

AlohaCare

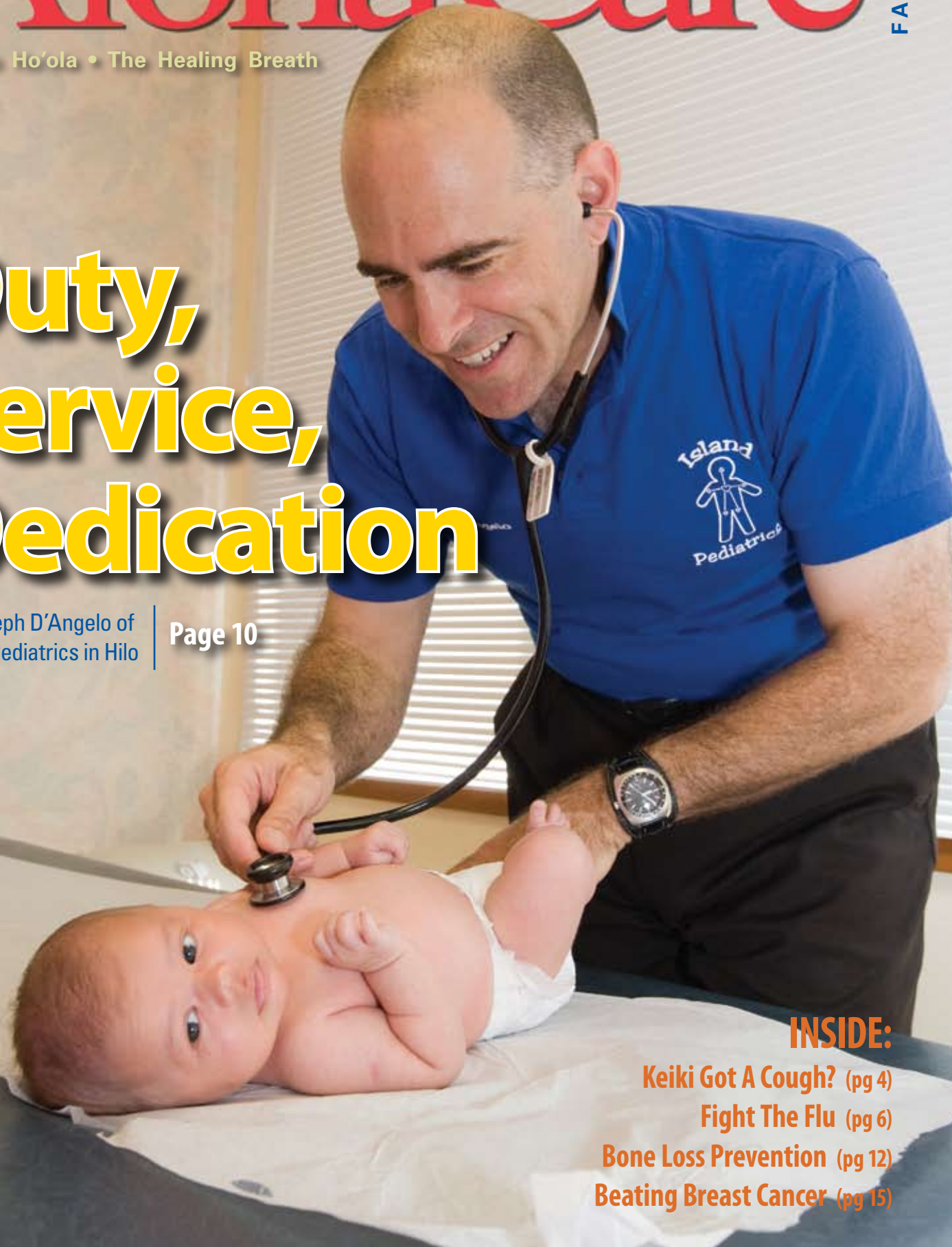
FALL 2010

Ka Hano Ho'ola • The Healing Breath

Duty, Service, Dedication

Dr. Joseph D'Angelo of
Island Pediatrics in Hilo

Page 10



INSIDE:

Keiki Got A Cough? (pg 4)

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John E. McComas
Chief Executive Officer

About AlohaCare

AlohaCare is a non-profit health plan founded in 1994 by Hawaii's community health centers. Today, AlohaCare has more than 70,000 health plan members and is the third largest health plan in Hawaii. We partner with more than 3,300 physicians, specialists and providers to care for our members. We have nearly 200 employees located at offices on Oahu and the Big Island.

AlohaCare's Mission

Our passion is to serve the people of Hawaii in the true spirit of aloha by providing a comprehensive continuum of quality health care to all with special expertise in caring for those who are medically underserved and/or medically fragile.

This is accomplished with emphasis on prevention and primary care through community-governed health centers and in partnership with physicians and other health care providers that share our compassion and aloha for this population.

AlohaCare is the only QUEST and Medicare plan serving members statewide. As such, we want to ensure that your medical needs are being met, regardless of which island you live on.

