



Making Informed Medical Decisions

We are in the midst of the “information age.” The technological advances that we have and those being added or improved are incredible. Computers, handheld devices, cell phones, fax machines, the World Wide Web, distance learning, medical advances and treatments, new drugs, and the list goes on!

We have more information at our fingertips than ever before. The Internet has become a major source for health information. We hear about new treatments, new drugs, nutritional supplements, and alternative treatments all the time.

However, in our quest to find a “magic bullet” to cure what ails us, how do we determine if the information we see on Web sites, in magazines, or other sources is believable? It is very important that we be able to evaluate what we hear and see. Only then can we make informed decisions about how to use that information. This is important for any mainstream medical treatment, as well as complementary and alternative treatments. Ask yourself the following

questions in your own medical decision-making process:



David Boss, M.D., Associate Medical Director, Health New England

1. Was evidence of proof provided by stories or by scientific studies?
2. If there were studies, were there control groups? Without control groups, there is no reliable way to measure whether something has an effect.
3. Were the results published in a reputable journal such as a scientific or medical journal, or was it in a super-market tabloid or magazine?

4. Could anything else have caused the results being reported such as a seasonal change, other medication, or emotional changes?

5. Does the “new treatment” eliminate any basic treatment or nutrient, or stress only a few nutrients? Does it require you to stop taking another basic medication because of dangerous interactions?

6. Is there any possibility of danger/harm? For example, the powerful heart medication, digitalis, which comes from the foxglove plant, is “natural,” but unless the dosage is exact, it could be dangerous. What information does your own doctor have about the treatment you are researching?

7. Can I afford it financially, physically, emotionally?

8. Is it worth the trouble and/or expense? Do I have the necessary support in place?

If you ask yourself all of these questions and decide to try a new treatment, remember that it is very important to inform your health care provider about what you are doing.

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Diabetes Facts

Are you at risk for getting diabetes?

Do you have a family history of diabetes?

Do you want to beat your odds of getting diabetes?

If you answered “yes” to any of the questions above, then read on.

In recent years, there has been an alarming increase in the number of people diagnosed with Type 2 (adult onset) diabetes and obesity.

The National Institutes of Health reports two simple lifestyle changes—a proper diet and adequate exercise—can reduce your risk of getting this deadly disease by nearly 50 percent.

In a clinical trial, NIH found that participants who were physically active at least 30 minutes a day, five days a week, and lost an average of 15 lbs., experienced the greatest benefits.

Most participants chose walking for exercise. Although being active is part of any healthy lifestyle, it offers even greater benefits for people at risk for obesity and diabetes.

In addition to becoming more active, participants cut back on their intake of fat and calories.

Diabetes is a serious, lifelong condition. It touches every part of your life. It's important to do everything possible to protect your health. Preventing diabetes is easier than living with it.

Put Your Best Foot Forward *and Reduce Your Risk for Diabetes*

What you eat matters!

Eating the proper foods is one of the most basic and important ways to reduce your risk of diabetes. In addition, eating properly can help you reach and maintain a healthy weight and protect your long-term health. You may still be able to eat sweets, but in moderation. For more information go to HNE's Web site (www.healthnewengland.com) and click on **Health Management Programs**.

Increase your physical activity!

Increasing your physical activity helps to reduce body fat by building or preserving muscle mass and improving the body's ability to use calories. Combined with proper nutrition, physical activity can help control weight and prevent obesity. Obesity is a major risk factor for many diseases, including diabetes.

In addition, increasing physical activity will:

- **improve your quality of life, mood, and self-image.**
- **reduce your risk for developing diabetes and heart disease.**
- **reduce depression and anxiety.**
- **help you to manage stress more effectively.**
- **help you live a longer, healthier life.**

Getting started

If you choose an activity you enjoy, that fits your lifestyle and interests, you will be more likely to stick with it. Evidence suggests that even low to moderate intensity activities have health benefits. However, you

should always talk to your doctor before starting any exercise program.

Remember that any amount of physical activity is better than none at all. Even if you're inactive or *too* busy, keep in mind that such activities as housework, gardening, golfing, bowling, and shopping count.

Walking is an easy and inexpensive way to begin a physical activity program, especially if you haven't been active. All you need is a pair of well made, comfortable shoes and a safe place to walk. Mall walking is perfect when you cannot walk outdoors. Many malls have organized mall-walking programs. Call your local mall today.

Try the following simple tips to help keep you motivated on your path to good health:

- **Find a friend who will exercise with you.** You will be less likely to cancel on a friend than on yourself. Exercising is easier and a lot more fun when you're not doing it alone.
- **Schedule your workouts.** Write it down. You will be more apt to follow through if your workout is scheduled as part of your day.
- **Keep a detailed log** to track your progress.
- **Set goals for yourself.** You will be more likely to stick with your workout if you have a goal.
- **Reward yourself!** Treat yourself to a massage, manicure, or new article of clothing.

So, put your best foot forward and reduce your risk of diabetes.

For additional health information, visit HNE's Web site at www.healthnewengland.com (Health Management Section).

Managing Multiple Projects

It happens every time! Just when you've finally gotten a handle on all the projects you're managing, a few more get thrown your way. Juggling multiple projects is a major stressor that can leave you feeling helpless and out of control. Successful project management requires the utmost organizational and time management skills. The following approaches can help:

Set Priorities. List what needs to be done and when. Decide what's most important.

Develop a game plan and realistic schedule that doesn't get bogged down in too many details.

Smaller is smarter. Smaller projects are less confusing and easier to manage. Break bigger projects down into smaller segments.

Develop a standard project procedure. If necessary, use project management software to create a model that can be adapted to fit each project's components and life cycle.

Stick to your projects' assigned specifications.

Sometimes agreeing to a simple extra request can throw off your entire schedule. Be sure your resources can handle the load.

Refine your communication skills. Because project managers deal with different people doing various tasks at different stages of your many projects, speaking and writing clearly is essential.

Improve your people skills. Since you must ensure that everyone's tasks are completed successfully, your ability to resolve issues diplomatically may be more important than your technical knowledge.

Get status updates from your team. You cannot manage every detail. Hold regular meetings to get status reports. Try mid-afternoon Friday to wrap up the week and give team members a chance to plan ahead and be ready to go on Monday morning.

Awakening Your Creative Mind

Creativity sounds daunting, like something born only in writers, artists, musicians, and precocious children.

However, you're probably more creative than you think—even at work. For example, if you don't have an item you need because of a delayed delivery, come up with a creative alternative. It's your creative mind that comes up with a plan of action to meet your customer's or boss's needs.



Freeing your ability to think creatively adds variety and zest to your work and helps you reach your potential. Try the following tips for enhancing your natural creativity:

Be curious. Think about things you take for granted.

For instance, what happens to your lap when you stand up? This is a silly question, but it makes you take a creative look at something ordinary.

Be original. Avoid going with the first idea that comes up. Look at problems or challenges in a new light or from different perspectives and try to come up with several additional options, regardless of how wacky they seem at first.

Don't be too critical. Try to expand your thinking rather than limiting your ideas. Even the most off-the-wall ideas could lead to something good.

