

# HOUSE CALL

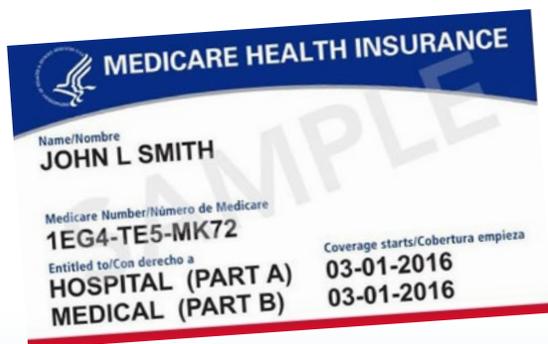
KelseyCare Advantage

July 2022

## COVID-19 OVER-THE-COUNTER (OTC) TESTS

As of April 4, 2022, Medicare covers up to 8 over-the-counter COVID-19 tests each calendar month, at no cost to you.

This coverage continues until the COVID-19 public health emergency (PHE) ends.



Medicare Part B (Medical Insurance) will cover these tests if you have Part B.

- If you are in a Medicare Advantage Plan (like KelseyCare Advantage), you will not get this benefit through your KelseyCare Advantage plan.
- You will get it like you would if you weren't enrolled in our plan.
- **You might need to show your red, white, and blue Medicare card** to get your free over-the-counter COVID-19 tests (even if you have another card for a Medicare Advantage Plan or Medicare Part D plan).

### Q: HOW MANY OVER-THE-COUNTER TESTS CAN I GET AT NO COST?

**A:** 8 free over-the-counter tests for each month, until the Public Health Emergency ends.

### Q: DO I NEED TO PAY FOR THE OVER-THE-COUNTER TESTS?

**A:** No. The tests are free as long as you go to an eligible pharmacy or health care provider that participates in this initiative.

However, if you get more than the 8 covered over-the-counter COVID-19 tests in any calendar month, you will be responsible for the costs of the additional tests in that calendar month. This means that the pharmacy or health care provider might ask you to pay for them. There may be more than 1 test per box, so 8 tests may come in fewer than 8 boxes.



## COVID-19 OVER-THE-COUNTER (OTC) TESTS (continued)

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### Q: HOW DO I GET THESE TESTS?

**A:** You can get the tests at any participating eligible pharmacy or health care provider at no cost to you, even if you aren't a current customer or patient.

- In the Houston area, the following pharmacies are participating in the program, call or go to the pharmacy website or call the relevant pharmacy for details on participating locations and how to order:

- H-E-B
- CVS
- Kroger
- Walgreens
- Costco
- Walmart

- A partial list\* of pharmacies participating in the Medicare COVID-19

Over-the-Counter (OTC) tests initiative can be found here - [Medicare & Coronavirus](#).

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### Q: CAN I GET THESE TESTS AT KELSEY PHARMACIES?

**A:** Unfortunately, at this time, Kelsey Pharmacies are not able to participate in the program, however, we will communicate with members if this changes.

# THE KELSEYCARE ADVANTAGE CONCIERGE TEAM

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Navigating the health care experience can be confusing, but it doesn't have to be. At KelseyCare Advantage, we're here to help. If you have questions about your KelseyCare Advantage plan or if you need help getting an appointment, there's no need to get frustrated. Just give one of our helpful Concierge Representatives a call and they can help.

The Concierge team is exclusively available to patients who are enrolled in the KelseyCare Advantage plan. Think of your Concierge Representative as your personal healthcare assistant and benefits advocate rolled into one.

Our goal is to assist members at the first point of contact because we know your time is valuable. We are successful in helping our members because of our connection with the physicians and support staff who provide your medical care. Our Concierge Representatives have access to the same computer system used by Kelsey-Seybold Clinic so we can see your appointment history, referral requests, and we also know what services are covered by your health plan.

Concierge Representatives can also help you find a physician, resolve complex billing and eligibility issues and answer questions about your health care benefits.