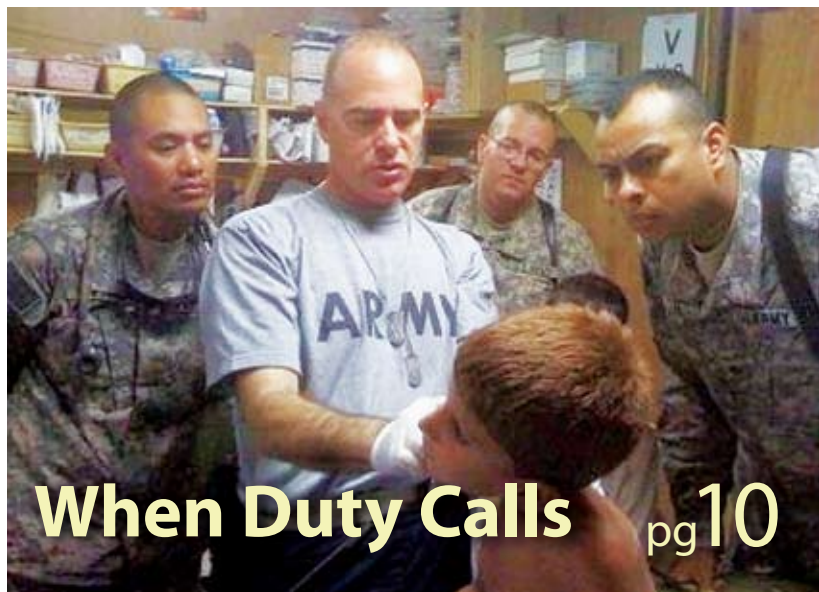
For the past three years, AlohaCare has contributed more than \$2 million each year toward improving the quality of Hawaii's health care and enhancing the services available to you. However, one of Hawaii's biggest challenges remains—the doctor shortage on the Neighbor Islands. Many rural-area clinics cannot afford the high cost of attracting and retaining doctors. The result? Health care workers are overloaded and patients can't find doctors. To help with this growing problem, AlohaCare created the Neighbor Island Expanded Access and Availability Project. Each year the project dedicates \$300,000 for providers to recruit and retain doctors on Maui, Molokai and the Big Island.

One recipient of the grant is Dr. D'Angelo of Hilo on the Big Island. As a pediatric cardiologist (heart doctor for kids), he is a very valuable member of AlohaCare's provider network. However, he is also member of the U.S. Army National Guard. When duty called, Dr. D'Angelo's private medical practice was threatened by his deployment to Afghanistan. AlohaCare was able to lend him a hand. To read more about how we're keeping more doctors' doors open, turn to page 10.

Since this is our Fall magazine, we included important information for the upcoming cold and flu season. Take a moment to read "Keiki Got a Cough?" on page 4, and "Fight the Flu" on page 6. For seniors and parents, there is an update on page 5 on how to protect yourself against the whooping cough epidemic. Protect your family. Make sure everyone—from keiki to kupuna—are up to date with their vaccinations, including the flu shot.

We would also like to invite you to join us for AlohaCare's annual *Pinking of You* event. The two-hour downtown event promotes breast cancer awareness. We'd love to see there, as we all support this health issue that impacts many of us. To read more about *Pinking of You* on October 28, please see page 15.

A handwritten signature in black ink that reads "John E. McComas". The signature is written in a cursive, flowing style.



When Duty Calls pg 10



Pinking of You pg 15

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On the Cover:
 A baby is examined by Dr. Joseph D'Angelo of Island Pediatrics in Hilo, Big Island.



The *AlohaCare* member magazine is written and produced locally by AlohaCare staff members. We care about what you think. If you have suggestions or comments on how we can better serve you, please call or write us. You can also give us feedback at online by clicking "Contact Us" at www.AlohaCare.org.

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AlohaCare is published quarterly as a benefit for AlohaCare QUEST, AlohaCare Advantage (HMO) and AlohaCare Advantage Plus (HMO SNP) members. Each issue is also available online at AlohaCare.org. *AlohaCare* magazine is not intended to replace the advice of health care professionals. Please consult your physician for your personal needs and before making any changes in your lifestyle.



Keiki Got A Cough?



The cold and flu season is here again, and your kids are easy targets. Symptoms of a cold can include fever, stuffy or runny nose, sneezing, coughing, sore throat, headaches and body aches. The flu has similar symptoms, but can also cause severe muscle aches and tiredness.

Reduce discomfort of cold and flu symptoms by:

Giving fluids. Water, juice and broth (like chicken soup) help clear congestion.

Encouraging them to “cough up.” Coughing up and spitting out mucus also helps congestion.

Resting. Keep kids home—and quiet. This will help your child’s body fight off the germs.

Make a doctor’s appointment if your child:

- gets worse after 7 to 10 days
- has ear or sinus pain
- has yellow eye discharge
- has trouble breathing, or is wheezing
- has a sore throat (strep throat should not go untreated)

Get medical help right away if your child:

- has trouble eating or drinking
- coughs so hard it causes vomiting
- coughs up blood in their mucus
- has trouble breathing, or is turning blue around the lips and mouth
- is lethargic (very tired) or unresponsive

Call your doctor if your child is ...