Play. Having fun enhances creativity. Doodling, painting, or playing games such as Pictionary® can sharpen your creative-thinking skills.

Move. Go for a brisk walk or play a sport. Aerobic exercise shakes up the brain's chemistry and can spur creativity.

Listen to your inner voice. Many creative thoughts come from the unconscious mind, which is why you may find ideas coming to you just before you fall asleep. Keep a journal at your bedside to record these thoughts.



If you're in charge of planning an office party at which alcohol will be served, avoid salty, greasy, or sweet foods that make people thirsty. Instead, serve foods that are rich in starch and protein. These foods slow the absorption of alcohol in the bloodstream. Be sure to offer nonalcoholic alternatives and implement a designated driver program.

Would you like to cut down the number of drop-in visits to your office or cubicle? If someone stops by to chat and you can't oblige but don't want to seem rude, just stand up. This will send a clear message to the visitor not to sit down. Studies also show that people come more directly to the point when talking in a standing posture.

Do untimely phone calls take you completely away from your immediate tasks? You can manage the phone by screening calls on an answering machine and making and returning calls only during a specific interval of the day. Let messages accumulate on the answering machine until the designated time, then replay the messages and return calls as necessary.

If you have arranged a meeting with a person who is chronically late, ask the person to call you just before he or she leaves. If you have a medical appointment with an overbooked doctor, call first to see if he or she is running behind.

Y O U R W O R K



Pharmacy Update

The following medications have been added to the HNE Formulary. These medications are now available at the middle co-payment tier.

Brand Name (Tier 2) Use

PEG-Intron®Hepatitis C medication

Equivalent generic products are now available for the following brand name medications.

Brand Name (Tier 3) Generic Name (Tier 1)

Aygestin®norethindrone acetate

Brethine®terbutaline

Buspar®buspirone

Prozac®fluoxetine

Generic products are available at the lowest, and brand name products at the highest, co-payment tiers. Please note: Massachusetts state law mandates that pharmacists dispense equivalent generic products, when available, unless the physician has written "Do Not Substitute" on the prescription.

How to help antibiotics help you

Some answers to commonly asked questions about antibiotics.

What is an antibiotic?

Antibiotics are drugs used to treat infections caused by bacteria. They are useless against viruses.

What is the difference between a virus and bacteria?

A virus is tiny and can cause infections such as the common cold and chicken pox. Most viral infections just have to run their course. Bacteria are larger than viruses and may cause some coughs and ear infections, but not all. Many bacterial infections require treatment with an antibiotic.

Should I stop taking my antibiotic when I start to feel better and save it for the next time I get sick?

No. Antibiotics should be taken until they are finished. Never save or use for any other illness. When an antibiotic is not taken properly there is risk of the infection returning or the remaining bacteria becoming resistant to the prescribed antibiotic.

What is bacterial resistance?

Bacterial resistance develops from repeated and improper use of antibiotics. Bacteria have the ability to change their structure to survive attacks by an antibiotic drug. When this happens, an antibiotic stops working against that bacteria.

Are new super antibiotics better than the older antibiotics?

No. These antibiotics treat specific serious infections. The older antibiotics are powerful treatments against the bacteria they are prescribed for. Improper use of any antibiotic can lead to bacterial resistance.

In addition, please remember:

- It is up to your doctor to decide if you need an antibiotic.
- A runny nose with yellow or green mucus does not mean there is a bacterial infection present.
- Tell your doctor about all medications and herbal supplements you are taking.

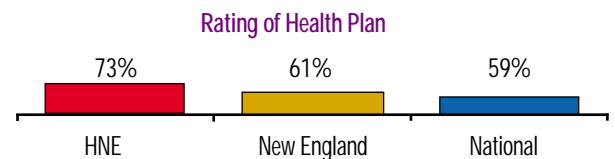
the results are in! Member Satisfaction

What has your health plan done for you lately? This may seem like an odd question to be asked by, of all things, a health plan, but we think it's a good one. Think about it? What has Health New England (HNE) done for you in the past year? Were you able to get needed care through our network of health care providers? Did you receive a reminder to make an appointment? Did we pay your physician's claim directly and on time?

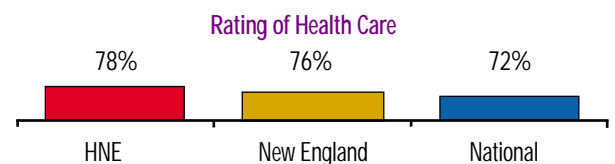
So how have we done? HNE members were selected at random during the spring of 2001 to receive a satisfaction survey. Their answers reflected their experiences with HNE during the previous twelve months. Topics ranged from administration and membership, to clinical services delivered by physicians, nurses, or other health care providers. For evaluation purposes, the statistics were compared to the New England average and the national average.

Based on that survey, here is a snapshot of how HNE's programs performed.

Q: How do you rate your overall experience with your health plan?

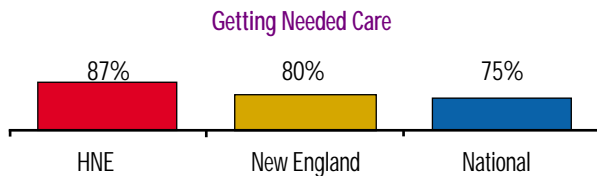


Q: How do you rate your health care in the last 12 months from all doctors and other health care providers?

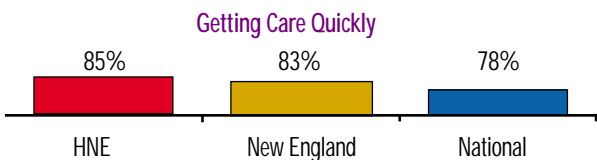


SURVEY

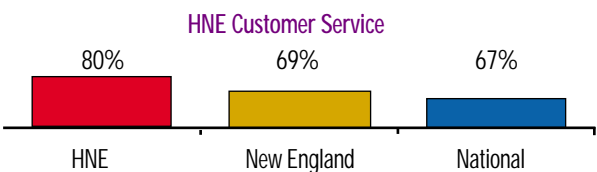
Q: Have you had any problems finding a doctor or nurse? Getting a referral to a specialist? Getting care you and your doctor believed necessary? Getting care approved by the Plan without delays?



Q: How often did you: Get help or advice when you called your physician during regular office hours? Get treatment as soon as you wanted for an illness or injury? Get an appointment as soon as you wanted for regular or routine health care? Wait 15 minutes or less past your appointment time?



Q: Have you had any problems finding and understanding information in written materials? Getting help from health plan customer services? Completing health plan paperwork?



HNE members are pleased with their health plan and the care they received from their providers. HNE was also ranked "Best In Class" in

- Adolescent Immunizations
- Adolescent Well Care Visits
- Well Child Visits
- Children's Access to Primary Care Physicians.

For more information on HNE's "Best In Class" ratings, turn to page 10.

Ask Dr. Ebert

*Thomas Ebert, M.D.,
medical director for
Health New England*



Q. Recently a close friend of mine had a heart attack. Can you tell me what the signs of a heart attack are, what I should do if someone is having a heart attack, and how I can reduce my risk of having a heart attack?

