

**Fall 2010**

**Lipa OHP News**

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**Domestic Violence**

**You Can Take a Stand**

**Domestic violence is the most common and the least reported crime in the U.S. It can include emotional, physical, sexual, and economic abuse. These tactics**

**are used to control and manipulate a current or past spouse or partner.**

**When you are close to a person who is being abused, you may feel afraid or frustrated because they don't see the abuser the way you do. You may wonder why they don't leave or why they keep going back. These are all normal feelings.**

## **Cycle of Abuse**

**Domestic violence goes in a cycle. By understanding the cycle, you can better help someone who is being abused. This cycle can include the following stages:**

**Set-up. Abuse doesn't happen because a partner gets angry or loses control. Abuse starts because a partner sets up a situation where they feel they have the right to be abusive.**

**Abuse.** When the time and place is right, the abuser begins the violence.

**Guilt or Fear.** After the violence, an abuser may feel guilty or afraid. The abuser may apologize, give gifts, or promise never to do it again.

**Rationalization.** The abuser will make excuses, or blame the violence on alcohol, stress, or on the person that was abused.

**Good Behavior.** The abuse may stop for a short time. Usually, however, the abuser will set up another situation and the cycle starts again.

## **How to Help**

- 1) Don't be afraid to let an abused person know you are concerned for their safety.**
- 2) Acknowledge that they are in a very difficult and scary situation.**

- 3) Let them know that it is NOT their fault.**
- 4) Be supportive.**
- 5) Be non-judgmental.**
- 6) Encourage them to talk to people who can help.**
- 7) If they leave the relationship, continue to be supportive of them.**

**Many survivors of domestic violence leave their abusive relationships and are living free from violence. The understanding and support they get from friends and family help them succeed.**

**For more information please visit the National Domestic Violence Hotline website at [www.ndvh.org](http://www.ndvh.org) or contact Womenspace, Inc. at [www.womenspaceinc.org](http://www.womenspaceinc.org). This article was contributed by Womenspace, Inc.**

# **Protecting Your Family During the Cold and Flu Season**

## **H1N1 and Seasonal Flu Vaccine**

**Both the seasonal flu and the H1N1 flu are common illnesses that people get. However, they can be prevented with a vaccine. To protect yourself from the flu, you need to have the vaccine every year. This year you will need only one vaccination to protect yourself from the H1N1 flu and the seasonal flu. The flu vaccine is usually available starting in September. The flu can arrive as early as October. It is important to get your flu vaccine before the flu season begins.**

### **Symptoms of the Seasonal and H1N1 Flu**

- 1) Fever of 100-102 degrees with chills, body aches**
- 2) Cough, sore throat**
- 3) Headache, tiredness**

## **How Flu Spreads**

- 1) Coughing or sneezing**
- 2) Touching a surface that has the virus on it and then touching your nose, mouth, or eyes**
- 3) Contact, usually of hands, with someone who has the flu**

## **Who Should Get the Vaccine?**

**The flu shot is recommended for everyone 6 months of age or older. The shot is not recommended for people who have a known allergy to eggs, or have had a bad reaction to a flu shot in the past. As with any shot, there is always the risk of side effects. These effects are usually minor. They may include:**

- 1) Soreness, redness, or swelling where the shot was given**
- 2) Fever**
- 3) Aches**

**Please call your doctor if you would like to get the flu vaccine or if you have any questions or concerns.**

## **Share Time Without Sharing Germs**

**For most of us, it's almost impossible to avoid contact with people during the cold and flu season. But there are things we can each do to protect ourselves and others from getting sick.**

**The flu and cold viruses are germs that affect the nose, throat, and lungs. Some people who get colds or the flu develop serious medical conditions. That is why it's important for everyone to do their part.**

**Flu and cold germs spread from person to person through coughs, sneezes, and unwashed hands. Use these tips to protect yourself and others.**

- 1) If you are sick, stay home.**
- 2) Cough or sneeze into a tissue or sneeze into the bend of your elbow.**

**3) Wash your hands after you cough, sneeze, or blow your nose. Use hand sanitizer if you are unable to wash your hands.**

**4) Wash your hands before preparing food or eating.**

**5) Avoid touching your eyes, nose, or mouth.**

**6) Avoid public drinking fountains or sharing food and drinks.**

## **Why Do Kids Need Vaccines?**

**We all want our kids to grow up healthy. Vaccines help protect them from many infections. Some of these can cause serious harm. Before vaccines, many children died from diseases that vaccines now prevent.**

## **Why Do Children Need Vaccines?**

**About 3-4 million people in the U.S. used to get the measles each year. Measles can cause deafness,**

**brain damage, and death. With the creation and use of the measles vaccine, cases of measles in the U.S. decreased by more than 99 percent.**

**Polio used to be very common in the U.S. as well. Polio paralyzed and killed thousands of people a year before we had a vaccine for it. Now that we have a vaccine for polio, cases of polio in the U.S. are rare. Even though some of these diseases are now rare, they are still around. If children do not get their vaccines, deadly diseases like measles and polio can spread very quickly.**

## **False Beliefs about Vaccines**

**Vaccines are very safe, however, there are many false beliefs about them. Some of the most common false beliefs are:**

**False Belief #1: Vaccines do not work.**

**Truth: Scientific studies show that they work very well. Just stop and think about how many diseases of the past are rare today.**

