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Do You Know Your Dental IQ?

The mouth can function as an “early warning” system for some diseases, and can provide a useful means to understanding organs and systems in other parts of the body. You brush your teeth and floss daily, have regular dental checkups. What more can you do to improve your oral health? Taking steps now to invest in your oral and overall health may help you lower your total healthcare costs over time.

The **Dental IQ Quiz** at www.MyDentalIQ.com immediately rates your dental health knowledge and delivers a personalized action plan with health tips that you can do to improve your oral health. Print a copy of your scorecard to discuss with your dentist at your next visit. Note: The Dental IQ Quiz is presented by Humana Specialty Benefits, however, you do not need to have coverage through Humana in order to take the quiz.

Oral Health Tips:

Pay attention to **gum disease** that may increase your risk for heart disease and stroke, especially if these conditions show up in your family history. Check your gums regularly. Look for redness, puffiness, pain, or bleeding.

Eat a **well-balanced diet** to ensure you get all the vitamins and minerals you need. Also drink plenty of water and use fluoride toothpaste to protect your teeth from decay.



Make practicing good oral hygiene a part of your everyday routine

Protecting Your Eyes is Worth the Effort

Following a good eye wellness program and protecting your eyes at home or in the workplace not only prevents serious eye injuries but also makes you more comfortable and more productive. Your wellness program should start with a comprehensive eye examination to check for clear vision at all distances and also ensure good eye coordination, efficiency, and eye health. Discuss your various workplace visual demands during your eye exam so the doctor can prescribe the optimal glasses or contact lenses for your needs.

Eye Injury Prevention Tips:

In the house – When using household chemicals, read instructions and labels carefully, work in a well-ventilated area and make sure to point spray nozzles away from you.

In the workshop – Think about the work you will be doing and wear protective eyewear to shield your eyes from flying fragments, fumes, dust particles, sparks, and splashing chemicals.

In the garden – Put on protective eyewear before you use a lawnmower, power trimmer or edger and be sure to check for rocks and stones because they can become dangerous projectiles as they shoot from these machines.

Around the car – Battery acid, sparks and debris from damaged or improperly jumpstarted auto batteries can severely damage your eyes. Keep protective goggles in the trunk of your car to use for those emergencies and everyday repairs.



Prevention is the first and most important step in protecting your eyes from injury

Medical Radiation Is a Growing Concern

It's true that we get too much radiation, but not from the sources we fret about – airport scanners, power lines, cell phones, even microwaves. It's from too many medical tests.

Americans get the most medical radiation in the world – even more than folks in other rich countries – and the average American's dose has grown six-fold over the last couple of decades.

Too much radiation raises the risk of cancer. The risk is growing as people in everyday situations get imaging tests far too often. The U.S. accounts for half of the most advanced procedures that use radiation, and CT scans – “super X-rays” that give fast, extremely detailed images – have soared in use over the past decade, often replacing ultrasound and MRI (magnetic resonance imaging), tests that don't require radiation.

Radiation is a hidden danger: You don't feel it when you get it, and any damage usually doesn't show up for years. Taken individually, tests that use radiation pose little risk. Over time, though, the dose accumulates. Doctors don't keep track of radiation given their patients. They order a test, not a dose. Except for mammograms, there are no federal rules on radiation dose. Children and young women, who are most vulnerable to radiation harm, sometimes get too much at busy imaging centers that don't adjust doses for each patient's size.

The U.S. Food and Drug Administration is pushing industry and doctors to set standard doses for common tests such as CT scans. Another possibility is requiring device makers to print the radiation dose on each X-ray or other image, so patients and doctors could see how much was given.

What should patients do? You should question everything – what's the dose, why am I getting it? You should be an informed consumer. So, before you scan, consider asking these questions:

- Is it truly needed? How will it affect my care?
- Have you or another doctor done this test on me before?
- What type of imaging tests are performed at this facility?
- Are there alternatives, such as ultrasound or MRI?
- How many scans will be done? Could one or two be enough?
- Will the dose be adjusted for my gender, age, and size?
- Will lead shields be used to keep radiation away from places it can do harm?
- Do you have a financial stake in the machines that will be used?
- How much radiation will I get from the scan?
- Can I have a digital copy of my scan? (Bring a blank CD or thumb drive with you)
- Will my primary care physician receive a complete medical record?

\$\$ Save Money \$\$

**Advanced imaging
procedures cost less at
a free standing
imaging center than
they do at a hospital.**

Reminder.....

Effective April 1, 2010, ***MHNet Behavioral Health*** replaced BlueCross BlueShield as ICUBA's partner for mental health and substance abuse benefits AND Magellan for Employee Assistance Program (EAP) benefits.

You will no longer access BlueCross BlueShield's or Magellan's websites to search for providers. To search for a provider, call ***MHNet*** at 1-877-398-5816 or go to ***MHNet's*** website at www.mhnet.com

Login access: Username – ICUBA; Password – 8773985816

You may call or sign-on 24 hours a day.