A. The most common warning signs of heart attack include:

- ♥ Uncomfortable pressure, fullness, squeezing pain in the center of the chest that lasts more than a few minutes, or goes away and comes back.
- ♥ Pain that spreads to the shoulders, neck or arms.
- ♥ Chest discomfort while feeling lightheaded, fainting, sweating, nausea or short of breath.

Many people mistake these symptoms for indigestion and do not go to the hospital right away. Minutes count and time is critical. Prompt use of clot-busting drugs, defibrillators, and other modern treatments saves lives and keeps heart damage to a minimum.

What to do if someone is having a heart attack:

- ♥ First, know the warning signs of heart attack so that you will recognize an emergency when it occurs.
- ♥ Give the person one aspirin and call 911 to get medical help.
- ♥ If the person is not breathing and has no pulse, start cardiopulmonary resuscitation (CPR) immediately!

What you can do to reduce your risk of heart disease:

- ♥ Do not use tobacco. This is the number one preventable cause of serious illness such as heart disease, stroke, lung cancer and emphysema.
- ♥ Be physically active to build endurance, control blood pressure, reduce cholesterol levels, aid in weight control, and reduce your risk of developing diabetes.
- ♥ Eat healthy foods. Foods high in saturated fat and cholesterol contribute to atherosclerosis, a primary cause of heart attack and stroke. Try increasing your intake of fresh fruits and vegetables to 5 servings a day. Bake or broil instead of frying poultry, fish, and meats.
- ♥ Watch your weight. Obesity is a major risk factor.
- ♥ Avoid excessive alcohol. Heavy drinking can contribute to high blood pressure, heart disease, and stroke.

How can your doctor help you reduce your risk of heart disease:

- ♥ Do regular checkups
- ♥ Help you control your cholesterol
- ♥ Keep tabs on your blood pressure
- ♥ Keep diabetes in check

Primary Care Physicians Directory Update

The following Primary Care Physicians have joined HNE:

Family Practice

Stefan A. Topolski, M.D.

West County Physicians
25 Heath Stage Terrace
Shelburne Falls, MA 01370
(413) 625-9717

Internal Medicine

Stephen C. Anderson, M.D.

Belchertown Wellness Center
95 Sargent Street
Belchertown, MA 01007
(413) 323-7212

Michael B. Blackman, M.D.

Hillcrest Family Health Center
165 Tor Court
Pittsfield, MA 01201
(413) 445-9535

Elizabeth E. Boyle, M.D.

Mason Square Neighborhood Health Center
11 Wilbraham Road
Springfield, MA 01109
(413) 794-3710

Rebecca P. Caine, M.D.

Hillcrest Family Health Center
165 Tor Court
Pittsfield, MA 01201
(413) 445-9535

Chi K. Cheung, M.D.*

Adams Internists
19 Depot Street
Adams, MA 01220
(413) 743-7505

Cindy S. Chu, M.D.

Mason Square Neighborhood Health Center
11 Wilbraham Road
Springfield, MA 01109
(413) 794-3710

Mario Flores, M.D.

Neighborhood Health Center
510 North Street
Pittsfield, MA 01201
(413) 447-2351

Laura Gioiella, M.D.

Boston Road Medical Associates
2377 Boston Road
Wilbraham, MA 01095
(413) 596-5550

Suzanne T. Jorey, M.D.

Western MA Physician Associates
Chicopee Medical Center
262 New Ludlow Road
Chicopee, MA 01020
(413) 552-3250

James L. Mugford, M.D.

Mason Square Neighborhood Health Center
11 Wilbraham Road
Springfield, MA 01109
(413) 794-3710

Susan P. Sloan, M.D.

Neighborhood Health Center
510 North Street
Pittsfield, MA 01201
(413) 447-2351

Amanda Wilson, M.D.

Meadows Medical Associates
294 North Main Street
East Longmeadow, MA 01028
(413) 525-4555

Pediatrics

Stephen C. Anderson, M.D.

Belchertown Wellness Center
95 Sargent Street
Belchertown, MA 01007
(413) 323-7212

Michael B. Blackman, M.D.

Hillcrest Family Health Center
165 Tor Court
Pittsfield, MA 01201
(413) 445-9535

Lilyan D. Blatt, D.O.

Pediatric Associates of Hampden County
373 Park Street
West Springfield, MA 01089
(413) 734-1001
and
Pediatric Associates of Hampden County
477 Southwick Road
Westfield, MA 01085
(413) 562-5256

Cindy S. Chu, M.D.

Mason Square Neighborhood Health Center
11 Wilbraham Road
Springfield, MA 01109
(413) 794-3710

Michael S. Freedman, M.D.

Pediatric Associates of Hampden County
373 Park Street
West Springfield, MA 01089
(413) 734-1001, and

Pediatric Associates of Hampden County
477 Southwick Road
Westfield, MA 01085
(413) 562-5256

James L. Mugford, M.D.

Mason Square Neighborhood Health Center
11 Wilbraham Road
Springfield, MA 01109
(413) 794-3710

Joseph E. Yunis, M.D.

Mary Lane Pediatric Associates
83 South Street, Suite 112
Ware, MA 01082
(413) 967-2040

The following providers have disenrolled from HNE:

James R. Abel, M.D.

Edward N. Bailey, M.D.
John A. Bellizzi, Jr., M.D.
Donna Catanzaro, M.D.
Julius Kirn, M.D.
David J. Licht, M.D.
Steven Lyndaker, M.D.
John E. McHugh, M.D.
Martha F. Nathan, M.D.
Shereen E. Palmer, M.D.
Peter Zinger, M.D.

The following Primary Care Physicians have opened their panels to all members. They will now accept new and established members on their panels.

Deborah H. Abell, M.D.

Northampton Area Pediatrics
170 University Drive
Amherst, MA 01002
(413) 587-3224
and
Northampton Area Pediatrics
193 Locust Street
Northampton, MA 01060
(413) 584-8700

Glenn F. Alli, M.D.

Westside Medical Associates
46 Daggett Drive
West Springfield, MA 01089
(413) 794-9110

Catherine E. Bartlett, M.D.

Northampton Area Pediatrics
170 University Drive
Amherst, MA 01002
(413) 587-3224 and

Northampton Area Pediatrics
193 Locust Street
Northampton, MA 01060
(413) 584-8700

Ronald H. Berger, M.D.

Chestnut Medical Associates
2 Medical Center Drive
Springfield, MA 01107
(413) 785-5344

Robert A. Bissell, M.D.

Northampton Area Pediatrics
170 University Drive
Amherst, MA 01002
(413) 587-3224
and
Northampton Area Pediatrics
193 Locust Street
Northampton, MA 01060
(413) 584-8700

Lindsay G. Crampton, M.D.

Family Practice Associates
20 Elm Street
Pittsfield, MA 01201
(413) 442-1019

James Hession, M.D.

Chestnut Medical Associates
2 Medical Center Drive
Springfield, MA 01107
(413) 785-5344

Peter C. Kenny, M.D.