**False Belief #2: Children are too young to get so many vaccines at once.**

**Truth: Scientific studies show that is not the case.**

**False Belief #3: Vaccines cause autism.**

**Truth: Every properly done scientific study has shown that vaccines do NOT cause autism.**

**When Should Children Get Vaccines?**

**Children should start getting vaccines their first few months of life. This is very important. Many diseases that can infect children when they are very young can be prevented with vaccines. Some vaccines can be given as early as birth.**

## **What Are the Side Effects?**

**There may be some minor side effects to a vaccine.**

**Some common ones are:**

**1) Fever**

**2) Fussiness, tiredness**

**3) Swelling, redness where shot was given**

## **Vaccines and Public Schools**

**Your children need to be current on their vaccines to attend public school or a daycare center.**

## **What to Do if You Have Questions**

**Please call your doctor today if you need to know whether your children are current on their vaccines.**

**You can also call your doctor if you have any questions or concerns about vaccines.**

## **Helpful Member Resources**

### **How to Contact Lipa**

#### **Call Customer Service**

**Local (541) 485-2155**

**Toll-Free 1(877) 600-5472**

**TTY 1(877) 600-5473**

#### **Visit Our Office**

**M-F: 8:00 a.m. to 5:00 p.m.**

**1800 Millrace Drive**

**Eugene, Oregon**

#### **Contact Us in Writing**

**Lipa**

**PO Box 11740**

**Eugene, Oregon 97440-1740**

## **You and Your Provider**

**Talking openly with your provider is an important part of good health.**

**Before your next visit, take a few minutes to write down the things you want to talk about when you see your provider. Here are two ideas:**

- 1) Make a list of questions you have about your medications.**
- 2) Make a list of concerns or questions you have about your health.**

## **What to Do if You Have a Concern or Complaint**

**If you are not satisfied with the healthcare you receive through Lipa, we want to know about it. This includes medical care, prescriptions, supplies, or equipment. Please call our Customer Service Department.**

**At any time, you may also call our Confidential Complaint Hotline at 1(877) 367-1332. When you call the hotline, you will be asked to leave a voice message and your call will be returned by the next business day. No other Lipa employee will hear your complaint.**

### **Lipa's Notice of Privacy Practices**

**Lipa's *Notice of Privacy Practices* tells you how Lipa may use or disclose information about you. This notice is included in your member handbook.**

**A copy of the notice is also published on Lipa's website at [www.lipa.net/OHP.html](http://www.lipa.net/OHP.html).**

**It is also available to you by request. If you would like a copy, please call the Privacy Officer at (541) 485-2155, extension 1266.**

## **Getting the Care You Need**

**Medical care begins with your Primary Care Provider (PCP). As a member of Lipa, you are assigned a PCP who will oversee your medical care. Your PCP is the first one to call when you need a checkup or when you don't feel well. Your PCP:**

- 1) Knows your medical history and oversees all your medical care.**
- 2) Keeps your medical records in one place to give you better service.**
- 3) Makes sure you have access to medical care 24 hours a day, 7 days a week.**
- 4) Arranges for your specialty or hospital care.**

### **New Members Needing Care Immediately**

**If you are new to Lipa and need medical care, prescriptions, or supplies immediately, please call Lipa. You will also need to choose a PCP and make an**

**appointment as soon as possible so that you can get ongoing care.**

**If you need this letter in a larger print size, different format, or different language, call Lipa at: Local (541) 485-2155, toll-free 1(877) 600-5472, or TTY 1(877) 600-5473.**

## **Stay in the Game**

### **Talk to Your Doctor About an Asthma Care Plan**

**An asthma attack can be very stressful and frightening. However, going to the emergency room (ER) is the last resort for someone who has asthma. You can prevent ER visits if you take steps to get your asthma under control.**

**The first step is to see your doctor and create an Asthma Care Plan that works for you. An Asthma Care Plan is important for anyone who lives with asthma. This plan may help you recognize the early signs of an asthma attack.**

### **Four Parts of an Asthma Care Plan**

- 1) Taking your medicines when you are not experiencing any asthma symptoms**
- 2) Avoiding triggers that make your asthma worse**
- 3) Recognizing when your asthma gets worse and what to do**
- 4) Knowing when to call your doctor**

**Once you have created your care plan, use it to take control of your asthma. Always keep a copy of your plan with you. Then you will know what to do when you have an asthma attack. Be aware of what triggers your asthma. Try to avoid them as much as possible.**

## **Common Asthma Triggers**

- 1) Pet dander**
- 2) Tobacco smoke**
- 3) Dust and mold**

**Many visits to the emergency room for asthma attacks can be avoided. Knowing the early warning signs of an asthma attack is important. If they are treated early, you may notice an improvement in your breathing. There are times when you need to go to the emergency room.**

## **Signs You May Need to Go to the Emergency Room**

- 1) Coughing that will not stop**
- 2) Difficulty talking in complete sentences**
- 3) Becoming pale**
- 4) Lips or fingernails turning blue**

**Please contact your doctor today if you want to create an Asthma Care Plan or if you have any questions or concerns.**

**Lipa**

**Lane Individual Practice Association**

**PO Box 11740**

**Eugene, OR 97440-1740**

**To Offer Feedback on this newsletter, please email:**

**[LipaNewsletter@Lipa.net](mailto:LipaNewsletter@Lipa.net)**