prepared for the Sun p.8

FOCUS ON THE FACTS ABOUT CHILI PEPPERS, P.18

Health Traxx may have a new look, but we promise the same quality content that you have come to expect is waiting inside. This issue, we focus on the annual WellFit for Life and Best Weigh to Go Winners, deciphering hypertension, avoiding the perils of yo-yo dieting and much, much more! We hope you enjoy this issue of Health Traxx!

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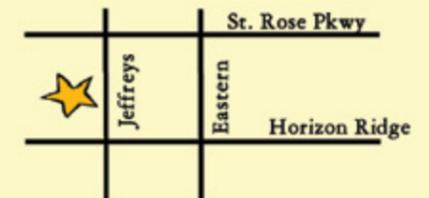
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IMPORTANT DATES TO MARK ON YOUR CALENDAR

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 - RSVP for 2010 Back-to-School Immunization Workshop open.	2	3	4	5
6	7	8	9	10	11	12
13	14 - Flag Day	15	16	17	18	19
20 - Father's Day	21 - Summer begins.	22	23	24	25	26
27	28	29	30			

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 - Independence Day	5 - Trust closed in observance of Independence Day	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10 - 2010 Back-to-School Immunization Workshop.	11	12	13	14
15	16	17	18 19 New Hire Orientation (tentative).	20	21	
22	23	24	25	26	27	28
29	30	31				

URGENT & AFTER-HOURS CARE

Do You Know THE LOCATION OF YOUR NEAREST URGENT CARE FACILITY?

If an emergency strikes that requires treatment for yourself or a loved one, the Trust wants you to be sure you can find an open in-network facility when it is most important. For your convenience, we have compiled the following list of in-network urgent care facilities that includes their hours of operation. In the event of a holiday emergency, be sure to contact the facility directly first. Remember that providers are added and removed from the Trust's network regularly, so check the provider's status by visiting the Teachers Health Trust's online provider search feature at www.teachershealthtrust.org.

Advanced Urgent Care/Nightlight

Pediatrics (Boulder City):

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

Mon. & Thurs. only, 9 a.m. to 3 p.m.

Pediatrics - Eastern:

9975 S. Eastern Ave., Ste. 110
Las Vegas, NV 89183
702-361-2273

Mon. through Fri., 8 a.m. to 9 p.m.
Weekends, 9 a.m. to 4 p.m.

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.
Closed Sunday

Rainbow: 4845 S. Rainbow Blvd., Ste. 402

Las Vegas, NV 89103
702-362-9800

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

Fremont Medical Center

Charleston: 9499 W. Charleston Blvd.,

Ste. 150
Las Vegas, NV 89128
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

Open 24 hours, including holidays

Genesis Medical Group

100 N. Green Valley Pkwy., Ste. 110

Henderson, NV 89074
702-436-7700

Mon. through Fri., 7 a.m. to 7 p.m.
Weekends/Holidays, 9 a.m. to 5 p.m.

8530 W. Sunset Road, Ste. 110

Las Vegas, NV 89113
702-853-5680

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

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.
Closed Weekends

IHC Instacare

St. George: 1739 W. Sunset Blvd.

St. George, UT 84770
435-634-6000

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

Hurricane: 75 N. 2260 West

Hurricane, UT 84737
435-635-6550

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. & Tues. 8 a.m. to 7 p.m.
Wed. through Fri. 8 a.m. to 6 p.m.
Sat., 8 a.m. to 4 p.m., Sun., 8 a.m. to 12 p.m.

Night Light (Pixie) Pediatrics

1240 E. 100 South, Ste. 14

St. George, UT 84790
435-628-8232

Mon. through Fri. (day), 9 a.m. to 5 p.m.
Mon. through Sun. (night), 6 p.m. to 10 p.m.

Rapid-Care Medical Clinic

4270 S. Decatur Blvd., Ste. A-1A

Las Vegas, NV 89103
702-798-7770

Mon. through Fri., 8 a.m. to 5:30 p.m.
Sat., 9 a.m. to 2:30 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.

Las Vegas, NV 89110
702-383-6240

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

Peccole: 9320 W. Sahara Ave.

Las Vegas, NV 89117
702-383-3850

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

Rancho: 4331 N. Rancho Drive

Las Vegas, NV 89130
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

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

Summerlin: 2031 N. Buffalo Drive

Las Vegas, NV 89128
702-383-3750

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

Sunset: 525 Marks St.