Northampton Area Pediatrics
170 University Drive
Amherst, MA 01002
(413) 587-3224
and
Northampton Area Pediatrics
193 Locust Street
Northampton, MA 01060
(413) 584-8700

David T. Lyons, M.D.

Northampton Area Pediatrics
170 University Drive
Amherst, MA 01002
(413) 587-3224
and
Northampton Area Pediatrics
193 Locust Street
Northampton, MA 01060
(413) 584-8700

David E. Popkin, M.D.

Westside Medical Associates
46 Daggett Drive
West Springfield, MA 01089
(413) 794-9110

* Denotes a closed or restricted panel

Health NEWS

Primary Care Physicians Directory Update

Susan Ray-Lamond, M.D.

Northampton Area Pediatrics
170 University Drive
Amherst, MA 01002
(413) 587-3224
and

Northampton Area Pediatrics
193 Locust Street
Northampton, MA 01060
(413) 584-8700

Jonathan S. Schwab, M.D.

Northampton Area Pediatrics
170 University Drive
Amherst, MA 01002
(413) 587-3224
and

Northampton Area Pediatrics
193 Locust Street
Northampton, MA 01060
(413) 584-8700

Michael H. Solon, M.D.

Westside Medical Associates
46 Daggett Drive
West Springfield, MA 01089
(413) 781-4000

The following Primary Care Physicians have closed their panels to new members. They will continue to accept patients who are already established with them.

Paul E. Berman, M.D.*

184 Northampton Street
Easthampton, MA 01027
(413) 527-0797

Joel I. Bessoff, M.D.*

2 Medical Center Drive
Springfield, MA 01107
(413) 794-8222

Glen P. Bombardier, M.D.*

10 Hospital Drive
Holyoke, MA 01040
(413) 533-7139

Karen M. Boudreau, M.D.*

Valley Medical Group
Cherry Rum Plaza
489 Bernardston Road
Greenfield, MA 01301
(413) 774-6301

Greer A. Clarke, M.D.*

Sumner Pediatrics
1515 Allen Street
Springfield, MA 01118
(413) 782-7646

William J. Demarco, D.O.*

Family Practice Associates
20 Elm Street
Pittsfield, MA 01201
(413) 442-1019

James R. Gitzus, M.D.*

Pittsfield Medical Associates
510 North Street
Pittsfield, MA 01201
(413) 499-2921

Jonathan B. Grenoble, M.D.*

Family Practice Associates
20 Elm Street
Pittsfield, MA 01201
(413) 442-1019

Eugene H. Heyman, M.D.*

Family Practice Associates
20 Elm Street
Pittsfield, MA 01201
(413) 442-1019

Craig R. Kirby, D.O.*

Family Practice Associates
20 Elm Street
Pittsfield, MA 01201
(413) 442-1019

Robert Bruce Lee, M.D.*

Family Practice Associates
20 Elm Street
Pittsfield, MA 01201
(413) 442-1019

Alice Ling, M.D.*

Pittsfield Medical Associates
510 North Street
Pittsfield, MA 01201
(413) 499-2921

Ann McIntosh, M.D.*

Iverson-McIntosh Family Physicians
51 Sanderson Street
Greenfield, MA 01301
(413) 774-2788

Michael J. Murray, M.D.*

Family Practice Associates
20 Elm Street
Pittsfield, MA 01201
(413) 442-1019

Keith R. Ruppel, M.D.*

Sumner Pediatrics
1515 Allen Street
Springfield, MA 01118
(413) 782-7646

Cristine A. Sickle, M.D.*

Sumner Pediatrics
1515 Allen Street
Springfield, MA 01118
(413) 782-7646

Janet A. Slota, M.D.*

Sumner Pediatrics
1515 Allen Street
Springfield, MA 01118
(413) 782-7646

Denise A. Spence, M.D.*

Franklin Medical Group
48 Sanderson Street
Greenfield, MA 01301
(413) 773-4931

Robert M. Taylor, M.D.*

Family Practice Associates
20 Elm Street
Pittsfield, MA 01201
(413) 442-1019

The following Primary Care Physicians have closed their panels to all (new and existing) members, and will not accept any members on their panels.

Jose P. Abrena, M.D.

Hampden County Physician Associates
185 West Avenue
Ludlow, MA 01056
(413) 589-0893

Philip F. Gaziano, M.D.

Hampden County Physician Associates
382 North Main Street
East Longmeadow, MA 01028
(413) 525-3958

The following Primary Care Physician has an additional office location. The additional address is reflected below:

Hilary J. Branch, M.D.

Baystate Pediatric Associates
3300 Main Street
Springfield, MA 01107
(413) 794-0555

The following Primary Care Physicians have had a change of address. The new address is reflected below:

Jose P. Abrena, M.D.

Hampden County Physician Associates
185 West Avenue
Ludlow, MA 01056
(413) 589-0893

John D. Bedford, M.D.

299 Carew Street
Springfield, MA 01107
(413) 532-7760

Ronald E. Goldfinger, M.D.*

Pittsfield Medical Associates
510 North Street
Pittsfield, MA 01201
(413) 499-2921

Gina L. O'Brien, M.D.*

University Health Services
150 Infirmary Way
Amherst, MA 01003
(413) 577-5000

Gabriel J. Otterman, M.D.

140 High Street
Springfield, MA 01199
(413) 794-2515

Richard Rosenfeld, M.D.

Berkshire Pediatric Associates
777 North Street
Pittsfield, MA 01201
(413) 499-8531

Edward J. Weiner, M.D.*

29 Lewis Avenue
Great Barrington, MA 01230
(413) 528-8643

How can I obtain information on a HNE Practitioner?

You can find out about a provider by contacting the Massachusetts Board of Registration in Medicine. Call (800) 377-0550 to have a Physician Profile mailed or faxed to you. You can get a maximum of 10 different profiles per call. Also you can visit them on the Web at www.massmedboard.org.

Note: In the previous issue of *MamberMatters*, an incorrect phone number was listed for Carolyn J. Kendall, D.O. The correct phone number is (413) 584-4293.

* Denotes a closed or restricted panel

Health NEWS

Health Education Classes

Health New England wants to keep you healthy! The following is a list of some available health courses. You may contact the hospitals directly at the phone numbers listed. Pre-registration is required for most classes. Additional class information can be found on HNE's Web site: www.healthnewengland.com, click on Health Management Programs.

CPR Certification Class

BAYSTATE MEDICAL CENTER (413) 794-9441

CPR/Heartsaver Plus. The Heartsaver Plus course includes adult CPR & foreign body airway management; it may include child and infant CPR. Please call for registration information.

CPR/Community Heart Saver. This course includes adult CPR & foreign body airway management; it may include child & infant CPR. \$35 fee is non-refundable. Check payable to BMC. Note date and class time on check. Mail to: BMC 3601 Main St. CPR Program Springfield MA 01199 Attn: C. Sabola. No refunds.

CPR/Heartsaver AED Course. 8 hour Heart Saver AED Provider Course to become an instructor. For current CPR Instructors only. Cost of \$95 includes manual.