- younger than 3 months old with a rectal temperature of 100.4°F or higher. Call your doctor even if your baby doesn’t seem sick. Babies this young can get very sick quickly.
- 3 to 6 months old with a temperature of 101°F or higher, even if your baby doesn’t seem sick.
- 6 months or older with a fever 102°F to 102.9°F for more than 2 days, or if the temperature rises to 103°F or higher.

Prevent the Cold & Flu

- Wash hands often with warm water and soap
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Do not share a fork, toothbrush or glass
- Stay home if you’re sick

How Can AlohaCare Help Me?

Did you know that AlohaCare offers FREE flu vaccinations? Any child older than 6 months should get it every year. Call your doctor for an appointment.



Medicare: Booster Benefit

The California Department of Public Health has warned that California is on pace to have the highest number of illnesses and deaths due to pertussis (whooping cough) it has had in 50 years.

Whooping cough is a lung disease. It is very easy to catch from other people. It causes a bad hacking cough. Then, a high-pitched breath that sounds like “whoop.”

In response to the whooping cough outbreak, AlohaCare urges Hawaii’s seniors to get a pertussis booster vaccine (Tdap), especially if you will be traveling to or through California. The vaccine is covered by AlohaCare Advantage (HMO) and AlohaCare Advantage

Plus (HMO SNP). The Tdap vaccine is available at your network provider’s office or at one of AlohaCare’s network pharmacies.

The whooping cough vaccine does not last a lifetime. This is why the booster shot is very important. The whooping cough is also very dangerous for children. It is critical that seniors who spend time with grandchildren are up to date with their shots.

QUEST: New Program

On July 1, AlohaCare began its adult Behavioral Health Plus Program (BHPP). It is an expanded benefit for eligible QUEST patients. BHPP offers coordinated care for seriously mentally ill (SMI) adult patients. The program provides our members with extra support.

New services include:

- Face-to-face care coordination
- 24-hour crisis response
- Daily living skills training
- Special treatment programs
- Behavioral health medications

Care Coordinators help members to:

- Connect to social services in their area
- Find doctors and mental health experts
- Assist with applications & other paperwork
- Solve problems and provide support

If you are eligible for BHPP, AlohaCare will send you a welcome letter.

Fight The Flu

If you have a chronic disease, flu season is a dangerous time. The flu can make your chronic disease worse or cause other health problems.

Get a flu shot. It is your best protection against the flu. If you get the flu, call your doctor immediately.

Asthma & Flu

If you have asthma, even a small cold can cause big problems. The flu can trigger asthma symptoms and make them much worse. Asthma signs, such as wheezing and chest tightness, may not respond to your regular asthma medications. Also, asthma symptoms caused by the flu may last for several days to weeks.

Diabetes & Flu

While getting the flu is dangerous for anyone, it's extra risky if you have diabetes. The flu stresses your body. The stress can make your blood sugar levels too high, which increases the chance of serious health problems. Diabetics are three times more likely to die from the flu and/or pneumonia.

Heart Disease & Flu

If you have heart disease, you're at risk of complications from the flu, including problems with breathing, and heart attack. While anyone can catch the flu, heart disease makes it harder to fight off the flu. The flu strains the body, which can affect your blood pressure and overall heart function. Death from the flu is more common among people with heart disease than among people with any other chronic condition.

Nearly 36,000 people die from the flu and more than 200,000 are hospitalized because of the flu each year.

How Can AlohaCare Help Me?

If you have a chronic disease, get one flu shot every year in the fall (September through November). As an AlohaCare member, the flu shot is FREE. Talk to your doctor about whether the shot is right for you.

If you, or your children, are AlohaCare QUEST members, visit your doctor for free flu shots.

If you are an AlohaCare Advantage Plus (HMO) or AlohaCare Advantage Plus (HMO SNP) member, you can get a free flu shot at your doctor's office or at any of AlohaCare's Network Pharmacies hosting a flu clinic. Flu clinics begin Oct. 1, while supplies last.

Below are some of the AlohaCare network pharmacies that will be participating in flu clinics:

Walgreens	
1520 N. School St.	Honolulu, Oahu
1488 Kapiolani Blvd.	Honolulu, Oahu
56 Oneawa St.	Kailua, Oahu
46-021 Kamehameha Hwy.	Kaneohe, Oahu
94-307 Farrington Hwy., Ste. B7b	Waipahu, Oahu
10 E. Kamehameha Ave.	Kahului, Maui
342 Keawe St., Bldg. D	Lahaina, Maui
130 Prison St.	Lahaina, Maui
843 Wainee St., Ste. 109	Lahaina, Maui
2180 Main St., Ste. 102	Wailuku, Maui
99 S. Market St., Ste. 201	Wailuku, Maui
CVS/Longs Drugs	
CVS/Longs Drugs in-store flu shots are given by appointment. Call 1-888-358-7468 or go online at cvs.com/flu .	