**We are your health care plan experts.**



**THE NEXT TIME YOU NEED ASSISTANCE PLEASE CONTACT  
YOUR KELSEYCARE ADVANTAGE CONCIERGE REPRESENTATIVE  
AT 713-442-9540.**

# COPING IN A COVID WORLD

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In May of this year, the U.S. crossed an ominous milestone. One million deaths due to COVID-19 infection. However, among those that have survived, many are suffering other ill effects including strained mental health.

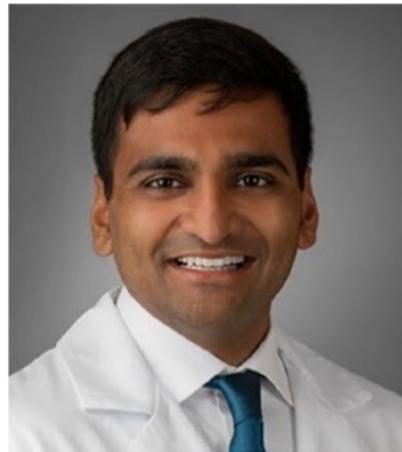
In a scientific brief that came out in March, the World Health Organization (WHO) reported that, globally, anxiety and depression symptoms rose by 25%. One major explanation for the increase is the unprecedented stress caused by the social isolation resulting from the pandemic. Tied into this were challenges to one's ability to perform their job, seek support from loved ones, and engage in their communities.

Loneliness, fear of infection, suffering and death for oneself and for loved ones, grief after bereavement, and financial worries have also all been cited as factors leading to anxiety and depression. Among health workers, exhaustion/burnout has been a major trigger for suicidal thinking.

The brief explains that the pandemic has affected the mental health of young people and that they are disproportionately at risk of suicidal and self-harming behaviors. It also indicates that women have been more severely impacted than men and that people with pre-existing physical health conditions, such as asthma, cancer, and heart disease, can be more likely to develop symptoms of mental health disorders.

The WHO reported that people with pre-existing mental disorders do not appear to be disproportionately vulnerable to COVID-19 infection. Yet, when these people do become infected, they are more likely to be hospitalized and suffer severe illness and death compared with people without mental disorders. People with more severe mental disorders, such as psychosis; and young people with mental disorders are particularly at risk.

This growing prevalence of mental health problems has coincided with severe disruptions to mental health services, leaving huge gaps in care for those who need it most. Throughout much of the pandemic, services for mental, neurological and substance use conditions were the most disrupted among all essential health services



Biren Patel, MD  
*Behavioral Medicine*

reported by WHO Member States. Many countries also reported major disruptions in life-saving services for mental health, including for suicide prevention.

Even today, many find themselves unable to get the care and support they need for both pre-existing and newly developed mental health conditions. Without access to in-person care, many people have sought support online or via telehealth, signaling an urgent need to make reliable and effective digital tools available and easily accessible.

Kelsey Seybold Clinic's Dr. Biren Patel said, "our mental health is part of our physical health and should be prioritized. If feeling changes in our mood or anxiety, please consider discussion with a healthcare professional, including with our primary care providers. They can listen and assist with treatment if needed, as well as refer to mental health specialists as needed.

During the pandemic our Behavioral Health department was able to provide care via telehealth and telephone opportunities, and this was a great way to be able to see a provider even if a pandemic surge was occurring. We can provide psychotherapy counseling and medication management, at our Meyerland and The Woodlands locations, for our Kelsey Care Advantage members. Working on positive techniques including exercise, yoga, meditation, staying connected to others, and limiting news intake can help with our mental health as well."

# FALL PREVENTION

Falls are serious business. The Centers for Disease Control and Prevention (CDC) estimates that although one out of four older people fall each year, less than half tell their doctor. The CDC also notes that falling once doubles your chances of falling again.

Falls are also the leading cause of traumatic brain injuries and can lead to broken bones such as hip fractures, broken wrists, arms, or ankles. If you sustain one of these injuries, then it means you'll have a harder time getting around and doing the activities that you love to do. Here are four recommendations from the CDC that you can do to make falling less likely.