Henderson, NV 89014
702-383-6210

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

FUN IN THE SUN: A SUMMER CHECKLIST

- * Grab a hat
- * Slather on the sunscreen
- * Use insect repellent
- * Purchase sunglasses
- * Stay hydrated
- * Wear light-colored clothing
- * Find shade from a canopy or tent
- * Buy a lawnmower with built-in safety gadgets
- * Use safety glasses
- * Wear appropriate shoes/ attire while grilling
- * Pack, cook and store food properly

- * Never leave your kids or pets in a vehicle
- * Bring goggles and life preservers
- * Construct a lockable fence or gate around pools
- * Invest in children's swimming lessons
- * Ensure playgrounds have safety mats and well-maintained equipment
- * Buy properly fitted sports gear and reflective apparel

With summer here, it is natural to daydream about the joys of the season. But while planning getaways and outdoor adventures, do not forget to prepare for the risks associated with summer activities.

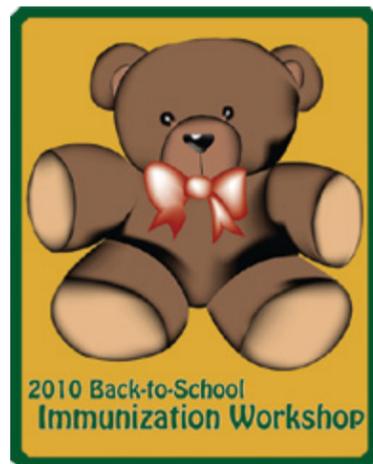
- * Teach children the rules of the road
- * Advise kids to stay in groups in well-lit areas
- * Avoid others' pets
- * Carry a cell phone
- * Get medical and dental checkups
- * Renew your prescriptions
- * Prepare a travel first aid kit
- * Obtain immunizations
- * Research food and water quality abroad
- * Verify your insurance coverage

www.teachers-healthtrust.org

www.medco.com

www.vsp.com

90-day supplies of medications can be obtained (as prescribed) through Medco's Mail Order Program (www.medco.com) for those longer summer trips. VSP (www.vsp.com) can assist you with any vision concerns you may have and can help you find that perfect pair of sunglasses to protect your eyes! With the proper precautions taken, fun this summer is practically guaranteed!



KIDS KORNER

2010 Back-to-School Immunization Workshop

Participants with school-aged children in need of annual immunizations should be sure to mark their calendars for the 2010 Back-to-School Immunization Workshop. The Teachers Health Trust has partnered with the Wellness Group to host this important workshop for all eligible dependents on Tuesday, August 10, 2010. Space is limited, so participants must RSVP for this workshop to attend. Online RSVP begins Thursday, May 27, 2010. **Parents are strongly encouraged to fax copies of immunization records to the Trust prior to the workshop. Additionally, parents should bring hard copies of records with them on the day of the workshop.**

Date:	Tuesday, August 10, 2010
Time:	10:00 a.m. - 2:00 p.m.
Location:	Teachers Health Trust Sedway Room 2950 E. Rochelle Ave. Las Vegas, NV 89121
RSVP:	www.teachershealthtrust.org
Contact:	Phone: (702) 794-0272 Toll-free: (800) 432-5859 Fax: (702) 794-2093 wellness@teachershealthtrust.org

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Las Vegas, NV 89120
702.796.0009

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



Shawn Aizman
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Dearing E.S.
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Linda Lam
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Advanced Division
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Dena Trees
Foothill H.S.
Advanced Division
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Visually HDCP
Intermediate Division
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Intermediate Division
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Darin Anderson
Lawrence M.S.
Novice Division
70.17 miles



Jennifer Shaps
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Novice Division
69.62 miles



Alicia Boland
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Extreme Division
626.58 miles



Dee Arting
Area I Service Center
Advanced Division
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Caroline Northrup
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Intermediate Division
264.67 miles



Scott Carter
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Intermediate Division
291 miles