Seniors & Flu

A simple flu shot can reduce your chances of catching the flu. If you do catch it, the shot can minimize your symptoms and prevent flu-related complications. Each year we're exposed to a changing mix of flu viruses, so each year the vaccine formulas change. That's why it's important to get the shot every flu season.

When you go in for your flu shot, you can also be vaccinated for pneumococcal pneumonia. This gives you some backup protection against pneumonia in case you do get the flu. Unlike the flu shot, for most seniors, the pneumonia shot is a one-time deal.

Flu and pneumococcal pneumonia shots are FREE to seniors enrolled AlohaCare Advantage (HMO) and AlohaCare Advantage Plus (HMO SNP). Call your doctor today and pave the way to flu-free winter!

Healthy Hapai!

You and your baby benefit from a low-risk pregnancy. Every pregnant woman wants to protect her unborn baby and have a safe birth. Unfortunately, up to 10% of pregnancies end up “high-risk.” A high-risk pregnancy means that mom and/or baby are more likely to have health complications during pregnancy or after delivery. You can reduce your chance of a high-risk pregnancy by following this important advice.

1. See a Doctor

As soon as you think you're pregnant, see a doctor. Be sure to visit with your doctor at least once during your first trimester (the first three months of pregnancy). After that, make regular maternity visits during your pregnancy to help manage changes, stay healthy and track your baby's health and progress.

2. Eat Right

You should gain weight for a healthy pregnancy, but burgers and sodas are not the way to do it. Eat more fruits, vegetables and whole grains. To reduce risk of food poisoning, wash hands and fresh foods before eating. Avoid raw fish, raw eggs and processed meats.

3. Get Active

Exercise while pregnant—it's good for you! Do something active and fun every day for at least a half-hour, like walking the dog, swimming or hula.

4. Avoid Drugs

This means cigarettes and alcohol, as well as harder drugs. What you do, your baby does. Drugs can cause serious health problems for your baby—even death. Keep clear of secondhand smoke, too. Tell your doctor about any vitamins, prescription drugs or over-the-counter drugs you take.

5. Avoid Chemicals

Some household products may release chemicals unsafe for you and your baby. These include bug repellants, wet paint, oven cleaner, cat litter and air fresheners. If the container says “toxic,” stay away.

How Can AlohaCare Help Me?

If you're an AlohaCare QUEST member, your pregnancy doctor visits are FREE. Be sure to see the doctor at least once during your first 3 months, and as often after that as your doctor recommends.

Listen to Your Heart



Heart disease is responsible for 40 percent of U.S. deaths. That's more than all cancers combined.

Heart disease is the number one cause of death worldwide. Are you keeping your heart happy?

Every day your heart beats 100,000 times, sending fresh blood rich in oxygen and nutrients through your body. And, like the engine of a car, it needs special care. A healthy heart can give you the energy to do more and even add years to your life.

Heart disease includes heart attack, heart failure, aneurysm (a balloon-like bulge in a weakened artery) and other serious conditions. Each is unique, but all involve damage to, or malfunction of, the heart.

Sometimes the causes of heart disease are genetic. Diabetes and some prescription drugs may also contribute to heart disease. And as we age, we are naturally more at risk for heart disease. But for the most part, the way we choose to live can make or break a healthy heart. Below are some tips for a healthier, happier heart.

Keys to a Healthy Heart

- **Eat Healthy.** Choose fruits, vegetables and whole grains. Avoid foods high in salt, fat and cholesterol.
- **Get Active.** Physical exercise builds a stronger heart.
- **Control Weight.** Extra body weight makes your heart work harder.
- **Reduce Stress.** Relax with slow breathing, a walk or quiet time.
- **Quit Smoking.** Smoking damages blood vessels, making them targets for fatty buildups.
- **Keep Clean.** Wash hands and keep your body clean to help prevent infections that increase risk.

A Silent Killer: High Blood Pressure

If you have high blood pressure, your heart must work harder to pump blood through your body. Over time, high blood pressure can damage your blood vessels and overwork your heart. High blood pressure can greatly increase the risk for a heart attack or other types of heart disease.

Your health care provider can check your blood pressure. It should be below 120/80. To keep it at a healthy level, follow the same good-health habits that keep your heart happy.

How Can AlohaCare Help Me?

Were you diagnosed with chronic heart failure? AlohaCare's Disease Management Program can help you manage it. If you have questions or concerns, please call our Customer Service at 973-1650 or 1-800-434-1002 (toll-free). Ask to speak with a Disease Management nurse. Our nurses can answer your questions and get you information on your condition.



WHEN DUTY CALLS

A smile spreads across Dr. Joseph D'Angelo's face as he greets his next pint-size patient—a 15-month-old girl with a painful earache. As she squirms in her dad's arms, D'Angelo calmly gives her a check-up.

It takes more than an office full of sick, crying kids to rattle him. Dr. D'Angelo has been a lieutenant colonel in the U.S. Army National Guard since July 2002. He also served in Iraq in 2005. In his private time, he's a pediatric cardiologist (a heart doctor for kids) and runs his own practice, Island Pediatrics, in Hilo.