## TALK TO YOUR DOCTOR

First, talk to your Kelsey-Seybold Clinic physician regarding your concerns. They can evaluate your risk and discuss specific strategies to help you avoid falls.

- Your doctor or pharmacist may also review your medication (including over-the-counter medicines) as some medications may contribute to falls if they make you dizzy or drowsy.
- You might also ask your physician if taking a Vitamin D supplement is a good idea to prevent deficiency and aid in calcium absorption.

## STRENGTH & BALANCE EXERCISES

Second, include strength and balance exercises in your exercise routine. Strength and balance exercises will make your legs stronger and help to improve your balance. Tai Chi is the perfect example of this type of exercise, so consider adding it a few times a week.

**However, make sure that you talk to your primary care physician before starting any type of exercise program.**



## VISION

Third, get your vision checked annually and update your prescription if needed. Your KelseyCare Advantage plan includes one routine, in-network eye exam per year at no cost.

If you have bifocal or progressive lenses, then you may need to talk with your provider regarding if they recommend you get glasses with only your distance prescription for outdoor activities such as walking. Bifocals and progressive lenses may make things seem closer or farther away than they really are.

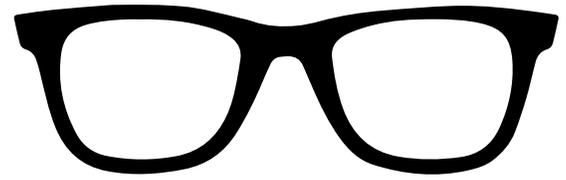
## FALL-PROOF YOUR HOME

Fourth, fall-proof your home by:

- Removing items that you could trip over.
- Adding grab bars inside and outside your tub or shower, and next to the toilet.
- Putting railings on both sides of the stairs.
- Making sure your home is well lit by adding more lighting or brighter bulbs.
- Keeping items where you can easily reach them without using a step stool.
- Using non-slip mats in the bathtub and on shower floors.

Finally, if you have trouble getting around, don't be afraid to ask family or friends for help to make the changes needed to make your home safer.

# VISION & AGING



As we age, some vision change is a normal and an expected occurrence but oftentimes with such a gradual onset, the changes go unnoticed until it starts to affect our day-to-day activities.

Losing your vision up close, having trouble adjusting to different lighting, and having trouble distinguishing colors are all normal results of aging, but aging isn't the only reason for vision changes in seniors. According to the American Academy of Ophthalmology (AAO), vision in seniors can also be affected by systemic health problems such as high blood pressure, heart disease, and diabetes. These health problems can cause serious eye damage and should be closely monitored.

Although tricky, identifying early signs of low vision can be done by looking for certain symptoms. AgingCare suggests looking for:

- Squinting or head tilting
- Bumping into things
- Falling or hesitating while walking
- A stop in activities such as reading or other vision-based activities
- Missing objects while reaching for them

If these signs are present even common activities can become hazardous to our health and take away from our independence. So, whether aging or systemic health problems cause your vision changes, there are certain adjustments that you can make to keep you and/or your loved one safe.

## HAVE A WELL-LIT ENVIRONMENT

Increasing the lighting in your home is one of the quickest and most effective ways to help increase vision. You can increase the wattage of your bulbs or change the bulb type to LED or fluorescent in closets, bathrooms, and bedrooms to keep them well-lit. You can also add extra lighting to dim areas in your home by using floor lamps, under the cabinet lighting, or table lamps. These types of lights bring the light up close and help spotlight what you need to see.

## KEEP LIGHTING EVEN

As our eyes age it becomes harder for them to adjust to changes in lighting. Be sure to keep rooms similarly lit. Be careful of areas that go from very dim to very bright, as this may cause temporary changes in vision as the eyes adjust.

## REDUCE FALL RISKS

When you experience low vision it is easy to miss a step while walking or not see an object directly in your path. To help prevent falls it is important to keep a clear, wide path in well-traveled, frequently used areas. Make sure that rugs are removed and all electrical cords are out of the way. Be sure that no furniture is in the pathway so that walkways are clear and spacious. It is also very important to mark and clearly identify any steps or thresholds so they do not become a fall hazard.

