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TN TEEN

Snack Smart

Have a hectic schedule? Do you find yourself grabbing food on the run? Fries, chips, cookies, candy bars, sodas?

With a hectic schedule, it's even more important to eat healthy foods. It's a great way to satisfy hunger AND get vitamins and nutrients your body needs.

A healthy snack can contribute to a healthy eating plan and give you the energy boost you need to get through the day. Try these snack ideas, but remember to keep your portions small:

- fruit—any kind—fresh, canned, dried or frozen
- peanut butter on rice cakes or whole-wheat crackers
- baked potato chips or tortilla chips with salsa
- veggies with low-fat dip

- string cheese, low-fat cottage cheese or low-fat yogurt
- frozen fruit bars, fruit sorbet or low-fat frozen yogurt
- vanilla wafers, graham crackers, animal crackers or fig bars
- popcorn (air popped or low-fat microwave)

Did you know?

People who eat regular meals and healthy snacks are less likely to overeat and gain weight than people who skip meals or go for long periods without eating and then eat a large order of fries.

Sources: *The National Institutes of Health and The Nemours Foundation*

Sports Exam Notice

Earlier this year, the State Board of Education announced that 7th and 9th graders who planned to play school sports would need to get a complete well-care checkup, not just a sports exam. Although this is still recommended, it is no longer required at this time.

Sports exams only take into account one part of a student's total health. A full well-care checkup, known as an EPSDT checkup, also addresses social and emotional well-being.

Regardless of your grade in school or whether you play sports, you should get a free well-care checkup every year.



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Community Care

L I V E W E L L • V I V A B I E N

More Teens than Ever with Type 2 Diabetes

Be active, eat well and lower your risk!

What once was thought of as a disease that just struck adults is now hitting more and more teens. The disease? Type 2 diabetes.

What is type 2 diabetes?

Diabetes means that blood glucose, also called blood sugar, is too high. Glucose comes from the food you eat and is needed to fuel your body. Glucose is also stored in your liver and muscles. Your blood always has some glucose in it, because your body needs glucose for energy. An organ called the pancreas makes insulin. Insulin helps glucose get from your blood into your cells. Cells take the glucose and turn it into energy.

If you have diabetes, the pancreas makes little or no insulin; or your cells cannot use insulin very well. Glucose builds up in your blood and cannot get into your cells. If blood glucose stays too high, it can damage many parts of the body such as the heart, eyes, kidneys and nerves.

If you have type 2 diabetes, you may need to take insulin or pills to help your body's supply of insulin work better.

How can I lower my risk for getting type 2 diabetes?

There are several ways to lower your risk:

- Stay at a **healthy weight**.

- Be more **physically active**.
- Choose to eat the right amounts of **healthy foods**.

What puts you at risk?

You are at risk if you:

- are overweight
- don't get enough physical activity
- have a mom, dad or other close relative who has type 2 diabetes
- are American Indian, Alaska Native, African American, Hispanic/Latino, Asian American or Pacific Islander

FACT: Eating too much sugar DOES NOT cause diabetes.

Know the warning signs:

If you have type 2 diabetes, you might:

- urinate a lot
- be very thirsty
- lose weight without any reason
- feel tired
- have patches of thick, dark skin that feels like velvet on your neck or under your arms

Some teens do not notice any of these warning signs. They find out they have diabetes when they go to their doctor for a checkup. That's why getting a checkup every year is important. Through the state's TENnderCare Program, checkups are free for TennCare members under the age of 21.

Source: National Institutes of Health

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Member Services: 1-800-600-4441
TTY: 1-800-855-2880
24-hour Nurse HelpLine



What do you know about Chlamydia?

When is being ranked as one of the top 10 states not good? When the ranking concerns the number of reported cases of sexually transmitted diseases (STDs). In a report released earlier this year on 2006 STD cases, Tennessee ranked 9th among all the states for the highest number of cases of chlamydia. This is one of the most common STDs. The Centers for Disease Control and Prevention estimates 2.8 million people are infected each year.

What is Chlamydia?

It is a bacterial infection that you can get during vaginal, oral or anal sexual contact

with an infected partner. However, in about 70 percent of persons infected, there are no symptoms. But it can still cause

serious problems.

The infection, if severe, can prevent women from having a baby. Or it can cause newborn babies of infected mothers to be born with infections. It can also cause painful urination and yellowish discharge from the vagina or penis.

Diagnosis and Treatment

If you are sexually active, you should have a test every year to see if you have chlamydia. This test is free to TennCare members. If you do have

chlamydia, it can be treated with antibiotics. It is important to take all of your medicine, even after symptoms disappear. Tell your sex partners that you have chlamydia so they can be tested and treated, if necessary.

Prevention

The surest way to avoid chlamydia, as well as other STDs, is to have no sexual contact. If you do have sex, you should have only one partner who has been tested and is not infected and has no other partners. If you have sex, you can reduce your risk of getting chlamydia by using a latex condom.

Heads up
Guys, take heed. Chlamydia can affect both women and men.

Source: National Institute of Allergy and Infectious Diseases

Braces – Ceramic, Invisible, Metal: What's The Difference? Does It Matter?