CPR Re-certification/Review Class. 4-hour course includes one-and two-man adult, child and infant CPR, foreign body obstruction, jaw thrust, and use of the AMBU bag. Also included will be a Code Blue Review, new AED information, and safety training. Cost or the manual is \$10. Please bring your CPR card with you. Cost is 40.

First Aid Awareness for Teens (Ages 11-17). 4-hour class to educate youth on first aid. Cost of course is \$25. Call 794-2255.

Keeping Baby Safe/CPR. Techniques for providing a safe environment and using infant CPR. Cost is \$25. For more information, dates, and times, please call The Professionals at 794-2229

BERKSHIRE MEDICAL CENTER (800) 377-4325

CPR Certification Program. Two monthly, four-hour sessions by appointment only. Bishop Clapp Building Education Department.

FAIRVIEW HOSPITAL (413) 528-6328

CPR Certification Program. Every 3rd Wednesday of every month from 5:30-8:30 p.m. in the Conference Room. Fee is \$30.

CPR Renewal. Every 3rd Wednesday of every month from 5:30-8:30 p.m. in the Conference Room. Fee is \$20.

Infant Safety Seminar. This one-session course, offered monthly, includes a discussion on the safe use of car seats, cribs, playpens, etc. Household safety also will be discussed. Cost is \$15 per family.

MARY LANE HOSPITAL (800) 377-4325

CPR Certification Program. This class covers adult and child CPR, is offered by the American Heart Association, and is held on two evenings. The cost of the course is \$35. Contact Deb Gagnon.

NOBLE HOSPITAL (413) 572-5172

CPR Classes. Two-part basic life support classes are held monthly to provide training for adult, child, and infant CPR as well as first aid for choking. Classes are held from 6:30-9 p.m.

Asthma

Adult Asthma Education Classes Health New England (413) 87-4000 or (800) 842-4464 ext. 3553. Adult Asthma Education Classes will be held from 6:30-8:30 p.m. at The Community Conference Room, 3300 Main Street, Springfield, Mass. The class is FREE to HNE members who have been diagnosed with asthma, and a guest. Space is limited so call today to secure your seat! Learn more about managing your asthma, measure peak flow, develop an *asthma action plan*, and much more! For class dates, please call the above number. RAFFLE PRIZES! FREE Peak Flow Meter!

Diabetes

COOLEY DICKINSON HOSPITAL (413) 582-2736

Managing Your Diabetes. Four-week program taught by a diabetes educator to help you take control of your diabetes. From 6-7 p.m. in the third floor classroom. For more information, please phone the Education Department.

Families of Children with Diabetes. Held on the 4th Tuesday of every month, rear dining room. Call (413) 582-2649. Health New England (413) 787-4000 or (800) 842-4464 ext. 3381

Health New England Diabetes Management Program. Diabetes education and nutrition/meal planning classes are held at the Community Conference Room at 3300 Main Street, Springfield, MA from 6:30-8:30 p.m. For more information, class dates, or registration, call 787-4000 or (800) 842-4464, ext. 3381, or visit www.healthnewengland.com, click Health Management Program.

HOLYOKE HOSPITAL (413) 534-2789

Diabetes Self-Management. Free classes held on the first four Thursdays of each month at 1:30 p.m. or on the first four Tuesdays of each month at 6:30 p.m.

MARY LANE HOSPITAL (800) 377-4325

Blood Glucose Screenings. 3rd Wednesday of every month. \$5.

General Health

BAYSTATE MEDICAL CENTER (413) 794-2255 OR (800) 377-HEALTH

Cholesterol Screenings. Full HDL/LDL cholesterol screenings on the 2nd, 3rd, and 4th Wednesday of each month from 7:30-10:30 a.m. A twelve-hour fast is required prior to the screening. To register for the program, call The Professionals.

FAIRVIEW HOSPITAL WELLNESS CENTER (413) 528-0790

Blood Pressure Screenings. 2nd Wednesday of each month from 9 a.m.-noon on a walk-in basis.

FRANKLIN MEDICAL CENTER 413-774-4444

Basic First Aid. From 9 a.m. - 3:30 p.m. in the Health Sciences Library. \$25 for students; \$40 for adults; and \$10 for employees. Pre-registration is required; call (800) 377-HEALTH ext. 4325.

HEALTH NEW ENGLAND (413) 787-4000 OR (800) 842-4464 EXT. 3553

Living Well Program. A six-week program to help those with chronic illness improve self-management skills and increase confidence in their ability to manage their health. 2 hours a week for 6 weeks. HNE members who have a chronic condition pay only \$35.00 fee for a *Living a Healthy Life with Chronic Conditions* book and a *Progressive Muscle Relaxation* audio tape.

HOLYOKE HOSPITAL (413) 534-2789

Blood Pressure Screenings. Free blood pressure screening every Tuesday, from 10:30 a.m.-noon, in the Hospital's South 4 Patient Lounge. For information contact The Health Promotion Line.

MARY LANE HOSPITAL (413) 967-6211

Health Screenings for blood pressure, blood glucose, and cholesterol on the 3rd Wednesday every other month from 8-10 a.m. in the Community Health Information Center. Some screenings require pre-registration and a nominal fee. Contact The Professionals at (413) 967-9077 or (800) 377-HEALTH.

Pre/Postnatal Care

BAYSTATE MEDICAL CENTER (413) 794-0000

BMC Boot Camp for New Dads. A three-hour workshop in which veteran fathers orient new dads. Boot Camp prepares men to be dads, beginning with holding and comforting a real baby. \$10 per participant. To register for class, please call The Professionals, (800) 377-HEALTH.

Breastfeeding Class. Two-part course for expectant parents provide the most current information on breast-feeding. Each class takes 2-3 hours. To register, call (413) 794-5515.

Childbirth Refresher Course. This course is for parents who have taken a prepared childbirth course. It is also recommended for couples planning a vaginal delivery after a cesarean birth (VBAC). This class is offered every other month, one evening a week for four weeks. Fee is \$50. To register, call (413) 794-2229.

Keeping Baby Safe/CPR. Provides information and skills for providing a safe environment for a baby, including what actions to take during an emergency. This 2-hour class is held on two consecutive Tuesdays. Cost is \$25 per couple. Please call (413) 794-5515 to register and verify dates of class. Also, please write the date of your class on your check.

Preparation for Childbirth Program. Eight-weeks. Gives you and your partner complete, up-to-date information about having a baby including coping techniques for life and labor, medication choices, birth options, Cesarean birth, and postpartum care for mom, infant care, breast or bottle feeding. Classes are offered Sunday through Thursday evening and on Saturday mornings. Class fee is \$90. Enroll in your 4th month of pregnancy for this program. Classes begin in your 6th month. To register, please call The Professionals at (800) 377-HEALTH.

Vaginal Birth after Cesarean. Includes making a birth plan, the advantages of VBAC, ways to increase chances for a successful VBAC, and the opportunity to share experiences and support with other couples. One evening for two hours. Free to those enrolled in the "Childbirth Refresher" class; otherwise, \$10. For more information, dates, and times call The Professionals, (413) 794-2229.

