

# family health

## 4 ways to help prevent a heart attack

Is your heart healthy?

It's an important question. Heart disease, which can lead to a heart attack, is still the nation's top killer. And anyone can develop heart disease.

However, you may be more likely to get heart disease if you:

- Smoke.
- Don't exercise much.
- Eat an unhealthy diet, such as one high in saturated fat, trans fat and sodium.
- Weigh too much.
- Have high blood pressure, high cholesterol or diabetes.

### 4 ways to help your heart.

The good news? You can lower your risk for a heart attack, even if you already have heart disease. Here are some steps to take:

**1. Get to know your doctor.** See your doctor for checkups that can help you stay healthy. And if you have diabetes, high blood pressure or high cholesterol, ask your doctor how to control it.

**2. Make heart-healthy changes.** Eat lots of fruits, veggies and whole grains. Switch to low-fat milk and lean meats. Get some exercise throughout each week—walking is one easy way to stay in shape.

**3. Kick a bad habit.** If you smoke, ask your doctor for help to quit. Medicines and programs can make it easier.

**4. Shed a few pounds, if you need to.** Ask your doctor what a healthy weight is for you.

*Sources: American Heart Association; Centers for Disease Control and Prevention; National Heart, Lung, and Blood Institute*



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## Care after hours

Did you know that Kern Family Health Care has an Advice Nurse Line? You can call and speak to an advice nurse to help you decide what to do when you or a family member is sick or hurt. Our advice nurses can

be reached 24 hours a day, 7 days a week. They can answer health care questions when you can't reach your doctor. To speak with an advice nurse, call us at **661-632-1590** (Bakersfield) or **800-391-2000** (outside of Bakersfield).

# What is palliative care?

**W**hen someone is given a diagnosis of a serious illness, there is a type of care to know about—one that can offer great help. It is helpful for any stage of illness. A member can be enrolled early in the treatment cycle along with other therapies, and studies have shown it can not only improve someone's life, but also maybe extend it.

Palliative care is a special type of care that involves doctors, nurses, social workers and family members. Palliative care works as a team to provide comfort to a patient with a serious illness. The focus of this approach is to offer relief from pain. Palliative care also covers symptoms, and the stress that comes with them, with the goal being a better life for the patient and their family. For this reason, it is sometimes referred to as “comfort care.”

## Is palliative care different from hospice care?

**Yes.** Hospice care is designed to provide care for patients who are no longer being treated. The focus is on treating pain and symptom relief. Patients can receive palliative care at the same time they receive treatment, such as surgery and chemotherapy. Palliative care

is also offered regardless of the patient's age. A patient can transfer to hospice care if they meet the necessary requirements. A member cannot be enrolled in both types of care at the same time.

**Who can benefit?** Palliative care is helpful for any patient whose pain or symptoms make it hard to stay the course with a plan to treat their illness. It can help not only with the symptoms that come with the disease (nausea,

fatigue, anxiety), but also with the symptoms caused by the needed treatments (constipation from medications, pain experienced after surgery). Palliative care ensures as much comfort and physical activity as possible.

On Jan. 1, 2018, palliative care became a covered benefit for Kern Family Health Care members. Members are able to discuss this option with their primary care doctor if they feel they can benefit from palliative care.



Kern Family Health Care complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call **800-391-2000**.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **800-391-2000**.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **800-391-2000**。

# LiNK up with KFHC!

DOWNLOAD YOUR FREE MOBILE APP TODAY!

**L**iNK is Kern Family Health Care's (KFHC) mobile app where you can access your Member Portal account in a single touch from your cellphone, tablet or mobile device. Use the helpful self-service tools or get health plan information online anytime and while you're on the go!

## You can...

- Check your eligibility with KFHC and find out who your doctor is.
- View and print your KFHC member ID card.
- Change your doctor.



- Check your health status.
- Sign up for free health education classes.

» **FREE GIFT!** We will mail you a free \$10 Maya Cinemas gift card when you create a KFHC Member Portal account.