Like many Neighbor Island doctors, Dr. D'Angelo struggles with the demands of being a "country doctor." A few years ago, the cost of running his business made him consider closing shop.

"I thought about leaving pediatrics, or switching to only cardiology," Dr. D'Angelo recalls. "But it was right after another pediatrician left Hilo. I just looked at all my charts on a quiet afternoon alone in my office and realized I couldn't do it."

In 2009, duty called again. Dr. D'Angelo was being sent to Afghanistan for Operation



Dr. D'Angelo in Afghanistan in 2009.

Enduring Freedom. The four-month mission would put his practice at risk. “I was feeling financially strapped,” he says. “I needed some reassurance before I left that my practice and patients would be OK.” As an AlohaCare network provider, he turned to our organization’s medical director, Dr. Rio Banner, for help. Dr. Banner encouraged Dr. D’Angelo to apply for one of AlohaCare’s grants—the Neighbor Island Expanded Access and Availability Project.

“The responsibility of good health and quality care belongs not only to doctors and patients, but also to health plans like ours,” Dr. Banner says. “AlohaCare’s mission is to address the health care needs of underserved populations—and we take that role to heart.”

The Neighbor Island Expanded Access and Availability Project’s multiple grants total \$300,000 annually. The funds enable health facilities on the Big Island, Molokai and Maui to recruit and retain health care providers. In short, *more* doctors and nurses mean *better* care for patients.

After reviewing Dr. D’Angelo’s request, AlohaCare awarded him with a grant to help keep Island Pediatrics open. The funds allowed him to temporarily hire Dr. Stephen Kaplan of Waimea. Dr. Kaplan filled in at the medical practice for three months while Dr. D’Angelo served in Afghanistan.

“AlohaCare’s grant was an incredible, unprecedented offer,” Dr. D’Angelo says. “AlohaCare kept me from going bankrupt. I was touched personally that this offer was extended. It went a long way to make sure that my patients received coverage in my absence.”

Patriot Award Goes To AlohaCare

Earlier this year, Dr. D’Angelo nominated AlohaCare for the Employer Support of the Guard and Reserve (ESGR) **Patriot Award**. The ESGR is an agency within the Office of the Assistant Secretary of Defense for Reserve Affairs. With more than 5,000 volunteers, it operates programs to help employers and communities understand the role of reservists. The Patriot Award allows servicemen to thank their employers, as well as people in the community, who offered them support while they served in the military. Dr. D’Angelo felt that Dr. Banner and AlohaCare deserved recognition by the ESGR for its Neighbor Island Expanded Access and Availability Project.

“In Hilo’s medically underserved area, there was little chance to have my private pediatric practice covered while I was deployed. But through the work and advocacy of Dr. Banner, AlohaCare provided tangible and intangible support of my mission to Afghanistan,” Dr. D’Angelo says.

AlohaCare received the Patriot Award from the ESGR this past summer. During the ESGR’s visit, Medical Director Rio Banner signed a Statement of Support that signifies AlohaCare’s support to our Guardsmen and Reservists.

“We are always proud to support our military. We are especially happy to have dedicated doctors, such as Dr. D’Angelo, as a part of our provider network,” says Dr. Banner. “We are thankful to him for caring for our keiki patients and helping us fulfill our mission of providing care to all of our Island communities.”



Alika Watts (far left) and Sam Wong (far right), ESGR representatives, presented the Patriot Award to AlohaCare. AlohaCare recipients (from left to right): Dr. Rio Banner, John McComas, Frank Appel, and Pat Brennan.

The Breakdown On Bone Loss



There are 206 bones that make up your skeleton. Each bone is very important and offers your body support and movement. Your bone is continuously changing—new bone is made and old bone is broken down (resorption). When you're young, your body makes new bone fast. You reach your peak bone mass around age 30. After that, bone continues to grow, but you lose slightly more than you gain.

As we grow older, sometimes osteoporosis (porous bones) makes our bones weak. Bone can become so brittle that a fall or even bending over or coughing can cause a fracture. Although it's often thought of as a women's disease, osteoporosis affects men, too.

How to keep your bones healthy?

The factors essential for keeping your bones healthy throughout your life are:

- Eat foods rich in calcium (a natural mineral that strengthens the bones)
- Get enough vitamin D through your diet and/or sun exposure
- Do bone-building exercises. Stay fit with low-impact and weight-bearing workouts

Vitamin D

Getting enough vitamin D is just as important to your bone health as calcium. Although most people in Hawaii get enough vitamin D from sunlight, sometimes vitamins can help. Ask your doctor about vitamin D options.

Calcium

The amount of calcium you need to stay healthy changes over your lifetime. The recommended amounts of daily calcium from food and supplements are:

- Up to 1 year old – 210 to 270 milligrams (mg)
- Age 1 to 3 years – 500 mg
- Age 4 to 8 years – 800 mg
- Age 9 to 18 years – 1,300 mg
- Age 19 to 50 years – 1,000 mg
- Age 51 and older – 1,200 mg

Dairy products (milk, cheese, yogurt) are popular sources of calcium. You can also add almonds, broccoli, spinach, cooked kale, sardines and soy products, such as tofu, to your meals.