## INSTALL HANDRAILS

Installing handrails or grab rails in bathrooms or on steps serves as an extra safety precaution when attempting to go downstairs or exit bathtubs with low vision. Having something to grab on to helps stabilize the balance and prevent falls.



## WORK WITH YOUR PHYSICIAN

If you notice changes in your vision make an appointment with your ophthalmologist. The AAO recommends having your eyes dilated once a year or as often as your ophthalmologist suggests. Dilation helps the doctor look at the retina and the optic nerve to identify problems early so that monitoring and treatment can be most successful. Speak with your ophthalmologist, physician, or nurse to discuss ways to protect yourself when you are experiencing low vision.

Understanding eye changes that occur naturally as we age, taking care of our whole body, and seeking medical help at the first signs of vision changes can help maintain healthy eyes longer. If you experience low vision take the necessary precautions in your home to protect yourself from mishaps. As always, your providers are here to help you should you have any questions.

Your vision benefit through KelseyCare Advantage is simple and easy to use! To schedule an appointment with an Ophthalmologist, call VSP at 1-800-877-7195 and find out who is in your network!

# SUMMER HEAT

Gardening, family BBQs, hikes. For many people summer brings an increase in activity level, time spent outdoors, and sun exposure and while these activities can be healthy and enjoyable, it is important to remember that as we age our ability to handle heat-exacerbated illnesses diminishes. That's why it is best to know who is most at risk, what heat symptoms to look for, and how to avoid problems before they arise.

The National Institute of Health has identified certain illnesses that can put seniors at increased risk for health complications during summer months. These health factors, apart from age, include circulatory issues, high blood pressure, chronic dehydration, and heart, lung, and kidney diseases. Being under or overweight, alcohol consumption, and certain prescription medications can also increase your chances of heat-related complications. For senior adults it is important to know what health conditions can arise due to extended hours of sun exposure and what to watch out for. Top heat-related conditions to be aware of in the summer are:

HEAT-RELATED CONDITIONS	WHAT IS IT?	SYMPTOMS
<b>Dehydration</b>	Dehydration is a lack of water in the body	Depending on the severity it can cause headaches, weakness, confusion, passing out, dizziness, and muscle cramps.
<b>Heat Cramps</b>	Heat cramps are muscle cramps or spasms experienced after being in a hot environment for an extended period causing a drop in electrolytes in the body.	Muscle spasms, muscle jerks, cramping, often in the legs
<b>Heat Exhaustion</b>	Heat exhaustion is a step before heat stroke. It is important to act at the first signs of heat exhaustion.	Light-headedness, nausea, dizziness, fatigue, and muscle cramping;  If action to cool down is not taken it can lead to a heat stroke. Be sure to immediately find a cool place, drink plenty of fluids, and remove excess clothing.
<b>Heat Stroke</b>	Heat stroke can be cause for immediate alarm. It is a dangerous rise in body temperature that can have fatal repercussions.	Body temperature of 103* or more, delirium, fainting, confusion, rapid pulse, vomiting, or sweating. If you think that you or someone you know is experiencing a heat stroke, immediately call 911 and get the person out of the heat.
<b>Heat Syncope</b>	Heat syncope is described by the CDC as episodes of fainting or dizziness that usually occurs with prolonged standing or sudden rising. Dehydration or lack of acclimatization can exacerbate heat syncope.	Fainting, dizziness, light-headedness during prolonged standing or while rising from a seated or lying down position.
<b>Skin Cancer</b>	Skin cancer is an abnormal growth of skin cells often developing on skin that is exposed to the sun over extended periods of time	Different types of skin cancer can cause different symptoms ranging from pearly or waxy bumps, to firm red nodules, to dark brown or black lesions and moles. Although not all changes are cancerous, any changes in your skin that concern you should be discussed with your doctor.