COOLEY DICKINSON HOSPITAL (413) 582-2736

Becoming a Family. Six-class series: four childbirth preparation classes, one newborn care class and one postpartum reunion, plus tour of Childbirth Center. \$65. Contact Maria Curtin-McKenna.

Beginning Breastfeeding Class. Learn the basics of breastfeeding. \$10. Contact Maria Curtin-McKenna.

Breastfeeding Clinic. Free individual or group meetings with lactation consultant to work out breastfeeding problems and/or learn about breast pumps. By appointment only. Contact Ruth Stevens, Lactation Consultant, (413) 582-2096.

Brothers and Sisters Sibling Class. For children from 3-7 years old. Big brother or sister will learn about babies and become comfortable with the Hospital. \$10 for 1st child; \$5 for each additional child. Contact Maria Curtin-McKenna.

Childbirth Refresher Course. This two-class series reviews previous birth experiences and relaxation techniques. Fee is \$25. Contact Maria Curtin-McKenna.

FAIRVIEW HOSPITAL (413) 528-6328

Becoming A Big Brother and Sister (BABES). This one session course is offered to big brothers and sisters-to-be who have concerns about mom and the new baby. Course is held on various Saturdays from 11 a.m.-noon (ages 2-4 or 5-9) for a fee of \$12 (plus \$2 for each additional child).

Breastfeeding Clinic (Postpartum). This clinic is offered weekly, Mondays 1-3 p.m., Wednesdays 10 a.m.-noon, or Fridays 2-4 p.m. Free to breastfeeding mothers (after delivery). Registration is not required. Baby-sitting is available on Wednesdays for a small fee.

Infant Care. This two-session course offered monthly will help you learn what to expect when the baby comes home. Hands-on learning stations demonstrate formula preparation, bathing, diapering and consoling, including baby massage. A physician or nurse practitioner will be the featured speaker.

Older Sibling Class. This one-session course offered monthly from 4:30-5:30 p.m. (ages 10 and older) addresses sibling concerns about a new baby. Provides hands-on experience learning how to offer a bottle and change a diaper. Also includes information on safety issues. Cost is \$12.

Health Education

Health Education Classes

Prepared Childbirth (Basic). Designed for couples new to prepared childbirth. Instruction in breathing and relaxation strategies for labor and delivery. There are various sessions available. Please register in the 5th month of pregnancy.

Special Deliveries: For Couples Who Have Had a Prior Cesarean Delivery. Two-session class offered monthly on Mondays and Wednesdays from 7-9 p.m., includes information on labor after Cesarean, risks and success rates, Cesarean delivery and recovery, and sibling preparation information.

Vaginal Birth after Cesarean. For additional information and registration information, contact the hospital.

MARY LANE HOSPITAL (413) 967-6211

Childbirth Classes. Classes are held at the Main Conference Room on Tuesday evenings from 6:30-9 p.m.

NOBLE HOSPITAL (413) 572-5172

Exercise and Pregnancy. For expectant and new mothers. Directed by a trained therapist. Meets for six weeks on Tuesdays and Thursdays, 6:30-7:30 p.m. Cost is \$45. Call (413) 562-3522.

Parenting

COOLEY DICKINSON HOSPITAL (413) 582-2736

Beyond Birth: Parenting Your Newborn. Parents of babies up to 4 months old meet to discuss parenting issues every Thursday from 1-2:30 p.m. at the Childbirth Center Conference Room. No pre-registration required. Free. Contact Maria Curtin-McKenna.

Gentle Baby Touch-Infant Massage. Three-class series for babies from 7 weeks to crawling age. Learn how to relax and bond with your baby through infant massage. Learn full body massage and techniques for discomforts like constipation and gas. \$25. Contact Maria Curtin-McKenna.

FRANKLIN MEDICAL CENTER (413) 774-4444

Parenting teenagers. Six weeks. Skills and support for parenting teen-agers. Both parents need to attend, if appropriate. Tuesdays, 6:30-8 p.m. Call Central Intake.

Smoking Cessation

COOLEY DICKINSON HOSPITAL (413) 582-2519

Quit Now/Tobacco Treatment Program. How to quit tobacco and "kick the habit." Meet regularly for support to help you change your behaviors, build healthy habits, and stay smoke free.

Last Smoke. This is a free smoking cessation program. For dates and times contact the Education Department at (413) 582-2400.

FAIRVIEW HOSPITAL (413) 528-8600 EXT. 3140

Better Breathers Pulmonary Rehab Program. Six-week long program, repeats every six weeks. Monday 12-3 p.m. & Thursday 1-3 p.m.

Massachusetts Smokers Quit Line. (800) TRY-TO-STOP or (800) 897-8678.

NOBLE HOSPITAL (413) 572-5172

Smoking Cessation. Various dates and times throughout the year.

Support Groups

BAYSTATE MEDICAL CENTER (413) 794-0000

Alzheimer's Disease. Monthly support groups for friends and caregivers coping with a loved one who has a dementing illness. For specific meeting times, please call Ellen Nepomuceno or Pat Hays at (413) 781-5070.

Better Breathers. Learn how to live with lung disease. Group meets 7-8 p.m. at Porter Building Executive Officer's Meeting Rm.

Breastfeeding. Call (413) 794-BABY or (800) 377-HEALTH.

HIV/AIDS. Monthly support groups for the bereaved and caregivers coping with a loved one with HIV/AIDS. Call Joan Howley, (413) 781-5070.

Endometriosis. 1st and 3rd Thursdays, 6-8 p.m. Registration required, call for room location (413) 794-2255/(800) 377-HEALTH.

Menopause. Support group meets from 6-7 p.m. on the 1st Monday of each month in the Chestnut Surgery Conference Center, Room #2, 759 Chestnut St., Springfield, MA. \$10. (800) 377-HEALTH or (413) 794-2255.

Osteoporosis. Support group meets from 2-3 p.m. on the 2nd Tuesday of each month, in the 2nd floor Conference Room at 3300 Main St., Springfield MA. (413) 794-5432.

Sexual Abuse Support Group. The Family Advocacy Center holds a support group for mothers of sexually abused children. The group meets every Tuesday evening from 6-7 p.m. at the Family Advocacy, Center Springfield, MA. (413) 794-9792.

COOLEY DICKINSON HOSPITAL (413) 582-2519

Bereavement. Contact Steffi Kauffman at (413) 584-1060.

Breast Cancer. This support group is held at the McCallum Building Trustee Room on the 2nd and 4th Tuesdays of each month from 5:30-7 p.m. (413) 582-2028.

Cancer and Spirituality & Children of Parents with Cancer. This support group is held twice a year in the spring and fall for an eight-week session. Contact the Oncology Program office for specific dates and times. (413) 582-2028.

Caregivers Cancer. This group meets on the 2nd and 4th Tuesdays of each month from 3:30-5 p.m. in the Childbirth Conference Room. (413) 582-2028.

Chronic Illness Support Group-Our Care. A support group for parents of chronically ill children. Members meet twice monthly to support each other while learning to care for a chronically ill child. Trained facilitator. Speakers frequently invited. No charge. call for more information. Contact Shirley Riga at (413) 259-1965.

