

TRICARE BENEFICIARY BULLETIN – APRIL 14, 2011 – 636 WORDS

LEAD MUSIC (:03)

THIS IS THE TRICARE BENEFICIARY BULLETIN, AN UPDATE ON THE LATEST NEWS TO HELP YOU MAKE THE BEST USE OF YOUR TRICARE BENEFIT. I'M AUSTIN CAMACHO. (:10)

FIRST UP: LORRAINE CWIEKA REPORTS ON THE LINKS BETWEEN KIDNEY AND HEART DISEASE.

MORE THAN 20 MILLION ADULTS HAVE CHRONIC KIDNEY DISEASE AND AN ESTIMATED 16.3 MILLION HAVE HEART DISEASE. OVER 7.1 MILLION HAVE BOTH. THE NATIONAL INSTITUTE OF DIABETES AND DIGESTIVE AND KIDNEY DISEASES ASKS PEOPLE TO CONSIDER THE LINK AND WHAT THEY CAN DO TO PROTECT THEIR KIDNEY HEALTH.

DIABETES AND HIGH BLOOD PRESSURE CAN DAMAGE THE KIDNEYS AND LEAD TO KIDNEY DISEASE. KIDNEY DISEASE IS OFTEN A

CHRONIC DISEASE THAT TYPICALLY GETS WORSE OVER TIME. IT CAN LEAD TO KIDNEY FAILURE, AT WHICH POINT DIALYSIS OR A KIDNEY TRANSPLANT MAY BE NEEDED.

DIABETES AND HIGH BLOOD PRESSURE ARE NOT THE ONLY RISK FACTORS FOR KIDNEY DISEASE. TRICARE BENEFICIARIES SHOULD CHECK WITH THEIR DOCTOR ABOUT GETTING TESTED FOR KIDNEY DISEASE IF THEY HAVE HEART DISEASE OR IF A MOTHER, FATHER, SISTER OR BROTHER HAS HAD KIDNEY FAILURE.

PATHOLOGY AND LABORATORY SERVICES ARE COVERED UNDER TRICARE. COVERAGE AND OUT-OF-POCKET COSTS ARE DEPENDENT ON THE BENEFICIARY'S ELIGIBILITY AND MAY VARY ACCORDING TO THE PROGRAM OPTION HE OR SHE IS ENROLLED IN. BENEFICIARIES SHOULD CONTACT THEIR REGIONAL CONTRACTOR OR TRICARE AREA OFFICE FOR MORE INFORMATION.

OTHER THAN TESTING, THE NIH ALSO SUGGESTS PEOPLE LEARN HOW TO KEEP THEIR KIDNEYS HEALTHY BY:

- KEEPING BLOOD PRESSURE BELOW 130/80;

- MAINTAINING IDEAL WEIGHT;
  - BEING PHYSICALLY ACTIVE;
  - LIMITING ALCOHOL, CAFFEINE AND DAILY SODIUM INTAKE;
- AND
- TAKING ALL MEDICINES AS PRESCRIBED.

TO REVIEW THE ENTIRE LIST OF “THINGS YOU CAN DO TO PROTECT YOUR KIDNEY HEALTH,” GO TO [NKDEP.NIH.GOV/KIDNEYMONTH](http://NKDEP.NIH.GOV/KIDNEYMONTH).

FOR TRICARE MANAGEMENT ACTIVITY, I’M LORRAINE CWIEKA.

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TO MANY, SUMMER IS A PERFECT TIME TO SHOW OFF BEAUTIFUL FEET. BUT FOR THOSE WITH INGROWN TOENAILS, CORNS, BUNIONS, CRACKED HEELS OR TOE FUNGUS, SUMMER CAN BE PRETTY EMBARRASSING AND EVEN PAINFUL.

RECOGNIZING APRIL IS NATIONAL FOOT HEALTH AWARENESS MONTH, TRICARE REMINDS BENEFICIARIES TO PRACTICE GOOD FOOT CARE YEAR-ROUND.