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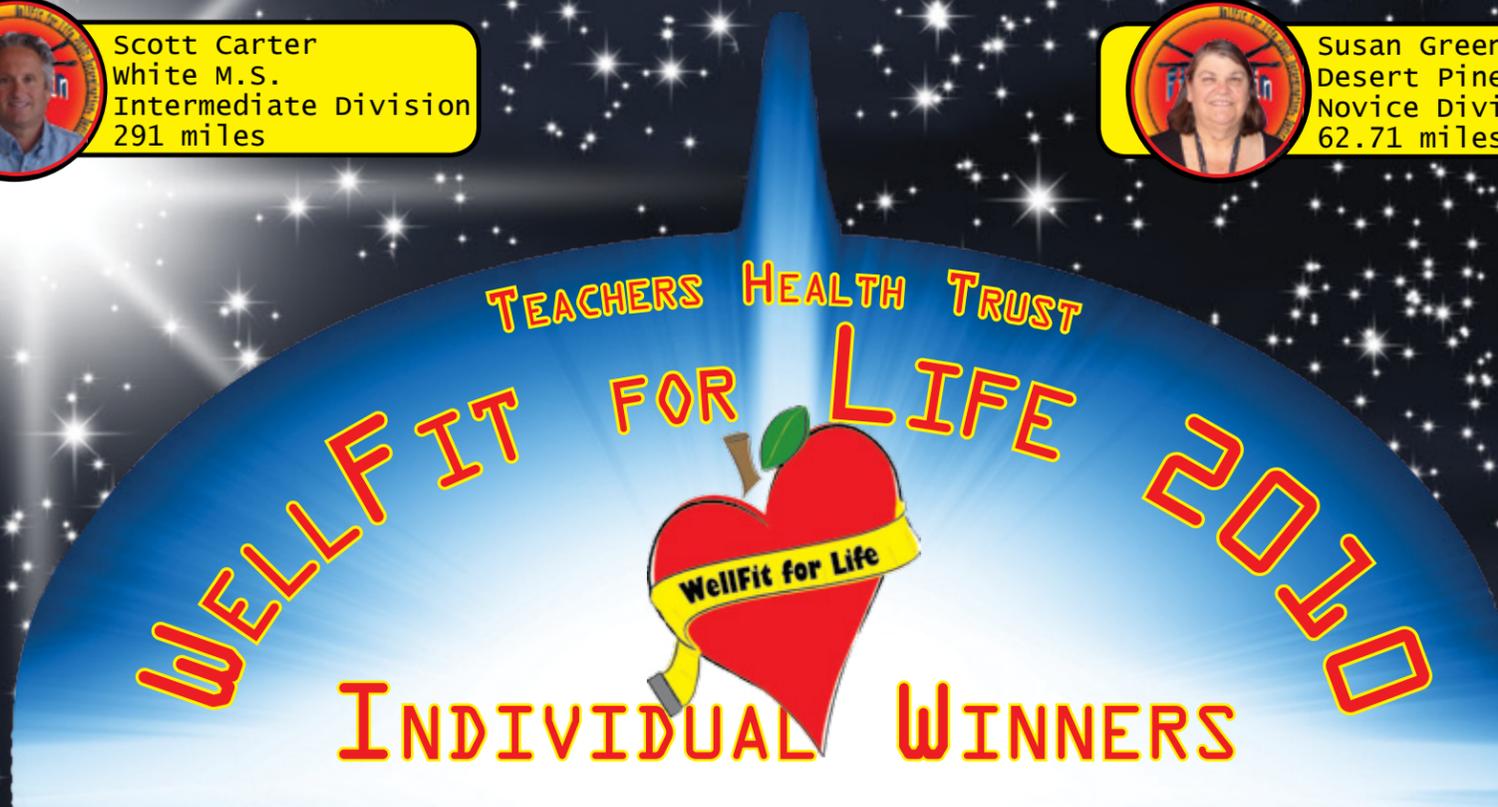
Denise Carson
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Candy Smith
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Extreme Division
687.47 miles



Erin Lousingnont
Reed E.S.
Advanced Division
448.5 miles





DECIPHERING HYPERTENSION

Hypertension, or high blood pressure, affects about 50 million Americans. Known as “the silent killer,” most people remain undiagnosed and unaware of their condition because the building up of pressure inside the body’s large arteries produces either no symptoms or unspecific symptoms such as buzzing in the ears, changes in vision, nosebleeds, heart palpitations, chest pain, general confusion and/or fatigue that go disregarded or get attributed to other causes. However, in spite of seemingly benign symptoms initially, hypertension can cause serious harm. The higher a blood pressure reading is or the longer high blood pressure persists, the greater the potential becomes for damage to the cardiovascular system to occur. Products of hypertension like arrhythmia (heart rhythm irregularities),

aortic dissection (bleeding across the aortic wall), arteriosclerosis (hardening of the arteries), congestive heart failure, heart attack, hypertensive heart disease, kidney damage or failure, brain damage, stroke and vision loss can cause permanent impairment or death.

The already-elusive nature of hypertension is further complicated by the general method for diagnosis that at times produces conflicting results. The primary way to discover hypertension is through the measurement of blood pressure using a sphygmomanometer (the cuff that goes around the arm and squeezes it), but this reading is delicate and can be affected by tobacco use, alcohol or caffeine consumption – even stress. Assuming an accurate reading is obtained, however, what do the two numbers that comprise it mean, and how do they help doctors differentiate between healthy and unhealthy blood pressure? The first number in a blood pressure reading indicates systolic pressure, the peak arterial pressure caused by the heart’s beating. The number that appears after the slash (or “over” symbol) specifies diastolic pressure, the arterial pressure remaining between beats. Either number or both numbers may be high enough to qualify a person as hypertensive. A normal reading will be

below 120/80 mmHg (millimeters of mercury). A reading in the range of 120-139/80-89 indicates prehypertension, which means it is more likely that Stage 1 or Stage 2 hypertension will develop in the future. Stage 1 hypertension is diagnosed at 140-159/90-99, and Stage 2 occurs when either systolic or diastolic pressure rises above 160 or 100, respectively.