General Cancer. This group meets from 6-7:30 p.m. on the 2nd and 4th Wednesdays of each month at the McCallum Building Date Room. (413) 582-2028.

"I Can Cope" Workshop. A 6-week program for people living with cancer.

Prostate Cancer Support Group. Meets from 6-7:30 p.m. on the 4th Wednesday of each month in the McCallum Building Trustee Room. (413) 582-2028.

FAIRVIEW HOSPITAL (413) 528-0790

Chronic Mental Illness. 4th Wednesday of each month from 6:30-9 p.m. in the Conference Room. For families with a member who has chronic mental illness. (413) 443-1666 or (413) 269-4928.

Diabetes. Support group meets on the 2nd Thursday of every month from 3-4:30 p.m. Classes are held at the Great Barrington Senior Center. All ages are welcome. Free. (413) 528-8635.

Lyme Disease. Meets from 6-7:30 p.m. on the 1st and 2nd Tuesdays of each month. For more information, call Gerry McQuoid. (413) 528-0790 ext. 3225.

Parkinson's Exercise Support. Meets every Monday from 1-2 p.m. Registration is not necessary. (413) 528-8600 ext. 3140.

FRANKLIN MEDICAL CENTER (413) 774-4444

Breast Cancer Support Group. This free, drop-in group will meet from 5:30-7:30 p.m. on the 2nd Wednesday of each month in Conference Room A. For more information, call Vicki Sutton, LCSW, Oncology Social Worker. (413) 773-2570.

Breastfeeding. This free group will meet and explore the issues and problems associated with breastfeeding on Wednesday mornings at 11 a.m. To register, call the Birthplace (413) 773-2331.

Cancer. This free, drop-in group will meet on the 1st Wednesday of each month (except May) in the Oncology Waiting Room from 7-8:30 p.m. For more information, call Vicki Sutton, LCSW, Oncology Social Worker at (413) 773-2570.

Caregivers. This group will meet from noon-1 p.m. on the 3rd Tuesday of each month in Conference Room A. Call Vicki Sutton, LCSW at (413) 773-2570.

MARY LANE HOSPITAL (413) 967-6211

Better Breathers. 4th Tuesday of every month, 2-3 p.m. in the Community Health Information Center Conference Room.

Cancer. Monthly on the 3rd Tuesday from 5:30-6:30 p.m. in the Community Health Information Center Conference Room.

Caregivers/Alzheimer's. Monthly on the 3rd Wednesday from 3:30-5 p.m. in the Community Health Information Center Conference Room.

Stop Smoking. Free. Wednesdays at 6 p.m. Community Health Information Ctr. Conference Rm. 1st Floor, North Entrance. Call (413) 967-2305 or The Professionals at (413) 967-9077.

NOBLE HOSPITAL (413) 572-5172

Bereavement. Weekly support group for people who have experienced the death of a loved one within the past year. Wednesdays, 6:30-7:30 p.m. (except last Wednesday of the month) 413-562-7049.

Caregivers. For those caring for someone with a life-threatening illness. Group meets 2nd and last Wednesday of every month, from 4-5 p.m., Bronson Music Rm. Contact (413) 562-7049.

Crohn's and Colitis. Call (413) 568-2328 for dates and times.

Diabetes. Meets at 1 p.m. on the 4th Tuesday of every month in Conference Room A. Contact Karen Ranen at (413) 572-5178.

Stroke. This free group meets at 1:30 p.m. on the 2nd Wednesday of every month in the Bronson Rehabilitation Center Dining Rm. 568-2811 ext. 5809. No registration required.

Weight Management

FAIRVIEW HOSPITAL (413) 528-0790

Weight Management. Classes are offered on Tuesdays from 4:45-5:45 p.m. at the Medical Library. Fee is \$15 for first class, \$10 each additional class. (413) 528-8600 ext. 3061.

Women's Health

Preparing for the Change-Perimenopause and Menopause. For women over age 35, includes myths and fears about menopause, symptoms and treatments, osteoporosis, hormone replacement therapy, nutrition, exercise, stress reduction and sexuality. \$25/person for the series. For more information or dates of the next series, call The Professionals (800) 377-HEALTH.

Health New England Education Classes

HEALTH NEW ENGLAND SPONSORS diabetes education classes, diabetes nutrition/meal planning classes, and asthma education classes for adults and children. These classes are available free of charge to all members with diabetes or asthma and their families. For more information on the diabetes classes, please call Connie Lynch at 787-4000, ext. 3381. For information on the adult asthma classes, please call Alres Dinnall at 787-4000, ext. 3553. For information on the children's asthma classes, please call Donna Stafilarakis at 787-4000, ext. 3391. Also, class schedules are available on Health New England's Web site, www.healthnewengland.com, click on Health Management Programs.

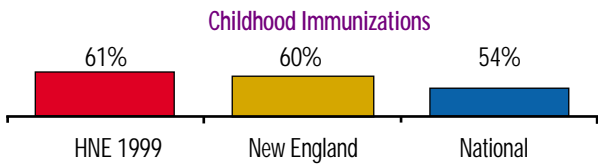
Health Education

Effectiveness of Care

Health New England is recognized for "Best in Class" Results

In recognition of health plan performance that represents a benchmark for others, NCQA assigned the **Best in Class** designation, which distinguishes a plan in a specific area. It not only recognizes that distinction, but also points to a **best achievable performance** that others can strive to meet or exceed. A **green bar** on the chart identifies the HNE measures that have earned the NCQA **Best in Class** designation.

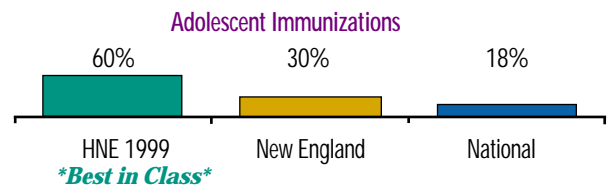
Childhood Measures



What Was Measured

The percentage of members who turned two years old during 1999 who had received these vaccinations:

- four diphtheria/pertussis/tetanus (DPT);
- three polio virus (OPVIPV);
- one mumps/measles/rubella (MMR);
- two Hemophilus influenza type B (Hib);
- three hepatitis B (Hep B); and,
- one varicella (VZV).



What Was Measured

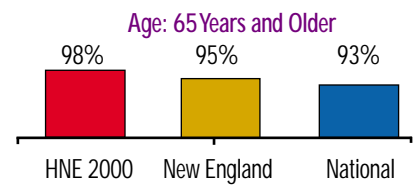
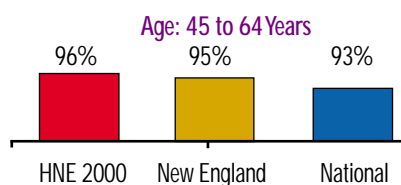
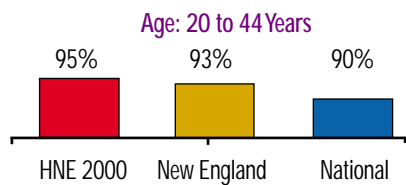
The percentage of members who turned thirteen years old in 1999 who received these vaccinations:

- second measles-mumps-rubella (MMR);
- three hepatitis B vaccinations; and,
- one chicken pox (VZV).