So, while summer is a time to get outside and enjoy the beautiful weather it is also a time to be cautious about the variety of problems that overexposure to the sun can cause. You can avoid such problems with a few simple actions. Stay hydrated by drinking plenty of water, especially after being outdoors in the sun. When you are outside, be sure to take frequent breaks from the sun by sitting down in a shady spot or going into an air-conditioned location. It is important to drink water during those breaks as well. Take excess clothing off to help keep your body cool. Finally, be aware of medications that you take that may cause you to be particularly susceptible to sun exposure. Read your package insert, ask a pharmacist, or talk to your physician if you are unsure. Remember if you or someone you know needs immediate medical attention at any time call 911 and assist in cooling them off.

Unlike heat exhaustion or heat strokes, where 911 may be necessary, skin cancers do not happen immediately, but over time. With excessive UV exposure, the sun can have long-term harmful effects on your skin. Be sure to contact your doctor for any skin concerns that may arise. Skin cancer is treatable, especially when caught early. Enjoy the sun safely by wearing sunscreen and moderating your exposure to harmful UV rays.

Staying safe as outdoor temperatures rise is a lot easier when you know who is at risk, common symptoms of heat-related illnesses to be aware of, and what steps to take to avoid common mistakes during the summer. Don't let the sun deter you from fun activities! Grab your sunglasses, a glass of water, put on your sunscreen and go enjoy spending time outdoors in the sun!

# IS IT TIME TO UPDATE YOUR VACCINES?<sup>1,2</sup>

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When was the last time you reviewed your vaccine history? How often and when do you need to get certain vaccinations? Do you have any conditions that will require you to get vaccinated more often? Below you can find information regarding routine vaccinations for adults as advised by the Centers for Disease Control and Prevention (CDC). Consult with your provider and local pharmacist today to learn which vaccines are appropriate for you.

It's important to note that certain disease states and medications put you at a high risk for receiving some vaccines. If you are unsure whether or not a vaccination is appropriate for you, please call your physician and discuss your options.

## COVID-19<sup>2</sup>

At the time of writing this article, the CDC recommends the completion of the primary series and an additional booster vaccine for everyone ages 12 and older. A second booster is recommended for adults ages 50 years and older, and people are who are moderately or severely immunocompromised.

The primary series of COVID-19 vaccines refers to the completion of two doses (or three doses in persons with moderate to severe immunocompromise) of the mRNA COVID-19 vaccinations which include Pfizer-BioNTech and Moderna OR one dose (or two doses in persons with moderate to severe immunocompromise) of the Johnson & Johnson's Janssen vaccine.

A first booster vaccine is recommended at least 5 months after the final dose in the primary series mRNA COVID-19 vaccinations and 2 months of the Johnson & Johnson's Janssen vaccine. The second booster for eligible persons is recommended within 4 months after the first booster.



## WHEN TO GET A BOOSTER

	Everyone ages 12 years and older	Adults ages 50 years and older  OR People ages 12 years and older who are moderately or severely immunocompromised
<b>Primary Series with mRNA Vaccinations (Pfizer-BioNTech and Moderna)</b>	Booster 1: At least 5 months after the final dose in the primary series	Booster 1: At least 5 months after the final dose in the primary series  Booster 2: 4 months after the first booster
<b>Primary Series with Johnson &amp; Johnson's Janssen</b>	Booster 1: At least 2 months after the final dose in the primary series  Booster 2: Recommended either Pfizer-BioNTech or Moderna COVID-19 vaccine at least 4 months after the 1st booster	Booster 1: At least 2 months after the final dose in the primary series  Booster 2: Recommended either Pfizer-BioNTech or Moderna COVID-19 vaccine at least 4 months after the 1st booster

If you have recently been diagnosed with or received treatment for COVID-19, please call your physician for a consultation prior to receiving any COVID-19 vaccinations.

### INFLUENZA (FLU)<sup>1</sup>

Yearly flu vaccines are highly recommended for all persons 6 months or older. Flu vaccines are often available early fall and are the best way to boost immunity against the flu. Receiving the vaccination as soon as possible before flu season officially begins gives your body time to build immunity and fight off the virus when it circulates.