There are many reasons you may need braces. Teeth may grow in crooked or overlapping. The mouth can be too small, and the teeth can shift into crooked positions. Sometimes the upper jaw and lower jaw are not the same size. All of these problems go by one medical name: malocclusion, which means "bad bite." By visiting the dentist regularly, crowded or crooked teeth can be spotted early. If a dentist thinks you need braces, he will send you to see an orthodontist.

There are many choices available today for braces, and it can be confusing. The type of braces you may get depends on a number of things:

- How bad your bite is
- How crooked your teeth are
- If you need to have teeth pulled
- If you need surgery on your jaws
- If you need special appliances
- The amount of time you will need to wear braces to fix your problems
- The dentist's and orthodontist's recommendations

Ceramic braces are very strong and do not stain. Ceramic braces usually cost more. Treatment can take a few months longer than metal braces.

"Invisible" braces are for people who do not have severe problems. If you have a very bad bite or need to have teeth pulled, then you will need to wear traditional braces. Sometimes, "invisible" braces can cost more than traditional braces. "Invisible" braces take as long as traditional braces for treatment. Also, traditional braces may be needed for a few months even after "invisible" braces to correct certain problems.

Traditional metal braces can be silver or golden. Metal braces are very strong and can withstand most types of treatment. Metal braces usually cost less than other types of braces. Traditional metal braces usually take less time for treatment among all the types of braces.

Does TennCare Pay?

How bad your problem is will determine if you will qualify for full-banded braces under the TennCare program. TennCare members age 20 and under may qualify for braces if certain rules are met. If your back teeth come together for chewing, you will seldom qualify. Crowding alone is usually not a severe "bad bite," in spite of looks. Your dentist can help you with questions about braces.

If you have TennCare, you have TENnderCARE (EPSDT) dental services until you become 21 years old. These services include **FREE** regular 6-month checkups, fluoride treatments and sealants.

If you have TennCare, call Doral Customer Service at 1-888-233-5935.

Or visit www.doralusa.com for:

- **Help finding a dentist**
- **Questions about your TennCare dental benefits**
- **Help with interpretation and translation**
- **Help with a ride**

Thumbs up for injury-free texting

Who would have thought it? Texting is not without health risks, especially if you spend lots of time every day sending text messages exclusively with your thumbs or if you spend lots of time playing computer or hand-held games. You could develop repetitive stress injuries (RSI). This includes carpal tunnel syndrome, bursitis, tendonitis and many other conditions.

Repeated, uninterrupted motions can lead to painful swelling and inflammation of the overused soft tissues such as tendons and muscles. Over time, RSIs can cause temporary or permanent damage.

Treatment

Treatment usually includes reducing or stopping the motions that cause the painful symptoms. Options include taking breaks to give the affected area time to rest. Applying ice to the

affected area may help reduce swelling. Your doctor may also suggest medicine for pain or inflammation.

Stretching exercises may also help. Take a look at these tips and suggested exercises from Virgin Mobile:

Tips

- If texting starts to hurt, stop. Use the other hand, or call instead.
- Vary the hand you use.
- Vary the digits you use.
- Don't text for more than a few minutes without a break.

Exercises

Stop these exercises if you feel any pain, because you could do more harm than good.

In your texting hand:

- Tap each finger with the thumb of the same hand. Repeat 5 times.



- Pull your thumb firmly with the other hand. Repeat 5 times.
- Wrap an elastic band around the tips of fingers and thumb and force apart. Repeat 20 times.
- With palms down, wrap an elastic band around each thumb and force apart. Repeat 20 times.
- Reach up high with both arms and shake your hands. Reach down low with both arms and shake. Repeat 3 times.

Heads up

Girls, take heed. Guys aren't the only ones that can suffer injuries from texting.

Source: National Institute of Neurological Disorders and Stroke

TENNderCare at a Glance

TENNderCare is a program that provides free checkups for eligible teens under age 21. Every teen needs regular health checkups, even if he or she seems healthy. These visits help your doctor find and treat problems early. TENNderCare also pays for all medically necessary care to treat problems found at the checkup.

What happens at a wellness checkup?

- Health history
- Physical exam
- Lab tests (as needed)
- Immunizations
- Vision/hearing screening
- Developmental/behavioral screening (as needed)
- Advice on how to keep your child healthy

It's easy for you to get a wellness checkup. Just have your parent call your doctor and schedule a visit today. Need help making an appointment? Call Member Services at 1-800-600-4441.

If you need a ride to your doctor's office to get your checkup, call 1-866-680-0633. If you are in Nashville, the number is 615-248-0120. This is a free service to all members under age 21. If you are under the age of 18, you can have a parent ride with you. Your parent would need to call to schedule the ride.



You have a right to file a complaint about AMERIGROUP or your care. If your complaint is about either physical health care and/or behavioral health care, you can call AMERIGROUP at 1-800-600-4441, or write to us at:

AMERIGROUP Community Care
22 Century Blvd, Suite 310
Nashville, TN 37214

Interpretation and Translation Services are free to the enrollee. For details please call Member Services at 1-800-600-4441. If you are deaf or hard of hearing, please call the toll-free AT&T Relay Service at 1-800-855-2880.

No one is treated in a different way because of race, color, birthplace, language, sex, age or disability. Do you think you've been treated unfairly? Do you have more questions? Do you need more help? You can make a free call to the Family Assistance Service Center at 1-866-311-4287. In Nashville, call 743-2000.