Though the exact cause of over 90% of diagnosed hypertension cases cannot be identified, many factors are thought to contribute to it. Family history, being over 35 years of age, being of African-American descent, being male, smoking, obesity, diets high in salt and/or fat, lack of exercise, consuming more than one to two alcoholic beverages per day, mineral deficiencies (specifically, potassium, calcium and magnesium), diabetes, stress, pregnancy and birth control pills can play a part in the development of this mysterious type of high blood pressure, called essential or primary hypertension. Secondary hypertension, on the other hand, generally stems from one of the following causes: kidney disease, endocrine disorders or the use of certain prescription or over-the-counter medications (e.g., Ritalin or Sudafed).

The good news is that hypertension can be regulated or reduced through weight loss, exercise, taking mineral supplements, reducing alcohol consumption, quitting smoking and making healthy changes in diet. The DASH (Daily Approaches to Stop Hypertension) diet, much like the acronym implies, specifically addresses the needs of hypertensive patients; it emphasizes eating whole grain products, lean meats (such as fish and poultry), low-fat dairy products, fruits, vegetables and nuts while limiting fatty foods, red meat and sweets. Several types of medications (listed on the left) can also help control cases of hypertension not completely remedied through diet and exercise alone. Though for most, hypertension is a lifelong circumstance, with awareness and consistent devotion to a healthy routine, its effects on a person’s lifestyle can be minimized.

Raegen Pietrucha, Communications Specialist
Teachers Health Trust

Already Been Diagnosed with Hypertension?

Certain symptoms can be special warning signs for you, so contact your health care provider immediately if you experience any of the following:

- ✦ Chest pain
- ✦ Shortness of breath
- ✦ Changes in vision
- ✦ Severe headache
- ✦ Nausea/vomiting
- ✦ Excessive fatigue
- ✦ Hyperhidrosis (excessive sweating)
- ✦ Confusion



Types of Hypertension Drugs Your Doctor May Prescribe

- ⊖ Diuretics
- ⊖ Beta-blockers
- ⊖ Angiotensin converting enzyme (ACE) inhibitors
- ⊖ Angiotensin II receptor blockers (ARBs)
- ⊖ Calcium channel blockers
- ⊖ Alpha-1 blockers
- ⊖ Alpha-2 agonists
- ⊖ Direct vasodilators
- ⊖ Sympathetic nerve blockers
- ⊖ Renin inhibitors

FOR YOUR BENEFIT: When to Notify the Trust of Your Life Event

Generally speaking, enrollment changes for yourself and your dependents can only be made during Open Enrollment in November. However, changes may be made when any of the following situations, known as **life events**, occur:

- You gain a new dependent through birth, marriage, etc.
- The Trust receives a Qualified Medical Child Support Order (QMCSO)
- A dependent child aged 19 through 25 gains/loses full-time student status
- A relationship change such as marriage, divorce, legal separation, annulment or commencement/termination of domestic partnership occurs
- Eligibility for other health care coverage (including COBRA) is gained/lost
- The death of a spouse, domestic partner or dependent occurs

Should you fail to submit your Change Form and any other documentation required to add or delete a dependent **within 31 calendar days of the life event**, the following may result:

- Additional fees to enroll (no more than 60 days from the date of the life event)
- Incorrect premium deductions
- Forfeiture of premiums
- Denied or delayed claims payments
- Having to reimburse the Trust for claims paid on ineligible dependents
- Jeopardized COBRA election rights

To find out what documentation is required by the Trust with regard to your specific life event and to obtain a Change Form, visit www.teachershealthtrust.org or contact our Service Department at (702) 794-0272.

Demographics changes such as new names, addresses and telephone numbers should also be submitted in a timely fashion. Changes to life insurance beneficiary information can be made at any time. Section 125 plan changes may only be made during Open Enrollment (unless it is in conjunction with the commencement of a domestic partnership).



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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Did You Know?

Summer is here, bringing with it extreme temperatures that can last for days or weeks. Did you know that approximately 175 Americans die each year from causes directly attributable to extreme heat? Furthermore, here in Clark County, the conditions caused by the dry climate compound the adverse health effects of extreme heat. The key to avoiding heat-related injuries and illnesses is to defend yourself through prevention. When the temperature rises above 90°, extreme caution and preventive behavior must be practiced. Protect yourself and your family by taking the following safety precautions:

- * Drink plenty of water
- * Use sunscreen with a high SPF rating
- * Plan activities before noon or in the evening
- * Be sure you have access to shady areas to allow your body to recover
- * Stay cool by staying indoors; visit a shopping mall or library for a few hours
- * Use an electric fan and take cool showers or baths to stay cool
- * Dress in loose-fitting, lightweight, light-colored clothing
- * Wear a wide-brimmed hat to protect your face and head

Along with protecting yourself from heat exhaustion, knowing its warning signs can prevent over-exposure and life-threatening symptoms. Be aware of warning signs such as:

- * Pale, sweaty skin
- * Rapid and weak pulse
- * Weakness or fatigue
- * Headache, nausea, dizziness and muscle twitching

When any of these signs appear, quick responses such as moving to a cooler place, taking a cool shower or bath or consuming a cool beverage can keep victims safe and healthy!