### PNEUMONIA<sup>1</sup>

Pneumonia shots are often personalized based on a person's health and chronic disease states. Most people are able to receive 1 or 2 doses of the vaccine at age 65 or older for lifelong protection. However, if you have diabetes, chronic heart failure, liver disease, lung disease, asthma or are a current smoker and have not received a pneumonia vaccination in the past 5 years, consult with your provider today to see what pneumonia vaccination plan works best for you.

#### References:

1. Recommended Adult Immunization Schedule for ages 19 years or older, United States, 2022 Retrieved from CDC.gov. Last updated Feb, 2022. <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>
2. COVID-19 Vaccines. Retrieved from CDC.gov. Last updated May, 2022. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

### SHINGLES<sup>1</sup>

The shingles vaccination is recommended for all adults over the age of 50. If you have received a shingles shot prior to 2018, you may have received the older version of this vaccination and should speak with your provider about the new two-dose Shingrix® vaccine. Available since 2018, Shingrix® is a two-dose vaccine, administered 2-6 months apart, and is 90% effective in preventing shingles in patients over the age of 50. In comparison, the previous single-dose vaccine was 51% effective in preventing the disease. If you are over the age of 50 and have not received the two-part shingles vaccination in the past 2 years, consult with your provider and local pharmacist.

### TETANUS<sup>1</sup>

A tetanus booster shot should be received every 10 years to make sure your body is able to fight off the infection. If you don't remember your last tetanus shot, call your provider or check MyKelsey Online for your immunization records. If you do not have any records of a tetanus booster in the last 10 years, speak with your local pharmacist and provider today.

# HEALTHY AGING

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September is healthy aging month. People are living longer than ever, but we don't want to just live longer, we want to live our best life! There is no magic bullet, but here are seven areas from the National Institute on Aging that we can focus on to help achieve healthy aging.

## EXERCISE

Get moving! Exercise can help to control weight and help to maintain muscle mass which is often lost with age. Maintaining your muscle mass will allow you to stay independent longer and to continue to enjoy the activities that you love.

Exercise has also been shown to help reduce stress and anxiety. It's important to find something that you love to do so you'll stick with it. You might consider walking, yoga, swimming, or Tai Chi, which is great for balance. Finally, remember to take advantage of your SilverSneakers benefit, included in your KelseyCare Advantage plan, which gives you access to participating gym locations and on-demand workout videos.

## HEALTHY EATING

Eating nutritious food is important to help your body stay healthy and strong, but it may also help improve brain function. The Dietary Guidelines for Americans (2020 – 2025) suggests an eating pattern consisting of fresh fruit, vegetables, whole grains, healthy fats, and lean proteins. Three diets that follow this pattern are the: Mediterranean diet, the low-salt DASH diet (Dietary Approaches to Stop Hypertension), and the MIND diet, which combines the Mediterranean and DASH diets. Whichever eating pattern you choose, it may help to start by slowly adding in more fruit, vegetables, and fish to your diet.

## SLEEP

Older adults often have challenges sleeping due to pain, sickness, or medications. This can result in getting less sleep than the seven to nine hours that's recommended. Not getting the rest that you need can affect cognitive abilities and may lead to or worsen depression. Whereas, sleeping well can help to lower obesity rates, insulin resistance, and heart disease.

If you're having trouble sleeping:

- Maintain a regular sleep schedule by going to bed and getting up at the same time every day.
- Avoid napping late in the day.
- Avoid caffeine in the late afternoon, as caffeine can stay in your system over eight hours.
- Keep your room at a cool, comfortable temperature.
- If you're hungry, have a light snack before bed that includes protein.
- Try to avoid looking at smart devices like your phone or tablet an hour before bed to give your mind and your eyes time to relax.
- Decide if it might be time for a new mattress as you want a mattress that gives you just the right level of support, not too hard or too soft. The Sleep Foundation recommends that a mattress used under normal conditions should be replaced every six to eight years.

## QUIT SMOKING

Regardless of your age, if you quit smoking you will:

- Lower your risk of cancer, heart attack, stroke, and lung disease
- Improve your blood circulation
- And, improve your sense of taste and smell!