Access to Preventive/Ambulatory HealthCare

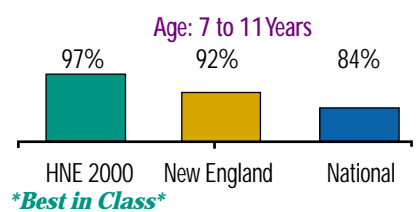
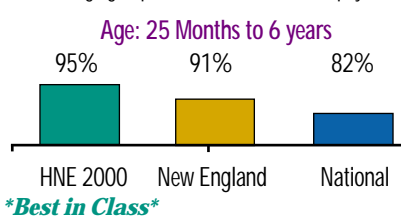
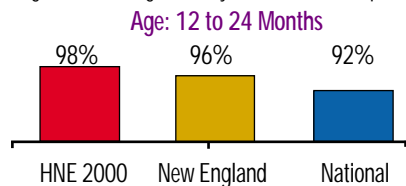
What Was Measured

Adult: The percentage of members age 20–44 and 45–64 who have seen a health care provider for any ambulatory or preventive care between 1998 and 2000. This measure excludes mental health or chemical dependency, inpatient visits, and/or emergency room visits.



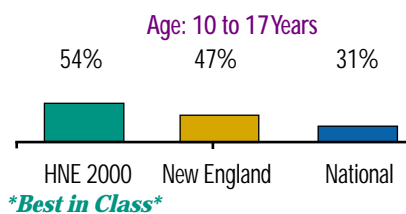
What Was Measured

Children: The percentage of children ages 12 months to two years and 25 months to six years old who had at least one visit during 2000 with their primary care physician. The rate for children ages seven through eleven years old counts the percentage of children in this age group who had one visit with a physician between 1999 and 2000.



What Was Measured

Adolescents: The percentage of adolescents enrolled in the plan who had at least one comprehensive well-care visit with a primary care or OB/GYN practitioner in 2000.



Sinusitis

Every year, more than 31 million Americans spend more than \$1.5 billion on medicine to alleviate the discomfort of sinus infection, or sinusitis. Usually, sinusitis develops when a cold, allergies, or other respiratory irritation causes nasal membranes to become so swollen that they can no longer keep mucus flowing freely. Pressure increases, mucus builds up, and blocked sinus cavities become a breeding ground for bacteria. Once an infection sets in, antibiotics usually are the only way to completely rid sinuses of infection. Sometimes, however, chronic or severe sinusitis requires surgery to drain sinus cavities, or to repair bone or tissue abnormalities that keep infections coming back.

Symptoms/Signs

- Prolonged pressure or pain in the forehead or cheeks, between and behind the eyes, or near the upper teeth
- Yellow or green nasal mucus that may develop a bad odor or taste
- Puffy eyelids
- Coughing or difficulty breathing
- Fever

Consult Your Doctor If:

- You develop thick, yellow, or greenish nasal discharge or if cold symptoms do not improve after more than one week.
- You have pain over the eyebrow, or below the eye, or in the upper teeth—usually on one side of your face.
- You have a severe headache that is not relieved by aspirin or acetaminophen.
- Swelling of the face increases.
- A fever over 101 degrees F is accompanied by other symptoms.
- Your nose bleeds.
- Vision changes or becomes blurred.
- There is no improvement after three days of home treatment.

This article is intended to increase awareness of health and medical care issues. None of the information in this text is intended to be a substitute for appropriate physician diagnosis and medical care.

H O M E C A R E

If physician referral is not recommended at this time, try the following self-care procedures:



MEDICATION

- Use over-the-counter nasal decongestant sprays for no more than three days.
- Try an oral decongestant containing pseudoephedrine to help clear nasal passages.
- Take acetaminophen or ibuprofen as needed for pain (aspirin may promote congestion).
- Avoid antihistamines unless you have allergies that contribute to sinus inflammation.
- Nasal saline sprays may be tried.



HOT/COLD

- Apply warm compresses over eyes and cheeks periodically to relieve pain.
- Take a hot shower twice a day, or breathe deeply over a pan of steaming water (drape a towel over your head to trap the steam).



NOTE WELL

- Avoid air travel, swimming, diving, and high-altitude sports when symptoms are present.
- Garlic, horseradish, and spicy foods may help drain sinuses.



FLUIDS

- Drink plenty of liquids, especially hot ones.
- Avoid alcohol and caffeine drinks.



PREVENTION

- Avoid airborne irritants. Control allergens such as dust mites.
- Blow nose gently to avoid forcing mucus into sinuses or inner ears.
- Keep your nose lubricated with saline sprays or petroleum jelly.
- Use an air filter in your bedroom.

Obesity named top health risk

Obesity presents a greater danger to health than smoking, drinking or poverty. A recent survey found that obese people have twice as many chronic health problems as normal weight people, many more health problems than avid smokers and heavy drinkers, and slightly more health problems than individuals who live in poverty. The findings indicate that campaigns to prevent obesity should be as vigorous and prominent as anti-smoking campaigns.

Public Health

Oranges and Health

Maybe its time to change the phrase to “an orange a day keeps the doctor away.” The ingredients found in oranges—potassium, folic acid, and vitamin C—are natural disease fighters. Eating more oranges reduces the risk of heart disease, stroke, and high blood pressure, fights off viruses, and helps stop inflammation and cell damage that can bring on cancer. In addition, clinical trials show that daily consumption of orange juice boosts HDL (“good”) cholesterol and reduces the ratio of LDL (“bad”) cholesterol to good cholesterol.

American Journal of Clinical Nutrition

Chestnuts roasting on an open fire?

Chestnuts make delicious and healthy holiday snacks. A serving of five bite-sized nuggets contains only one gram of fat, just over 100 calories, 2.1 grams of fiber, and 18 percent of the recommended daily requirement of vitamin C. The best chestnuts have a rich brown shell and cream-colored meat inside. Avoid the ones that rattle when you shake them, as they are past their prime.

USDA

New labels to warn people with food allergies

Responding to people with food allergies, the food industry has agreed to establish new food labeling guidelines designed to make it easier for consumers to avoid allergic reactions. Under the voluntary (and therefore, not legally enforceable) guidelines, food packaging will provide ingredient lists that include flavoring sources that may cause allergies. In addition, technical terms such as casein or albumen will be replaced by more recognizable terms for ingredients, such as milk or eggs.

Food Allergy Issues Alliance

Bottled water: pure drink or pure hype?

Bottled water has a very favorable reputation among consumers. Americans purchase bottled water because they think it is safer and purer than tap water. What most people don't realize is that most bottled water is tap water that is filtered. Quality controls are actually more stringent for tap water, which undergoes mandatory inspections much more frequently than bottled water. Bottled water is a quality product, but it has no nutritional advantage and is much more expensive than tap water.



a March 1999 report by the Natural Resources Defense Council

Member News

Health New England
1 Monarch Place
Springfield, MA 01144

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