Help protect the world we live in... Go Green with us!

At CCEA, going green is not just a slogan or trendy phase — we practice it every day by shredding and recycling all paper, plastic, and aluminum products we use in the operation of the Association. And now, we are revving up the effort by taking advantage of the Internet world! But wait, we need your help.

How can you help? It's easy. Opt in to receive CCEA communications via e-mail! When you choose to Go Green with CCEA, you will be helping us protect the world we live in. Together we can create a greener environment. We will save trees by reducing paper consumption and using digital means of communication as often as possible. The less we throw away, the less room we will need for landfills in the future.

But wait...there are other benefits to Go Green. We will enhance the delivery of information to you because you can access it 24/7 and CCEA will save money by not incurring printing and mailing costs!

Don't wait, Go Green with CCEA!



Go to www.ccea-nv.org, click on the GREEN button on the home page and complete the six fields to "opt in" to participate in the GREEN effort with CCEA.



Attention All Participants

Be sure to mark your calendars for the



Round-Up

To Good Health

THT

2010

15th Annual Health Festival

Saturday, October 16, 2010
9:00 a.m. - 1:00 p.m.

Cox Pavilion at University of Nevada, Las Vegas
(East Tropicana Avenue and Swenson Street)

Hosted by the Teachers Health Trust in conjunction with the Clark County School District and the Clark County Education Association, the annual Health Festival features health information from providers across the Clark County area. The festival goals are to increase health and wellness knowledge, promote health awareness and help attendees reduce their risk for developing various diseases or chronic conditions by rounding up a herd of prevention information.



FOCUS on the FACTS

Q:



I have been told by several of my peers that adding chili peppers to my food can help rev up my metabolism. Can chili peppers really spice up my health?

A:

In short, yes, they can! Capsaicin – the chemical in chilies that makes them spicy – increases thermogenesis, which is the scientific term referring to the body's heat production. Because the body uses more energy (or calories) to create the additional heat that capsaicin triggers it to produce, its metabolic rate may increase anywhere from 23% to as high as 30%. The spicier the pepper, the longer the thermogenesis boost lasts; however, the boost remains limited to a duration of between a few hours to a modest half-hour after consumption. Therefore, if you seek more long-term benefits with respect to revving your metabolism, it is recommended that you eat spicy foods daily.

Though it is currently unclear as to whether chili peppers exacerbate stomach problems, if you are not affected by such health matters, you can derive several additional benefits from eating these spicy fruits. Chilies have been linked to increased endorphins (our feel-good hormones), obesity prevention, lowered blood pressure and fighting cancer. The capsaicin, vitamin C, beta-carotene, lycopene, and other vitamins and minerals chili peppers contain may also reduce the risk of heart disease, stroke and diabetes, so eat up!

Raegen Pietrucha, Communications Specialist
Teachers Health Trust

THE TRUST WANTS YOU TO BE A: WELLNESS TEAM LEADER

The Teachers Health Trust relies greatly upon the input and participation of our Wellness Team Leaders to help us provide quality service, programs and benefits.

One of our primary sources for the development, coordination and improvement of wellness programs and benefits are our Wellness Team Leaders.

The Wellness Team Leaders serve as on-site liaisons to the Trust and help to ensure that our programs and activities meet the needs of participants. The inclusion of a Wellness Team Leader from each school and worksite is vital to the success of the Trust and its programs.

The Trust is continuously in need of and recruiting new Wellness Team Leaders. To learn more about the Wellness Team Leaders, to find out if your worksite has a delegate or to volunteer, contact the Wellness Division via phone at (702) 794-0272 or e-mail at wellness@teachershealthtrust.org.

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2010 DIABETES FAIR

Inaugural Event in Review



April 17, 2010, marked the date of the first Diabetes Fair hosted by the Teachers Health Trust, and we are proud to announce that it was a success on all fronts.

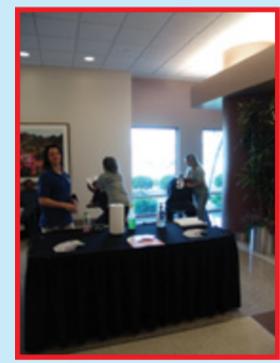
Unsure about the interest this event would generate in our participants, the fair was organized to host 150 attendees. Much to the Trust's surprise, the online RSVP reached capacity within hours of going live.