## ALCOHOL & SUBSTANCE ABUSE

It's recommended that older adults limit or avoid alcohol. Certain areas of the brain have shown premature aging in alcohol-dependent men and women and excessive alcohol use can also lead to poor heart health. Drinking too much may also cause you to fall and hurt yourself.

In addition to monitoring alcohol use, seniors and caregivers must also closely monitor prescribed medication for pain such as opioids as well as any medications prescribed for sleeping disorders or anxiety. These types of medications should be used properly so as not to lead to dependence.

## MENTAL HEALTH

Just like it's important to take care of your physical health, it's just as important to take care of your mental health. It's not uncommon for senior adults to experience loneliness, stress, or depression for a variety of reasons.

Try to stay connected with friends and family both in person, on the phone, and using video technology like Zoom. Staying connected with others can help to boost your mood and overall well-being.

Depression is highly treatable, so talk to your Kelsey-Seybold Clinic physician if you're noticing signs of it including a lack of sleep, sadness, a loss of interest in activities that you once enjoyed, or a loss of appetite.

## REGULAR HEALTH SCREENINGS

Finally, make sure you are getting regular check-ups! An annual physical is included in your KelseyCare Advantage plan. Regular check-ups may catch chronic diseases early, as well as help reduce risk factors such as cholesterol, blood pressure, or discover diabetes or cancer. Call the KelseyCare Advantage Concierge Team at 713-442-0000 if you need help scheduling your appointment, today!



# GET SCREENED FOR PERIPHERAL VASCULAR DISEASE (PVD)

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If you regularly experience muscle pain, cramping or numbness in your legs when walking or climbing stairs, but find that it clears up after a few minutes of rest, it's possible that you have a condition known as Peripheral Vascular Disease, or PVD. It can also cause similar symptoms in your arms.

PVD is a disease in which narrowed arteries reduce the flow of blood to your limbs. The most common cause of PVD is atherosclerosis, the buildup of plaque inside the walls of your arteries. Plaque not only reduces the blood flow. It can also cut the critical supply of oxygen and nutrients to the tissues inside your arms and legs. Blood clots may form on the artery walls, further decreasing the inner size of the blood vessel and block off major arteries.

Besides muscle pain, cramping and numbness, PVD symptoms can also include:

- Coldness in your lower leg or foot, especially when compared with the other side
- Sores on your toes, feet or legs that won't heal
- A change in the color of your legs
- Hair loss or slower hair growth on your feet and legs
- Slower growth of your toenails
- Shiny skin on your legs
- No pulse or a weak pulse in your legs or feet
- Erectile dysfunction in men

If peripheral artery disease progresses, pain may even occur when you're at rest or when you're lying down. It may be intense enough to disrupt sleep. Hanging your legs over the edge of your bed or walking around your room may temporarily relieve the pain.

If you have pain in your arms or legs, numbness, or other symptoms, don't dismiss them as a normal part of aging. Call your Kelsey-Seybold physician and make an appointment. Even if you don't have symptoms of PVD, you may need to be screened if you are:

- Over age 65
- Over age 50 and have a history of diabetes or smoking
- Under age 50 and have diabetes and other peripheral artery disease risk factors, such as obesity or high blood pressure

You often can successfully treat PVD through lifestyle changes to control risk factors, including regular exercise, proper nutrition, and quitting smoking. Other treatments include medicines to improve blood flow, such as antiplatelet agents (blood thinners) and medicines that relax the blood vessel walls; vascular surgery — a bypass graft using a blood vessel from another part of the body or a tube made of synthetic material is placed in the area of the blocked or narrowed artery to reroute the blood flow; and Angioplasty — during which your doctor inserts a catheter (long hollow tube) to create a larger opening in an artery to increase blood flow.

# STAY PROSTATE HEALTH AWARE

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**Prostate cancer is one of the most common types of cancer in men, but it can often be successfully treated. Approximately one in nine men will be diagnosed with prostate cancer during their lifetime.**

Early detection is the key. As we observe Prostate Cancer Awareness Month in September, we present these valuable resources from the Centers for Disease Control and Prevention (CDC).