**...and much more!** You can download KFHC LiNK for free through the Apple App Store or through Android Apps on Google Play.

**Creating your own KFHC Member Portal account is easy!**

Just download KFHC LiNK or visit **kernfamilyhealthcare.com** and click on the "Member Login" button.

Don't wait! LiNK up with KFHC today!

## Care for LGBTQ members

People who are LGBTQ (lesbian, gay, bisexual, transgender or queer) have options when it comes to health care. It's necessary for LGBTQ people to reveal their sexual orientation and gender identity to their doctor. This will help them receive the best treatment and preventive care.

Gay men and transgender women are at higher risk for HIV infection. They may benefit from taking pre-exposure prophylaxis (PrEP) medication to lower their risk. Persons who are sexually

active can learn how to prevent sexually transmitted diseases by talking openly with their doctor. "Coming out" to your doctor is needed. This will help you receive the care you need.

Health screenings help detect health problems early. If left untreated, they can become very severe. Transgender men and women need to receive the health screenings that are proper for the gender they were assigned at birth. Trans men should have annual Pap tests to screen for cervical cancer. Trans women should have prostate exams and PSA blood tests to screen

for prostate cancer in line with regular screening guidelines. A doctor will be able to tell a trans woman or man if, and when, these screening tests are no longer needed.

Kern Family Health Care Member Services can help LGBTQ persons access proper medical care. Call **800-391-2000** for more information.

*Source: The Center for Sexuality and Gender Diversity*

» **HERE FOR YOU** To find a doctor in your area, visit **kernfamilyhealthcare.com**.



# Kern Medical unveils fresh new upgrades to Birth Center

**F**ollowing a recent floor-to-ceiling remodel job, Kern Medical's Birth Center is the ideal place for families to welcome their new babies. The remodel job was completed in August 2017. The look and feel of the new space creates a sense of calm for both mother and baby. Each room is a private setting. This allows new mothers to share the most intimate moments with their loved ones.

The Birth Center's changes may take your breath away. But it's the personalized services for expecting mothers that are making the most impact. These are just a few of the many programs and benefits for patients of Kern Medical's Birth Center:

- Free prenatal classes offered in both English and Spanish.
- High-risk pregnancy clinics and services.
- Personalized keepsake birth certificates.
- Care kits that include a diaper bag for moms who breastfeed. They can also receive 24/7 breastfeeding support with a lactation specialist.
- Families can apply to enroll in the "Safe Home, Safe Baby" program. Enrolled families receive free cribs.

■ Guided tours of the Labor and Delivery Unit. They can be scheduled any time, day or night.

Kern Medical delivers 2,500 babies each year. Kern Medical has some of the Central Valley's leading OB-GYN doctors. The staff includes the only local maternal-fetal specialist. With its teaching environment, Kern Medical is poised to provide the best patient experience, with the highest quality of care for new mothers.

To learn more about the Birth Center, call **661-326-2800**. To sign up for the free prenatal classes, call **661-326-2760**.



## Helpful tips to keep baby safe while they sleep

During the winter months, infant deaths increase due to poor sleeping environments. Keep your baby safe while they sleep by following just a few tips:

- Place baby on their back to sleep.
- Make sure baby has their own crib or bassinet.
- Use a firm mattress with a fitted sheet.
- Keep soft objects and loose bedding out of the crib.

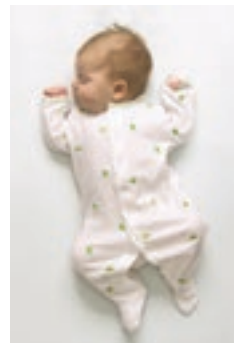
■ Dress baby in a one-piece sleeper.

■ Do not allow smoking around your baby.

■ Make sure nothing covers baby's head.

■ Do not let your baby get too hot during sleep.

■ Room share; do not bed share.



*Source: American Academy of Pediatrics*

# Vaccines save lives

**M**any diseases in the world can be prevented by vaccines. Disease can be spread by people who are infected and have not had their vaccines. Diseases get into areas where people have not had their vaccines. Outbreaks then are more likely to occur. People often choose not to receive vaccines because of religious, moral or personal reasons. Vaccines are the best way to protect against many illnesses.

