



# Manatee Healthy Choice News and Views

## Medicine Cabinet Alert!

Healthy Ways to Live your Days

September 2010

### Telephone Directory

#### Customer Service

(941) 748-4501  
ext 6415 and ext 6417  
(941) 741-2960

Employee Health Benefits  
(941) 748-4501 ext 6403

Member Advocacy  
(941) 748-4501 ext 6407,  
ext 6409, and ext 6411

Lifestyle Assistance and  
Modification Program (LAMP)  
(941)741-2995

Diabetes/Nutrition Program  
(941) 748-4501 ext 6410

Communications Coordinator  
(941)748-4501 ext 3967

Fitness/Exercise Programs  
(941)748-4501 ext 3979

Pharmacy Advocate  
(941) 748-4501 ext 6406

Prescription Solutions  
(800) 797-9791

Precertification  
(941) 741-2963

### September is Manatee Women's Health Month

#### Ladies, "Bone Up" on Your Bone Health

Osteoporosis is a condition that decreases bone density, causing bones to become fragile and break more easily. Osteoporosis means "porous bones," because as the calcium that makes up the bones decreases, they become more porous and weaker.

If bones were made of Swiss cheese, healthy bones would be the kind of cheese that only has small holes. When you bite a piece of cheese with small holes, the rest of the piece of cheese stays in one piece. But bones with osteoporosis would be like Swiss cheese that has bigger holes in it. When you bite a piece of that Swiss cheese, the whole piece of cheese might break apart. Of course your bones aren't made of cheese, and they don't have holes this big, but this shows how much weaker your bones can become if you have osteoporosis.



Represents Healthy Bone

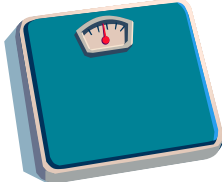





Represents Osteoporosis Bone

In people with osteoporosis, bones can become so weak that a fall or simple everyday activities like bending over can cause their bones to fracture or break. You may be at risk of developing osteoporosis if you are:

- Age 55 and older
- A post menopausal woman (though men can also get osteoporosis)
- Family history of osteoporosis
- Petite, small, thin body frame
- A smoker or have smoked

Talk with your doctor about osteoporosis if you think you are at risk for osteoporosis. He or she can determine your bone density, and can prescribe medications to help prevent or treat osteoporosis if needed. Many people may benefit from taking a calcium supplement and possibly vitamin D. Some people may need to take a prescription medication to treat osteoporosis. Ways to prevent osteoporosis include:

<p>Maintain a healthy weight</p> 	<p>Eat a balanced diet</p> 
<p>Take calcium and Vitamin D</p>  <p>As directed by your doctor</p>	<p>Exercise regularly</p> 

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## Getting the Right Dose of Vitamin D

Vitamin D is an important part of keeping your bones healthy. It's especially important if you are at risk for osteoporosis. Vitamin D comes from a variety of sources, including exposure to sunlight and some foods and beverages, such as salmon, canned tuna, and fortified milk. However, we all know that too much sun is bad, and most people don't get enough Vitamin D from food alone.

Vitamin D supplements are appropriate for most people. But too much of a good thing can be bad. Experts recommend that adults need 1000 to 2000 International Units (IU) of vitamin D each day. Children and infants need about 400 IU each day. Check with your doctor or pharmacist to see if you need a Vitamin D supplement, and if so, which product is best for you.

## Which Oral Contraceptive is Right for You?

Which so many types of birth control available, it can be difficult to choose the correct one. It seems like there's a new product every day.

Recently, the FDA approved a new birth control pill called Natazia. Natazia is the first birth control of its kind and works by releasing 4 different phases of the hormones estrogen (estradiol valerate) and progestin (dienogest). Like other oral contraceptives, Natazia carries a risk of developing blood clots. While all oral contraceptives have the potential to cause blood clots, those with lower levels of estrogen carry a lower risk of clots.

For most women, oral contraceptives that are available generically work equally well and are also more cost effective. Generic prescriptions filled at MHN Preferred Pharmacies have \$0 copays! A number of birth control medications are available generically, including those found in the chart to the right. Talk with your doctor about the risks and benefits of switching your birth control medication.

Medication Name	Active Drugs
Ortho-Cyclen	Norgestimate ethinyl; Estradiol
Ortho Tri-Cyclen	
Ogestrel	
Triphasil	Levonorgestrel ethinyl; Estradiol
Nordette	
Desogen	Desogestrel ethinyl; Estradiol
Mircette	Desogestrel ethinyl; Estradiol ethinyl; Estradiol
Ortho Micronor	Norethindrone

Has your doctor prescribed a compounded women's health prescription for you?

If so, talk to Manatee's clinical pharmacist, Chris Williams, for help finding a pharmacy or to learn more about Manatee's coverage for these products. 941-748-4501 Ext. 6406

### Manatee Health Disclaimer

The information in this newsletter is not a substitute for medical advice. It is for reference only and should not be used to determine treatment for your specific medical conditions-only a health care provider can do this. You should seek prompt medical care for any specific health issues and consult you physician regarding the use of over-the-counter products to treat any medical condition or consult your physician regarding the use of prescription or over-the-counter products to treat any medical condition or before starting any new diet, fitness, or supplement regimen.

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