



# Your **Link** to Better Health

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## HIGHLIGHTS

- You and Your Doctor
- Medical Appointment Tips
- Eye Safety
- Breathe Easy in Summer Heat
- Summer Diabetes Care Tips

## Get the Most from your Medical Appointment

A little planning can help you get the most from your doctor's visit. The following tips will make it easier for you and your doctor to cover everything you need to talk about:

- Make a list of your questions and concerns.
- Take any important information with you. This may include a list of your current medicines, insurance cards, medical records, and the name of other doctors you may be seeing.
- Make sure you can see and hear as well as possible. Take your eyeglasses and hearing aids if they are needed.
- Consider taking a family member or close friend with you.
- Find an interpreter if you know you will need one.
- Plan to update your doctor. Let your doctor know what has happened since your last visit.

## You and Your Doctor

When you have a chronic health condition, your relationship with your doctor is very important. How is your relationship with your doctor? Do you feel comfortable asking questions? Will you tell your doctor about your health concerns even if he or she does not ask? Does the doctor give you enough time? Are your phone calls answered or returned in a timely manner? These are all important to a good doctor-patient relationship. If you have answered 'no' to these questions, it might be time to find a new doctor.

Many people feel badly about switching doctors. They feel that it might hurt the doctor's feelings. Doctors know that different people have different needs. They know it is important for everyone to have a doctor with whom they are comfortable.

If you need to find a new doctor, decide what you are looking for. Some things you may want to consider are:

- Male or female
- Office location
- Office hours
- Individual practice or part of a group
- Within your health plan network

Once you have narrowed your search, ask around. Talk to others who have seen the doctor. Check with the State Medical Society about complaints. Call the office staff to ask questions about the doctor. (Note the friendliness of the staff-you will have plenty of interaction with them!) Consider scheduling an

appointment to talk with the doctor. You will likely be charged for this appointment.

Feeling comfortable with your doctor is important to managing your health. You should feel comfortable asking questions, and even voicing concerns about treatments. Remember that you are the most important person in your treatment plan!



Visit Welborn Health Plans on the Web at [welbornhealthplans.com](http://welbornhealthplans.com).



## Summer Diabetes Care Tips

Summer temperatures bring a few extra risks for people with diabetes. With a little planning and consideration you can stay healthy this summer.

Stay well hydrated. People with diabetes are at greater risk of becoming dehydrated. When blood glucose is high, the risk is increased. Follow your treatment plan to keep glucose within range, and drink plenty of fluids when you are outdoors.

Take care of your feet. Avoid the temptation to go barefoot. Perform daily foot care, checking for blisters or irritation that could result from sweaty feet.

Protect medication and diabetic supplies from extreme temperatures. Insulin should not be exposed to direct sunlight or high temperatures. Consider carrying a small cooler with ice packs. (This can also carry a few water bottles to help ensure adequate hydration)



### Eye Safety Alert:

July is Ultra-Violet (UV) Safety Month sponsored by the American Academy of Ophthalmology. Everyone is at risk for eye damage from the sun's ultraviolet rays. Wear sunglasses that block 99-100 percent of the sun's UV-A and UV-B rays, and wear a wide-brimmed hat for increased protection.

## *Breathe Easy* IN SUMMER HEAT

Breathing can be hampered for everyone when summer's heat and humidity peak. For those living with a chronic lung condition, breathing can become seriously impaired. When hot weather conditions threaten, take action to stay healthy.

- Take medications as directed. Keep rescue inhalers close at hand.
- Pay attention to the weather forecast and air quality index reports. Plan outdoor activities when weather conditions are more favorable.
- Use air-conditioning when at home or in the car.
- Stay well hydrated. Drink plenty of fluids, but limit caffeinated and alcoholic beverages.
- Avoid large meals. Being overly full can impair breathing. Eat small, frequent meals.
- When traveling, request non-smoking and no-pet hotel rooms.
- Use peak-flow meters and closely watch symptoms for signs of a flare-up.
- Stay active, but avoid exercising outdoors on hot or humid days.