

Enrollee Newsletter

February 2020

Volume 5, Issue 1

February is Heart Health Month

Community Care Plan, 'the health plan with a heart'

Cardiac Arrest

Often fatal if not taken care of immediately, cardiac arrest is the quick loss of heart function. Cardiac arrest can happen to a person regardless of if they have heart disease. In the United States, 350,000 cardiac arrests happen outside of a hospital each year.

A person under cardiac arrest is less likely to die if they have early defibrillation. A defibrillator sends an electric shock to the person's heart. This restores the rhythm of the heart to normal. If there is no defibrillator nearby, you should give a person under Cardiac arrest CPR until defibrillation can be done.

If you have had cardiac arrest before, you could get an implantable cardiac defibrillator (ICD). This will reduce your chance of dying from a second cardiac arrest.

Sources: • <https://www.heart.org/en/health-topics/cardiac-arrest/about-cardiac-arrest>
• <https://medlineplus.gov/cardiocarrest.html>

What is the difference between a heart attack and Cardiac Arrest?

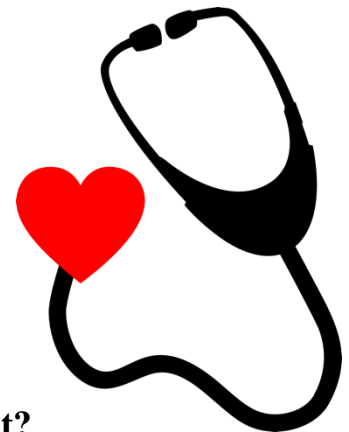
Cardiac arrest is when the heart gets abnormal heart rhythms called arrhythmias that cause it to stop beating. During a heart attack, the heart is still beating, but blood flow to the heart is blocked.

Source: <https://cpr.heart.org/en/resources/what-is-cpr>

American Heart Association Chain of Survival

The American Heart Association outlines a Chain of Survival for Emergency Cardiovascular Care. There are 5 links in the adult out-of-hospital chain of survival.

1. Recognizing a person in Cardiac Arrest and calling 911
2. Initiating early CPR with an emphasis on chest compressions
3. Defibrillation (rapid)
4. Emergency Medical Services
5. Life Support (advanced) and Post-cardiac arrest care

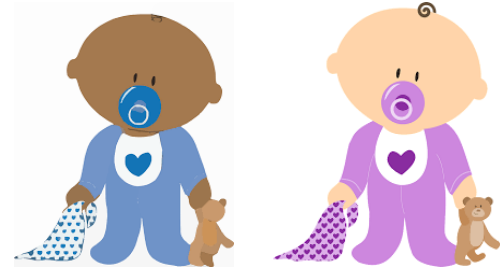


Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD, 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-899-4828 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-899-4828 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.

International Prenatal Infection Prevention Month

The Center for Disease Control and Prevention (CDC) outlines 10 tips for preventing infections before and during pregnancy.

1. Protect yourself from Zika virus.
 - If you are pregnant do not travel to areas with Zika. If your partner has traveled to a place with Zika use condoms during sex.
 - If you are thinking about being pregnant, talk to your doctor before traveling to an area with Zika.
 - The CDC also has a resource for preventing mosquito bites during the trip.
2. Wash your hands (soap and water) after:
 - Using the bathroom
 - Touching raw meat, raw eggs, or unwashed vegetables
 - Preparing and eating food
 - Touching dirt or soil and gardening
 - Handling your pets
 - Being around sick people
 - Getting saliva (spit) on your hands
 - Caring for children/playing with children
 - A diaper change
3. Decrease contact with saliva(spit) and urine from babies and young children.
 - Cytomegalovirus (CMV) can cause microcephaly and hearing loss in babies. Not sharing food and utensils with young children and babies and washing your hands after changing a diaper can decrease your risk of getting CMV.
4. Avoid unpasteurized foods
 - Do not drink unpasteurized milk or eat soft cheeses (feta/brie/queso fresco) that are unpasteurized. These products could have harmful bacteria.
5. Do not change/touch dirty cat litter.
 - Cat litter could contain a harmful parasite
6. Stay away from rodent droppings.
 - This includes wild and pet rodents.
7. Get tested for STDs and protect yourself from them.
 - Some STD's to test for are HIV and Hepatitis B
 - If you do have an STD and are pregnant talk to your doctor about reducing the chance of your baby becoming sick.
8. Get vaccinated.
 - Vaccines are recommended before, during and after pregnancy. Talk to your doctor about which ones are right for you.
9. Avoid people with an infection.
 - Stay away from people with infections (i.e. chickenpox/rubella)
10. Get tested for Strep B
 - You might not feel sick, but around 1 in 4 women have strep B bacteria. Talk to your doctor about getting tested and how to protect your baby.



Source: www.cdc.gov/pregnancy/infections.html

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