Fortunately, the participants able to attend were treated to a host of vendors and speakers whose services cater to the needs and concerns of those diagnosed with diabetes. In addition, a luncheon was held where participants were able to obtain important information on managing diabetes from our scheduled speakers, which included a nutritionist, podiatrists and two endocrinologists.

Meanwhile, the vendor hall offered all in attendance the chance to visit and schedule services with organizations such as Desert Radiologists; Nevada Eye and Ear; Juvenile Diabetes Research Fund; Abbot Diabetes Care; Dr. Lee Wittenberg, Podiatrist; and Dina Cazares, RN, DCTA.

Of course, it certainly wasn't all business as usual. As anyone who has attended one of our events in the past can attest to, a good dose of fun always plays a part in any Trust-sponsored activity. To ensure we continued that tradition, the good folks at European School of Massage Therapy were on hand to help our guests relax and to work away all that built-up stress.

All signs show that the 2010 Diabetes Fair was an educational and enjoyable event for participants, vendors and Trust staff alike. The Teachers Health Trust would like to express our sincere gratitude to Spring Valley Hospital and The Valley Health System for partnering with us in order to host this important event.



YO-YO DIETING: THE CAUSES, PITFALLS & RISKS OF WEIGHT CYCLING



Every year, millions of overweight Americans set out to become healthier, leaner and, hopefully, happier people. Armed with the most recent fad and/or starvation diet, many succeed in dropping a significant amount of weight. Having accomplished their immediate goal, they are temporarily filled with pride. Unfortunately, these losses have a tendency to be merely short-term. Over the course of a few weeks or months, most or all of the weight is regained. Making matters worse, the apathy and depression that can set in often lead to further weight gain.

For most people in the cycle, determination eventually reemerges and the dieting begins again, continuing an endless, cyclical nightmare of losing and regaining weight. This pattern is called weight cycling – more commonly referred to as yo-yo dieting. With each up-and-down phase of yo-yo dieting, those trapped in the cycle become more disheartened with their ability to ever reach and maintain a healthy weight and figure.

For those caught in this cycle, it is important to realize you are not alone and that it is not an unbreakable pattern. The questions anyone caught in the weight cycle trap need to ask are:

- ❶ **What causes the yo-yo effect?**
- ❷ **How does my body react?**
- ❸ **What are the health risks?**
- ❹ **How do I break the cycle?**

What Causes the Yo-yo Effect?

Weight cycling is most often a side-effect of dieting that utilizes any form of extreme caloric deficit as the primary component for weight loss. Incorporating this extreme weight loss strategy as a daily dietary plan is a surefire way to become trapped in or continue weight cycling if it is not the first time the method has been employed.

The primary trapping of this approach to weight loss is that, in the beginning, the results of drastic caloric deficits appear promising. And why not? Initially, weight is dropped at an accelerated rate. Since weight loss is the goal and the method is yielding rapid results, it would seemingly make sense to continue, "seemingly" being the key word.

The Starvation Response

In reality, this approach to weight loss simply sets a trap because it overlooks one of the most important aspects of human physiology: adaptability.

In this case, the problem the body must adapt to is starvation, and the fact that it is self-imposed is not a factor in the biological response. Over the span of human existence, the body has had to develop a suitable response to periods in history where famines could and would occur often. As a result, the body learned how to cope with such occurrences by slowing the rate at which caloric intake and fat stores get converted into energy.

Currently, despite the fact that we live in an era and region in which famines are rare, our bodies are still programmed to respond to drastic reductions in available calories by employing a strategy where metabolism is slowed.

Metabolic Slowdown

After the body experiences a caloric deficit for an extended period of time, which varies from one individual to the next, the natural response to starvation is conservation of energy stores (*yes, the fat stored on your body has a practical purpose*). This conservation is accomplished through slowing your metabolic rate. What this means for the yo-yo effect is that while the initial shock of starving oneself may yield early results, the body will eventually adapt by lowering the amount of calories burned daily. This adaptation is key in weight cycling.

Let us consider a person who normally burns 2,000 calories daily. At some point, this individual begins a starvation diet that consists of a mere 1,400 calories a day. The initial shock of such a drastic caloric deficit results in rapid weight loss, encouraging the dieter to continue. Of course, this result is due only to the fact that the body has not yet adapted to the sudden introduction of a 30% reduction in daily caloric intake.