If you find it difficult to get enough calcium from your diet, ask your doctor about calcium supplements.

Exercise

Exercise builds strong bones and slows bone loss. Exercise gives you the most benefits if you start when you're young and continue to exercise throughout your life. Combine strength training exercises (arms, chest and back) with weight-bearing exercises (legs, hips and lower spine), such as walking, jogging, running or stair climbing. Low-impact sports such as swimming and cycling are good for your heart, but they're not the best for bone health.

Risk Factors

Some factors increase your chances of developing osteoporosis. Some you can change, others you can't.

Things You Can Change

- Increase the amount of calcium in your diet
- Stop smoking
- Treat eating disorders such as anorexia or bulimia
- Exercise and lead an active lifestyle
- Stop drinking alcohol. More than two alcoholic drinks a day prevents your body from absorbing calcium

Things You Can't Change

- Being a woman. Bone breaks from osteoporosis are almost twice as common in women as they are in men
- Getting older
- Race. You're at greatest risk if you're of Caucasian or Asian descent
- Family history. If you have a parent or sibling with osteoporosis or have a family history of fractures, you're at greater risk
- Being very thin or having a small frame size
- Certain medical conditions, procedures and drugs

How Can AlohaCare Help Me?

Osteoporosis is a disease that can be prevented and treated. The first step is to get tested. AlohaCare Advantage (HMO) or AlohaCare Advantage Plus (HMO SNP) members at risk of low bone mass or osteoporosis are covered for bone mass screening every 2 years. Ask your doctor if bone mass screening is right for you.

AlohaCare Alerts

A healthy body involves both physical and mental health. To keep your mind in tip-top shape, try working these memory-enhancers into your daily schedule.

AlohaCare Alert #21

Take Yourself For A Walk

Walking for just 20 minutes a day can lower blood sugar. That helps stoke blood flow to the brain, so you think more clearly. When you return from your walk, share some of the details with others to prompt cell growth in the visual, verbal and memory parts of the brain.

AlohaCare Alert #22

Grab A Video Game Joystick

New video games, such as the Wii and Nintendo DS, offer brain teasers that make you learn the computer's interface as you master the brain games. That's a double brain boost for response time and memory.

We'd like to hear what you think about these and other AlohaCare Alerts we've featured in previous issues of this magazine. Please send your comments to:

AlohaCare
Attn: Communications
1357 Kapiolani Blvd., Suite 1250
Honolulu, HI 96814

The Secret Life of Teens

What you don't know about your teens can hurt them.

Teenagers can be unpredictable. Hormonal changes, pressure from friends and increasing independence can add up to surprises and, sometimes, trouble. As a parent, it's hard to know what your teens are thinking—or doing—if they don't tell you about it.

Getting teens to share their feelings and questions with an adult is important to their well-being and safety. And, sometimes, they are more open to discussing sensitive topics with a doctor than with a parent. Health care providers are specially trained to talk with teens. They know the right questions, understand areas where teens may need help and keep information private. They can assess if a teenager is depressed, struggling with drugs or sexually at risk. And they have the resources for healthy solutions.

9 Danger Zones for Teens

The teenage years can be rough, and acne is the least of it. Here are just a few of the health and safety risks for teens:

1. **Eating.** Teens may starve to lose weight or overeat to comfort themselves.
2. **Fitting In.** Teens can feel lonely and unwelcome at school and at home.
3. **The Home.** Abuse, divorce and conflict in the home can cause serious stress.

4. **The Internet.** Teens are vulnerable to online predators, scams and more.
5. **Driving.** Teens are 4 times more likely to have a car accident than adults.
6. **Drug Use.** Teens often experiment with drinking, smoking and other drugs.
7. **School.** Teens feel pressure from schoolwork and other students.
8. **Sex.** Teens may risk pregnancy and disease as they explore their sexual identity.
9. **Illness.** Chronic physical or mental illness can affect a teen's development.

How Can AlohaCare Help Me?

AlohaCare provides all child and teen members with FREE “well-child” EPSDT visits through age 20. Even if your teens seem healthy, well adjusted and communicative, make an EPSDT appointment for them every year anyway. Sometimes what they don't tell you is exactly what they need help with most.

Beating Breast Cancer

October is breast cancer awareness month. AlohaCare is partnering with KHON2 to bring the 3rd annual *Pinking of You* event. Each Thursday in October, tune in to KHON's "Wake Up 2day" morning show to learn more about breast health from local experts.

We will end the month with a *Pinking of You* celebration in downtown Honolulu. Some of our favorite downtown vendors—Umeke Market (yummy food samples), Heaven on Earth (mini spa treatments) and more—will be there to offer healthy lifestyle choices.

Come show your support. Help raise awareness for breast cancer. And, wear some pink to show your support!