IN ORDER TO KEEP FEET HEALTHY, BENEFICIARIES SHOULD BE FAMILIAR WITH THE MOST COMMON ILLS THAT AFFECT FEET. THESE INCLUDE: INGROWN TOENAILS; CORNS AND CALLUSES; BUNIONS; FUNGAL AND BACTERIAL CONDITIONS, INCLUDING ATHLETE'S FOOT; AND CRACKED HEELS.

FOOT PROBLEMS CAN ALSO BE THE FIRST SIGN OF MORE SERIOUS MEDICAL CONDITIONS SUCH AS: ARTHRITIS, DIABETES, NERVE DISORDERS AND CIRCULATORY DISORDERS.

BENEFICIARIES WHO NOTICE SYMPTOMS INDICATING FOOT PROBLEMS CAN SEE THEIR PRIMARY CARE PROVIDER WHO WILL EXAMINE THEIR FEET AND PROVIDE TREATMENT OR A REFERRAL, AS NECESSARY. IF A BENEFICIARY HAS A MEDICAL PROBLEM THAT CAN AFFECT HIS OR HER FEET, SUCH AS DIABETES, THE PROVIDER WILL DISCUSS THE TYPES AND FREQUENCY OF FOOT EXAMS THAT ARE RECOMMENDED, BASED ON THEIR CONDITION.

TO LEARN MORE ABOUT FOOT CARE, GO TO THE AMERICAN PODIATRIC MEDICAL ASSOCIATION WEBSITE AT [APMA.ORG](http://APMA.ORG), OR THE

NATIONAL INSTITUTE OF HEALTH'S MEDLINEPLUS WEBSITE AT  
NLM.NIH.GOV/MEDLINEPLUS.

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FINALLY: ANNEMARIE FELICIO REPORTS ON PREVENTING ERRORS IN  
YOUR CHILD'S HEALTH CARE.

ONE OF THE MOST IMPORTANT WAYS YOU CAN HELP PROTECT YOUR  
CHILD FROM MEDICAL ERRORS IS TO BE ACTIVELY INVOLVED IN HIS  
OR HER CARE. YOU SHOULD WORK WITH DOCTORS AND OTHER  
HEALTH CARE PROVIDERS TO MAKE SURE YOUR CHILD GETS THE  
SAFEST CARE POSSIBLE.

BEFORE YOU TAKE YOUR CHILD TO THE DOCTOR'S OFFICE OR  
HOSPITAL:

- WRITE DOWN YOUR CHILD'S MEDICAL HISTORY—INCLUDE  
VACCINATIONS, ALLERGIES, CURRENT HEALTH PROBLEMS AND  
DATES OF SURGERIES/HOSPITAL VISITS.
- TAKE A LIST OF YOUR CHILD'S MEDICINES—INCLUDE  
PRESCRIPTION AND OVER-THE-COUNTER MEDICINES, VITAMINS  
AND HERBS.

WHEN YOUR CHILD GETS A NEW MEDICINE:

- MAKE SURE YOU GIVE THE PROVIDER YOUR CHILD'S CURRENT WEIGHT OR ASK THAT YOUR CHILD BE WEIGHED. DOSAGES FOR CHILDREN ARE BASED ON WEIGHT.
- DISCUSS YOUR CHILD'S ALLERGIES AND PREVIOUS REACTIONS TO MEDICINES.
- LEARN ABOUT THE NEW MEDICINE BY ASKING: WHY DOES YOUR CHILD NEED THIS MEDICINE? WHAT DOES IT LOOK LIKE AND HOW DO YOU GIVE IT? WHAT ARE THE SIDE EFFECTS? AND WHEN YOU GET THE MEDICINE, CHECK THE LABEL.

MOST IMPORTANTLY, ALWAYS ASK QUESTIONS IF YOU DON'T UNDERSTAND SOMETHING!

VISIT [JOINTCOMMISSION.ORG/SPEAKUP.ASPX](http://JOINTCOMMISSION.ORG/SPEAKUP.ASPX) TO LEARN ABOUT PATIENT SAFETY TOPICS FROM THE JOINT COMMISSION'S SPEAK UP INITIATIVES.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN. WE'LL  
HAVE MORE NEWS YOU CAN USE NEXT WEEK. (:03)

TAIL MUSIC (:03)