

SPRING 2022

Healthy Together

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What You Need to Know About Cancer Prevention

When it comes to preventing cancer, you have likely heard some of the ways to keep the big C away. For example, do not smoke and do use sunscreen if you want to avoid lung and skin cancers.

However, there are other factors you may not know about that also affect your risk of getting cancer. Here are 3 ways you can help protect yourself.

Stay at a Healthy Weight

Being obese is linked with 12 types of cancer. That is why next to not smoking, this is the best thing you can do to lower your cancer risk.

Getting enough physical activity is one way to manage your weight. And guess what? Being active slashes your cancer risk, too. Aim for at least 150 minutes of moderate-intensity aerobic activity every week. Brisk walking is a good option. You do not have to do it all at once. Whether you do 30 minutes or 5 minutes at a time, every little bit makes a difference.

Avoid Certain Meats

Regularly eating processed meats, such as hot dogs, bacon, ham and lunch meats, raises your risk for certain types of cancer, like colorectal. Eating a lot of red meat, including pork, lamb and beef, also raises your colorectal cancer risk. Aim to eat less than 12 to 18 ounces of red meat a week.

Limit Alcohol

Drinking alcohol is linked with a few types of cancer, including breast and liver. The more you drink, the higher your risk is. If you drink and smoke, you raise your risk even

more. Limit your alcohol intake to no more than 2 drinks per day if you are a man or 1 drink per day if you are a woman.

In addition to these things, getting cancer screenings is also very important. These can help find cancer early, when it may be easier to treat. To learn more about the screenings you might need, visit www.cancer.org/healthy. Click on "Find Cancer Early."

**We are here to help
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Do Spring Cleaning to Clear Out Asthma Triggers

Spring cleaning is a great way to freshen up your home after a long winter. By clearing out dust mites and mold, you will also reduce common asthma triggers. This can help cut down on asthma attacks.

Dust Off Mites

To combat dust mites:

- Use a damp rag or mop for cleaning. A dry cloth or broom just stirs up allergens.
- Choose a vacuum cleaner with a HEPA filter or double-layered microfilter bag.
- Wear a dust mask while vacuuming. Then leave the area for 20 minutes to give allergens time to settle out of the air.
- Wash bedsheets and blankets in hot water once a week. If bedding cannot be washed, put it in the freezer overnight.



Wipe Out Mold

To fight indoor mold:

- Scrub mold off hard surfaces with fragrance-free detergent and water. Then dry the area.
- Avoid using chlorine bleach to kill the mold. Dead mold can still cause allergic reactions, so it must always be removed.
- Wear goggles and gloves. Also consider wearing an N95 respirator, sold at many hardware stores.
- Use a dehumidifier or air conditioner to reduce humidity. Controlling moisture can help control the growth of mold.



Clear the Air

The chemicals in some cleaning products can irritate your airways, making asthma worse. To avoid this:

- Open doors and windows while working. Run an exhaust fan if you can.
- Stay out of the room for a while after using a disinfectant or cleaner.
- Avoid products that contain bleach or fragrance.



Get more facts about fighting dust mites and mold in your home. Visit the Environmental Protection Agency at www.epa.gov/asthma/asthma-triggers-gain-control.

Make Your Own Cleaning Solution

The American Academy of Allergy, Asthma & Immunology recommends trying the following asthma-friendly cleaning solution:

Mix 2 cups very hot water, 2 cups vinegar, 2 cups borax and ½ cup salt. Apply and let sit for half an hour. Then reapply, scrub with a soft brush and rinse with water.



+ health briefs

Protect Your Lungs

A main cause of lung cancer in nonsmokers, radon is a naturally occurring gas. It usually comes up through the ground — and can be found in any home. Learn how to test your home at www.epa.gov/radon. You can also call **1-800-55RADON (1-800-557-2366)** with questions.



Help Your Heart

Snooze, you lose? Not when it comes to your heart. Getting too little (quality) sleep is linked to high blood pressure, heart disease and stroke. Adults need about 7 to 8 hours. Talk with a health care provider about any sleep problems you are having.