Thursday, October 28
11 a.m. to 1 p.m.
Tamarind Park on Bishop Square
Honolulu

Pinking of You Sponsors:



What Are Risk Factors for Breast Cancer?

A risk factor is anything that affects your chance of getting a disease, such as cancer. There are different kinds of risk factors. Some factors, like a person's age, can't be changed.

Risk Factors You CAN'T Change

- **Gender & Age:** Simply being a woman is the main risk factor. But men can get breast cancer too. The chance of getting it increases as you get older.
- **Family history:** Risk is higher among women whose close blood relatives have breast cancer.

Risk Factors You CAN Change

- **Smoking:** Smokers are more likely to get breast cancer.
- **Overweight or obese:** Being overweight or obese can also increase risk, especially for middle-age women.
- **Lack of exercise:** Regular exercise reduces risk. In one study, just 2 hours per week of brisk walking reduced a woman's risk by 18%.

Talk to your doctor about your risks. If you are an AlohaCare member, preventive screenings for breast cancer screenings for FREE. For more information, please call the numbers listed on the back of this magazine.

Information courtesy the American Cancer Society.



Making Strides Together

This year, AlohaCare was once again a proud partner with the American Cancer Society's *Making Strides Against Breast Cancer* walk in Honolulu. The 5-mile walk honors survivors and non-survivors of breast cancer. It also increases breast cancer awareness and helps fund many breast cancer programs.

Orange Panacotta with Fresh Papaya

Created by Sharon Kobayahi

Low-fat milk	1 cup
Gelatin	1 ½ tsp.
Low-fat cream cheese	1 oz.
Honey	2 tbsp.
Orange juice concentrate	2 tbsp.
Vanilla	1 tsp.
Papayas (large)	2 whole

Makes 4 servings, 170 calories each.

- Soak the gelatin in ¼-cup of milk for 5 minutes.
- Boil the rest of the milk separately.
- Stir the dissolved gelatin into the boiling milk.
- Turn off the heat, then stir in the cream cheese until melted.
- Pour the entire mixture into a mixing bowl.
- Stir in the honey, orange juice and vanilla.
- Cut both papayas in half and remove all seeds.
- Pour ¼-cup of the mixture into each of the 4 papaya halves.
- Cover with plastic wrap and refrigerate until set (overnight).

Try serving it topped with orange slices or other seasonal fruit.



This recipe is from the book *A DASH of Aloha: Healthy Hawaii Cuisine and Lifestyle*. The book is based on the Dietary Approach to Stop Hypertension (DASH) eating plan. It is available at local bookstores and www.bookshawaii.net.

Photography by Adriana Torres Chong

Stimulate Your Mind by Doing a Puzzle

Word Find

Find words associated with osteoporosis.
For more information, see page 12.

V	S	Q	G	T	K	O	R	Z	O	Z	T	E	G	BONES
D	I	P	J	L	K	F	Y	R	I	A	D	S	K	CALCIUM
Q	S	A	A	H	R	C	A	L	C	I	U	M	Q	DAIRY
X	O	U	S	U	P	P	L	E	M	E	N	T	S	DENSITY
K	R	T	M	L	S	E	N	O	B	S	E	H	K	EXERCISE
D	O	R	S	D	S	S	K	E	L	E	T	O	N	FRACTURE
N	P	Y	H	Z	U	D	E	N	S	I	T	Y	N	OSTEOPOROSIS
I	O	U	R	O	O	K	N	E	T	O	U	C	C	POROUS
M	E	D	B	Z	R	X	N	D	L	G	U	J	I	SCREENING
A	T	K	X	S	O	G	V	K	T	S	S	X	D	SKELETON
T	S	B	M	F	P	W	N	X	U	C	Z	P	Y	SUPPLEMENTS
I	O	R	H	G	N	I	N	E	E	R	C	S	T	VITAMIN D
V	W	C	O	Z	B	E	S	I	C	R	E	X	E	
V	Q	O	L	O	E	R	U	T	C	A	R	F	W	

Language Help Is Available

We can help if you do not speak or understand English, or if you have trouble hearing or seeing. You may ask for the information in another language or in another way by calling us. This translation service is free.

Matulungan da kayo no saan yo ammu ti agsao wenno maawatan ti English wenno adda diperensya ti panagdengeg ken panagkita. Mabalinyo ti agsaludsud ti pakdaar wenno sabali nga languahe babaen ti panangtawag yo kadakami. Daytoy nga ipatarus nga panagserbi awan bayad na.

Makakatulong kami kung hindi ka nagsasalita o nakakaunawa ng Ingles, o kung nahihirapan kang makarinig o makabasa. Maaari mong hingin ang impormasyon sa ibang wika o sa iba pang paraan sa pamamagitan ng pagtawag sa amin. Ang serbisyong ito sa pagsasalin ay walang bayad.

귀하께서 영어로 의사소통을 할 수 없거나 청각 또는 시각에 장애가 있는 경우 당사에서 도움을 드릴 수 있습니다. 당사료 전화하여 다른 언어나 다른 방법으로 정보를 요청하실 수 있습니다. 본 통역 서비스는 무료로 제공됩니다.