The best way to ensure your children are protected from deadly diseases is by following the suggested immunization schedule.



Parents should talk to their doctor about their vaccine-related questions and concerns. Delaying vaccines puts children at risk. But they can be protected by vaccines. Parents should check their child's

vaccine records. This way they make sure they are up-to-date.

Parents who want to learn more can visit the CDC's vaccine website for parents: [cdc.gov/vaccines/parents](http://cdc.gov/vaccines/parents).

## IMMUNIZATION SCHEDULE { BIRTH TO 18 YEARS }

### Vaccines children and teens need

These are general recommendations. Talk with your doctor about what is right for your child.

**DTaP** = diphtheria, tetanus, pertussis (whooping cough)  
**Flu** = influenza  
**HepA** = hepatitis A  
**HepB** = hepatitis B

**Hib** = *Haemophilus influenzae* type b  
**HPV** = human papillomavirus  
**IPV** = polio  
**MenACWY** = meningococcal A, C, W, Y  
**MenB** = meningococcal B  
**MMR** = measles, mumps, rubella

**PCV13** = pneumococcal  
**PPSV23** = pneumococcal  
**RV** = rotavirus  
**Tdap** = tetanus, diphtheria, pertussis  
**VAR** = varicella (chickenpox)  
 \*Needed in some cases

		Range of routinely recommended ages		Range for certain high-risk groups		Range for catch-up immunizations		Range for non-high-risk groups subject to doctor's advice											
BIRTH	MONTHS								YEARS										
0	1	2	4	6	9	12	15	18	19-23	2-3	4-6	7-10	11-12	13-15	16	17-18			
HepB	HepB	HepB	HepB	HepB					HepB series										
	RV	RV	RV*									HPV	HPV series						
	DTaP	DTaP	DTaP	DTaP	DTaP	DTaP	DTaP	DTaP	DTaP	DTaP	Tdap	Tdap	Tdap	Tdap					
	Hib	Hib	Hib*	Hib	Hib*	Hib	Hib	Hib	Hib	Hib	Hib	Hib	Hib	Hib					
	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13			
																PPSV23			
	IPV	IPV	IPV	IPV	IPV	IPV	IPV	IPV	IPV	IPV	IPV	IPV	IPV	IPV	IPV	IPV series			
				Flu, yearly (1 or 2 doses)								Flu, yearly							
				MMR	MMR	MMR	MMR	MMR	MMR	MMR	MMR	MMR	MMR	MMR	MMR	MMR series			
					VAR	VAR	VAR	VAR	VAR	VAR	VAR	VAR	VAR	VAR	VAR	VAR series			
				HepA series					HepA series										
				MenACWY series												MenACWY series			
																MenB			

Updated 2017, with information from the Centers for Disease Control and Prevention

## MILESTONES MATTER

# Let's talk about them!



### Milestones at 4 months

- Begins to babble.
- Responds to affection.



### Milestones at 9 months

- Has favorite toys.
- Understands "no."



### Milestones at 6 months

- Likes to play with others.
- Responds to own name.



### Milestones at 1 year

- Tries to say words you say.
- Waves "bye-bye."



### Milestones at 2 years

- Begins to run.
- Begins to sort shapes, colors.



### Milestones at 3 years

- Knows name and age.
- Climbs and runs well.

» **LEARN THE SIGNS. ACT EARLY.** Get free milestone checklists for these ages and more at [cdc.gov/milestones](http://cdc.gov/milestones) or by calling **800-CDC-INFO (800-232-4636)**.

*Developed in partnership by the University of Missouri and the Centers for Disease Control and Prevention.*

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FAMILY HEALTH is published as a community service for the friends and patrons of KERN FAMILY HEALTH CARE, 9700 Stockdale Highway, Bakersfield, CA 93311, telephone 800-391-2000.

Information in FAMILY HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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