Ease Your Mind

Working through tough times is possible. Getting enough rest and exercise can make it easier to manage stress. Writing things down in a journal may also help you feel better. Ready to give this a try? Start by writing for about 15 minutes a day for at least a few days.



COVID-19 Corner

Is It Time for a COVID-19 Booster Shot?

The COVID-19 vaccines have helped keep people from getting very sick or dying of the disease.

But over time and with new variants around, health experts have seen a decrease in the vaccines' protection. For this reason, it may be time for you to schedule a booster shot.

Who can get a booster shot?

As of the printing of this issue, everyone ages 12 and older can get a booster shot:

- At least 2 months after getting the Johnson & Johnson/Janssen vaccine
- At least 5 months after getting the second dose of an mRNA vaccine (Pfizer-BioNTech or Moderna)

Note: If you have a compromised immune system and received 2 mRNA vaccine doses, you should get a third dose of the same vaccine at least 28 days after your second dose. This is separate from your booster shot.

Which booster shot should I get?

If you are age 18 or older, the choice is yours. You can get the same type you originally got. Or you can mix and match. Currently, kids ages 12 to 17 can only get the Pfizer-BioNTech booster.

Are there side effects?

Mild reactions are similar to those from the original shots. These may include fatigue, fever, headache and a sore arm. Serious side effects are rare.

How can I schedule my booster?

Go to [getvaccinated.oregon.gov](https://www.getvaccinated.oregon.gov) or check your local pharmacy's Website. You can also call **1-800-232-0233** or text your ZIP code to **438829**.



The Vax Facts About Kids' Shots

Now that kids ages 5 to 11 are able to get the Pfizer-BioNTech vaccine, here are some things you should know:

Children need protection, too. Although kids are less likely than adults to get very sick with COVID-19, about 8,300 children ages 5 to 11 have gone to the hospital after catching it. As of mid-October 2021, 146 have died. Others have gotten long-haul COVID-19, with ongoing symptoms like tiredness, headache and trouble concentrating.

Getting the vaccine greatly lowers kids' risk for illness. If they have had COVID-19 before, it helps keep them from getting sick again. It also protects young siblings and others around them who

cannot get vaccinated. Plus, it can prevent kids from missing school or other activities.

The vaccine is safe. Researchers did clinical trials in children ages 5 to 11, just as in adults. The vaccines were found to be about 90% effective against the virus. None of the children in the trials had serious problems afterward. Over time, most side effects have continued to be mild.

The vaccine is kid-sized. Children ages 5 to 11 receive one-third the adult dose through a smaller, kid-friendly needle.

To learn more and schedule a vaccine for a child, check with your pediatrician or visit [getvaccinated.oregon.gov](https://www.getvaccinated.oregon.gov).

Note: This COVID-19 information was current at the time of publication. For the most up-to-date information, visit www.cdc.gov/coronavirus.



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Call **1-800-562-4620** to discuss any of the topics in this newsletter or any other health issues. Visit our Website at **www.OHPCC.org**.

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Routine Care **for Your Mouth**

Most people would not consider waiting more than a year to change the oil in their car or get a haircut. Yet 100 million Americans fail to visit the dentist every year.

A dental exam is one kind of routine maintenance that should not be put off. And unlike changing your oil or cutting your hair, a visit to the dentist can have a positive impact on your health. Regular dental exams can:

- Find problems with your teeth and gums before they cause you pain or are costly to treat
- Prevent some problems from happening in the first place
- Spot warning signs of other medical issues
- Establish a place to go if you have a dental emergency

For these reasons, it is important to see your dentist twice a year. That is true even if there are no obvious problems.

Just like daily brushing and flossing, make it a habit to schedule and keep regular visits with your dentist. Taking action now will help you avoid future problems.

If you do not have a dentist, the American Dental Association can help you find one nearby. Go to **findadentist.ada.org**. Type in your street address, including ZIP code, to get started. You can even search for special kinds of dentists.