如果您不讲英文或不懂英文，或者您有听力或视力困难，我们可以帮助您。您可以打电话给我们，要求用另外一种语言或方式提供资讯。本翻译服务是免费的。

Oahu: 973-1650

**Neighbor
Islands/Oahu
(toll-free):
1-800-434-1002**

**TTY/TDD users
(toll-free):
1-877-447-5990**

Calendar of Events

Monthly Check-up with AlohaCare

Check out AlohaCare's health segment on the Hawaii News Now network (KGMB & KHNL). The

"Monthly Check-up with AlohaCare" features AlohaCare's medical director, Dr. Rio Banner, discussing a variety of health related issues important to everyone. To view past segments, visit www.HawaiiNewsNow.com and click on the "Monthly Check-up" tab.



Dr. Rio Banner

Maui

October 23 • XTERRA Makena Beach Trail Run

Get moving with XTERRA's 5 and 10 kilometer races across a variety of landscapes. Open to all ages. A benefit for Big Brothers Big Sisters of Maui County. Register at 6:30 a.m. Race at 8 a.m. Makena Beach & Golf Resort. 1-877-751-8880, www.xterraplanet.com/races. \$25-\$30 fee includes T-shirt and refreshments.

Kauai

October 16 • Princess Ka'iulani Story Fest

Participants from around the island and beyond bring their special brand of Hawaiian culture to this event. Live storytelling, celebrity readers, arts and craft activities, music and dance performances, and historical commemorative portrayal of the beloved Princess Victoria Ka'iulani on her birthday. 10 a.m. to 3 p.m. The Storybook Theatre. 335-0712. FREE

Oahu

October 15-16 • Annual Talk Story Festival

The City & County of Honolulu Parks Department presents the 22nd Annual Talk Story Festival 2010, featuring 2 nights of Hawaii's best storyteller. 5 p.m. to 9 p.m. McCoy Pavilion at Ala Moana Beach Park. FREE

October 23-24 • Waikiki Artfest

The Waikiki Artfest features the fine art and handcrafted products by Hawaii artists, including all types of jewelry, clothing, ceramics, wood products, and more. Live entertainment and great food! All items are displayed for sale by the artist personally. 9 a.m. to 4 p.m. at Kapiolani Park. FREE

Oct. 28 • Pinking of You

Be there at AlohaCare's annual event in honor of National Breast Cancer Awareness Month. Enjoy great entertainment; vendors such as Heaven on Earth Salon and Day Spa, the YMCA and Umeke Market; and more. Bishop Square, Tamarind Park, downtown Honolulu. 11 a.m. to 1 p.m. For more information, turn to page 15. 973-1313. FREE.

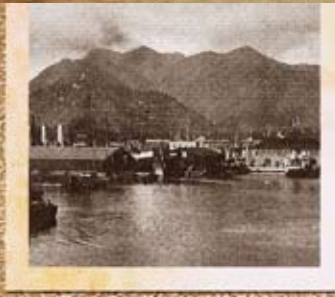
Dec. 12 • Honolulu Marathon

Witness one of Hawaii's greatest sporting events, with walkers and runners from around the world. The 26-mile race begins at Ala Moana, continues to Hawaii Kai and returns to Kapiolani Park, Waikiki. 5 a.m. start time. www.honolulumarathon.org, 734-7200. FREE for viewers.

Every second Wednesday of the month • Medicare Member Orientation

Enjoy light refreshments and an orientation on plan benefits for AlohaCare Advantage (HMO) or AlohaCare Advantage Plus (HMO SNP) members. AlohaCare, 1357 Kapiolani Blvd., Suite 1250. To RSVP, call 973-6395, 1-866-973-6395 (toll-free). 1-877-447-5990 (TTY/TDD). Monday - Friday, 8 a.m. to 8 p.m. www.alohacare.org/MedicareEvents. FREE.

Photos from *Paradise of the Pacific/Honolulu Magazine*.



Were you born in 1945?
Then, welcome to Medicare this year!
It's the best birthday present ...
the gift of affordable
health insurance coverage.

Are you turning 65 this year?

If so, you will be eligible for Medicare. Even if you are working, you're still eligible for Medicare. As early as three months before your 65th birthday, you can enroll in Medicare Part A (inpatient care) and Part B (outpatient care & doctor's office visits).

AlohaCare Advantage (HMO) offers:

- Doctor & Specialist Visits
- Hospital Stays
- Drug Coverage
- Vision Coverage
- Preventive Services

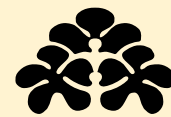
To request an AlohaCare Advantage Enrollment Packet, please call:

Oahu: 973-6395

Neighbor Islands/Oahu (toll-free): 1-866-973-6395

TTY/TDD: 1-877-447-5990

Call us Monday through Friday, 8 a.m. - 8 p.m.



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A health plan with a Medicare contract. The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information contact the plan.



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