As time passes, the dieter will experience an ever-diminishing amount of weight loss. The reason for this is simple; the body has adapted to the caloric deficit by reducing the person's metabolic rate from 2,000 to somewhere in the ballpark of 1,800 calories a day. This, in turn, slows the rate of weight loss. Eventually, the stress of the diminishing returns coupled with the inevitable reversion to more sustainable eating habits (*as few people can maintain a starvation diet for a prolonged period*) sets the weight cycle in motion. Now, even if a healthy nutritional regimen of 2,000 calories per day is maintained, weight gain is possible and likely. While the new regimen would have yielded positive results prior to the metabolic slowdown, due to the starvation approach attempted previously, it now contains 200 calories more than the body will utilize, at least until the body adapts yet again.

Pitfalls & Health Risks

In addition to the failed attempt to lose weight, yo-yo dieting presents a yet unclear set of risks to long-term health. One of the problems in analyzing the long-term effects is that yo-yo dieting is a relatively new concern for our society, having emerged only as our ability to mass-produce food has increased in recent decades.

As it stands, continued research is still needed before any and all health risks associated with weight cycling can be confirmed. The issue is fur-

ther confounded by the fact that most physicians agree that data on the long-term risks is mixed. Nonetheless, as research does continue, a significant percentage of health professionals note a growing body of evidence that suggests weight cycling may lead to both cardiovascular and metabolic disorders.

Whether it is ultimately determined that weight cycling itself is dangerous, physicians agree that being overweight leads to many health risks, including:

- ❶ *High blood pressure.*
- ❷ *Heart disease & stroke.*
- ❸ *Diabetes.*
- ❹ *Cancer.*
- ❺ *Gallbladder disease & gallstones.*
- ❻ *Osteoarthritis.*
- ❼ *Gout.*
- ❽ *Respiratory problems (e.g., sleep apnea and asthma)*

The confirmed dangers of being overweight and potential risks of weight cycling make it clear that those caught in the pattern would do well to clip the yo-yo's string once and for all.

Clipping the Yo-yo's Strings

Putting an end to weight cycling requires acceptance that dieting alone is insufficient. Rather than endlessly starting and ending unsuccessful diets, consider the vastly more effective strategy of implementing a long-term and sustainable nutritional regimen.

It is equally essential to realize that nutrition is only one component of maintaining a healthy weight. To truly be effective, nutrition must be maintained in concert with a fitness regimen. You must find ways to incorporate additional physical activity into your daily life.

In the end, maintaining a healthy weight requires consistency and sustainability. Fad diets come and go, and some may yield short-term results, but the cost, effort and sacrifice that go into them will always pale in comparison to the pride, self-confidence and rewards of adopting and maintaining a healthy lifestyle.

*Philip A. DiGiacomo, Contributor
Teachers Health Trust*

TIPS TO CLIP THE STRINGS OF THE YO-YO

- ❶ *No starvation; focus on incremental loss over time rather than drastic drops.*
- ❷ *Institute small caloric deficits, if any, to avoid triggering a starvation response.*
- ❸ *Rather than diet, implement a long-term and sustainable healthy eating plan.*
- ❹ *Realize that dieting alone, unaccompanied by a consistent fitness regimen, is an unrealistic approach to weight maintenance.*
- ❺ *Accept that there are no quick fixes and that long-term health is dependent upon adopting and maintaining a healthy lifestyle.*

Keeping Kool Recipe Strawberry Sorbet



This summer, enjoy a tasty, low-fat, frozen treat. Serves: 6

Nutritional Information (Per Serving)

Calories: 141
Calories from Fat: 5
Fat: 0.6g
Sat. Fat: 0g
Cholesterol: 0g
Sodium: 3mg
Carbohydrates: 33.2g
Fiber: 3.5g
Protein: 0.9g

Ingredients

- ♥ Water (2/3 cup)
- ♥ Sugar (2/3 cup)
- ♥ Fresh Strawberries (2 lbs.)
- ♥ Fresh Lemon Juice (2 tbsp.)

Directions

1. Stir sugar and water in a small saucepan. Continue stirring over low heat until sugar has dissolved.
2. Bring sugar and water syrup to a boil, then remove from heat.
3. Allow to cool in a metal pan for ½ hour, then transfer to a 1-cup container.
4. Place in refrigerator to chill thoroughly.
5. Hull strawberries and place them in a food processor or blender. Blend strawberries to a puree, then pour through a sieve into a medium-sized bowl. Add lemon juice and stir well.
6. Refrigerate puree until chilled thoroughly (*approx. 1 hour*).
7. Combine chilled syrup and strawberry puree, then transfer to an 8-inch metal baking pan. Cover with plastic wrap and freeze for 3 to 4 hours.
8. Remove sorbet from freezer and puree once more in a food processor or blender. Return strawberry puree mixture to metal pan, cover and freeze for an additional 3-4 hours.
9. Serve and enjoy!