Men who are 55 to 69 years old should make individual decisions about being screened for prostate cancer with a prostate specific antigen (PSA) test. The main benefit of screening is finding prostate cancers that may be at high risk of spreading so they can be treated before they spread. This may lower the chance of death from prostate cancer in some men.

Before making a decision about screening, talk to your Kelsey-Seybold doctor about the benefits and harms of screening for prostate cancer, including the benefits and harms of other tests and treatment. Men 70 years old or older should not be screened for prostate cancer routinely.

If you are thinking about being screened, you and your doctor should consider whether you have a family history of prostate cancer, if you are African American, if you have other medical conditions that may make it difficult for you to be treated for prostate cancer if it is found, or that may make you less likely to benefit from screening. Also, how you value the potential benefits and harms of screening, diagnosis and treatment.

Among the possible harms from screening is a false positive test result. This occurs when a man has an abnormal PSA test but does not actually have prostate cancer. Older men are more likely to experience false



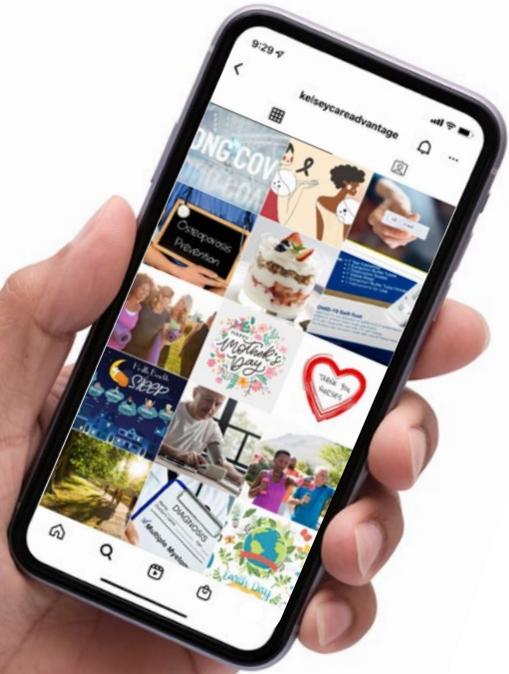
positive test results. A false positive often leads to unnecessary tests, like a biopsy of the prostate. A biopsy is when a small piece of tissue is removed from the prostate and examined under a microscope for signs of cancer cells. Older men are more likely to have a complication after a prostate biopsy, which can cause pain, blood in the semen, and infection.

The most common treatments for prostate cancer are surgery to remove the prostate and radiation therapy. Among the possible harms of treatment are:

- **Urinary incontinence** (accidental leakage of urine). About 1 out of every 5 men who have surgery to remove the prostate loses bladder control.
- **Erectile dysfunction** (impotence). About 2 out of every 3 men who have surgery to remove the prostate become impotent, and about half of men who receive radiation therapy become impotent.
- **Bowel problems**, including fecal incontinence (accidental leakage of bowel movements) and urgency (sudden and uncontrollable urge to have a bowel movement). About 1 out of every 6 men who has radiation therapy has bowel problems.

Again, consult your Kelsey-Seybold physician to determine what course of action is best suited to your unique health needs.

# CONNECT WITH US ON SOCIAL MEDIA!



Don't forget to stay social with us ... If you haven't already, then please connect with us on Facebook, Twitter, Instagram, and LinkedIn! On our social media sites, you'll see a variety of health and life-style features, KelseyCare Advantage plan updates, and you can see Kelsey-Seybold Clinic updates such as clinic closures or changes to hours of operation, due to bad weather.

- See what's new with SilverSneakers, which is included in your KelseyCare Advantage plan
- See cutting edge health and fitness information and share it with your friends and family
- Contact us with questions that you have about the plan

We hope to connect with you soon!



Important Plan Information

11511 Shadow Creek Parkway | Pearland, TX 77584

KelseyCare Advantage