VSP PRIMARY EYECARE PLANSM

Teachers Health Trust members receive complete eye health coverage with the VSP Primary EyeCare Plan. This essential plan goes beyond routine eyecare and provides additional coverage for medical and urgent eyecare services. Members can see their VSP Preferred Provider without a referral as often as needed. Plus, they'll have the reassurance and convenience of visiting the same eyecare provider who know their eyes best.

Plan Coverage	
Specialty Eyecare Services	<ul style="list-style-type: none"> The VSP Primary EyeCare Plan provides supplemental coverage for non-surgical medical eye conditions¹ including: <ul style="list-style-type: none"> diagnosis and tests for vision loss treatment for conditions such as pinkeye management of glaucoma and diabetic eye disease VSP providers may use ocular photography to identify abrasions, growths or other eye abnormalities. VSP providers also provide follow-up medical eyecare, including any necessary referrals and consultations with the patient's primary care physician.
VSP Preferred Providers	<ul style="list-style-type: none"> VSP Preferred Providers are in retail, neighborhood and professional settings, with 88% offering extended hours. Our providers average 21 years in practice, with 99% network retention, so our members benefit from long-term, consistent care. 100% of our providers are credentialed to NCQA standards. All VSP providers use Evidence-Based Eyecare®, which includes best-practice medical guidelines, comprehensive eye exam standards and coordination of care with the patient's primary care physician.

¹The VSP Primary EyeCare Plan provides a standardized set of services that can be performed by optometrists in most states. Contact your VSP representative for more information regarding specific coverage.

H.E.R.O.S.

Healthy Employees Representing Our Schools

Colleen Chattaway



Arbor View H.S.

"We come nearest to the great when we are great in humility." – Nobel Prize winner Rabindranath Tagore

Whether "the great" refers to the greatness of those who supported her or to the greatness within that the Trust celebrates through this year's Lifetime Achievement Award, Colleen Chattaway has reached both – not only because she has an optimistic, magnetic personality but because she is remarkably humble. Several times throughout her interview, Colleen expressed surprise at simply qualifying for this award. She was fully convinced that other program participants faced far greater challenges.

Coming from someone with aortic insufficiency and mitral valve prolapse (which allow a backflow of blood through the heart because certain valves do not close completely), hypertension and a thyroid destroyed by radioactive iodine, Colleen's astonishment reflects both her humility and perspective regarding her illnesses. In fact, this get-up-and-get-on-with-life mentality allowed her to complete the Best Weigh to Go & Well Fit for Life programs in spite of chest pain and fatigue that snuck up on her periodically. "If I [focused on my illnesses]... I would be the most miserable person," she said, noting that on her more physically challenging days, instead of getting depressed about limitations, she would just continue the diet she had implemented and

walk rather than play the highest aerobic level of Wii Fit.

Colleen was not without a powerful set of motivators to complement her positive attitude, though. From a rash on her leg that would only respond to exercise and a change in diet to her team members (including her husband and coworkers) and friends who rallied on Facebook, her drive to complete the program was well-fueled. Friendly competition between her team and another at her school also proved to be compelling. And witnessing the high-risk students of her computer applications class who initially felt uncertain about whether they would succeed pass – in some cases, with flying colors – inspired her further... even as she strove to set a health-conscious example by refusing to indulge in sweets and joking about vegetable substitutes with them instead.

Through personal effort reinforced by some helping hands, Colleen lost 20 pounds, which earned her a Heart Saver Award, a significant drop in blood pressure (from 170/100 to 117/78), some additional wardrobe options and more. Having previously been unsuccessful at losing weight and changing her lifestyle, she said, "I just know that because of [Best Weigh to Go & Well Fit for Life], I have [become] a lot healthier." She is also a lot happier and possesses a newfound diligence with respect to maintaining her overall health; she now eats nutrition bars, drinks more water and is advancing her exercise regimen by upgrading to EA Sports Active. One thing that remains consistent, however, is Colleen's humility, which, in spite of her success, seems to serve as a reminder that when it comes to health, no matter how far a person has come, there is always work to be done.

Keep it up, Colleen! We are rooting for you!

Raegen Pietrucha,
Communications Specialist
Teachers Health Trust

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.

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 "uptown."

N
W
O
T

(1)

NA WHAT'S ME?

(2)

EGGS
EASY

(3)

U A I
M E L
L P D X

(4)

ONK
EEN

(5)

L E M O N

See answers on page 24.

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HEALTH TRAXX: SUMMER 2010,

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MENTAL MUSCLE ANSWERS
1. What's in a name? 2. Eggs over easy.
3. All mixed up. 4. On bended knee.
5. Lemon drop.

Thank You, WellFit for Life Sponsors & Vendors



Health Traxx: Summer 2010, Content Sources, cont.

H.E.R.O.S.: Colleen Chattaway, by Raegen Pietrucha

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