



Can We Talk?

News and Information for Teen and Young Adult TENNderCare Members

Welcome!

Welcome to the second quarter edition of **"Can We Talk?"** a quarterly newsletter on health tips for teens and young adults who are TLC members. **Here's to a happy, healthy life!**

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No one is treated in a different way because of race, color, religion, birthplace, language, sex, age, or disability. Do you think you've been treated unfairly? Do you have more questions?
 Do you need more help?
 You can make a free call to the Family Assistance Service Center at 1-866-311-4287.
 In Nashville, call 743-2000.
 Interpretation and translation services are free to the member. For more information please call Customer Service at 725-7100 (Shelby County) or 800-473-6523 (outside of Shelby County).
 Para pedir una información en español, por favor llame 725-7100, (condado Shelby) or 800-473-6523, (condado exterior de Shelby).

KEEP ON TOP OF YOUR HEALTH: Get FREE Checkups Every Year



Do you think that you are too old to get a regular annual checkup? The answer is **"No."** Your body is changing, and a doctor's visit gives you the chance to ask questions about anything, including sex, peer pressure, and getting along with your family.

If you are feeling okay, should you still go to the doctor for an annual checkup? The answer is **"Yes."** Your doctor can help keep you healthy. The doctor can find little problems and treat them before they become big problems. Going to the doctor may not be on anyone's "favorite things to do" list, but it is a lot better to get a checkup when you are well than wait until you have serious problems.

Make an appointment with your doctor or nurse. Your doctor or nurse knows you better than anyone. However, you may choose to go to one of the public health department clinics for your TENNderCare checkup. You might also be able to have your checkup at your own school, if the exam is offered there.

For TLC members up to age 21, these checkups are **FREE** through the State's TENNderCare Program. This care that keeps you healthy may be referred to as EPSDT (Early and Periodic Screening, Diagnosis and Treatment).

You Deserve It!
 You deserve to live a healthy life. Preventive health goes a *Continued on next page.*



Need Help Making An Appointment?

Call TLC Customer Service at **725-7100** in Memphis or Shelby County, or **800-473-6523** if you live outside Shelby County.

KEEP ON TOP OF YOUR HEALTH



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long way. Get active in basketball, dance, football, cheerleading, baseball, hiking, scouts, wrestling, swimming or other sport activities.

Go to the doctor every year for a check up! Remember, you should never be ashamed to seek medical help.

What does TENNderCare provide?

- **FREE** checkups
- Dental checkup and services
- Medical treatment
- Behavioral health services

What will happen at the checkup?

- Health history
- Complete physical exam
- Lab tests (as appropriate)
- Immunizations (shots) as needed
- Vision/hearing screening
- Developmental/behavioral screening
- Advice on how to keep you healthy

When Should You Get a TENNderCare Checkup?

Teens and young adults should get TENNderCare checkups **once a year** from age 13 through age 20.

Myth: I can't go to my yearly checkup because I don't have a ride.

Mike: *Not to worry!*

If you and your parents do not have a way to get to your doctor,

TennCare will see that you have a ride. **It is free!**



FREE RIDE AVAILABLE!

If you need a ride to the doctor's office for your TENNderCare checkup, TLC will see that you have a ride. It is free. Just call 385-0025 if you live in Shelby County. If you live outside Shelby County,

please call 888-385-4969. To schedule a ride, call at least five days before your appointment. Also, please call if you need to cancel your ride.



Need help finding a dentist?

Call Doral Dental Customer Service at 1-888-233-5935.

THINK TWICE ABOUT tongue piercing

Tongue piercing—a fashion statement for some, but for others it can cause life-threatening problems.

Some dangers that pose a threat to life include:

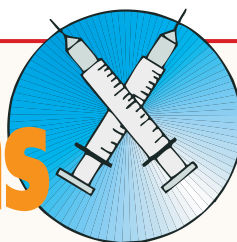
- ✱ Hepatitis B
- ✱ HIV
- ✱ Tetanus
- ✱ Candida (a fungus)
- ✱ Blockage of the air way due to swelling of the tongue
- ✱ Prolonged bleeding if the large artery is punctured
- ✱ An allergic reaction to the metal

Even if your life isn't threatened, the piercing can cause problems such as:

- ✱ Loss of taste
- ✱ Increased salivation
- ✱ Problems with eating
- ✱ Fractures to the teeth
- ✱ Problems with speaking
- ✱ Injury to the gum tissue
- ✱ Scar tissue in the tongue
- ✱ **Permanent nerve damage**

For youths under 18 to get a piercing, Tennessee law (TCA 62-38-305) requires a parent's signature.

Shots for Teens



Take a shot at a healthy life by making sure you are current on your shots. Check out these shots for teens according to the Childhood and Adolescent Immunization Schedule:

Tetanus, Diphtheria and Pertussis (Tdap adolescent preparation) is recommended if you are:

- 11-12 years and have completed the DTP/DtaP series and have not received a tetanus and diphtheria toxoids (Td) booster
- 13-18 years if you missed the age 11-12 booster
- You should have a tetanus booster every 10 years.

Meningococcal (MCV4) is recommended if you are:

- 11-12 years old
- entering high school or 15 years old
- entering college and plan to live in the dorm

Varicella (Chicken pox) is recommended if:

- You have not had this disease and have not been already vaccinated.

Hepatitis B, Measles, Mumps, Rubella (MMR) – If you have not had these shots, you can catch up between ages 11 to 18.

NEED A SPORTS PHYSICAL?

Get Well-Care Exam Also

Although you may soon be getting out of school for a summer break, you may want to consider getting your sports physical for next school year when it is less busy.

When you get your sports physical, ask to have your free **TENnderCare well-care exam**, too. It's a good time for your doctor to find and treat little problems before they become big.

What is a Well-Care Exam?

Teens and young adults should get **TENnderCare checkups** once a year from age 13 through age 20. The following things will be done at the visit:

- Health history
- Complete physical exam
- Lab tests as needed
- Immunizations as needed
- Vision/hearing screening
- Developmental/behavioral screening as appropriate
- Advice on how to keep healthy



TennCare and Weight Watchers® TACKLE OBESITY

If you are much overweight and you have a body mass index (BMI) of 30 or more, you may be eligible for a free 12-week Weight Watchers class.

How do you determine your BMI? It's a math formula that measures the ratio of weight to height. A BMI of 30 or more is considered obese. Ask your primary care practitioner (PCP) what your BMI is.

Many medical problems can result from obesity. Some of these problems include heart disease, type 2 diabetes, asthma and depression, to name a few.

TennCare wants you to be healthy. That is why they have joined with Weight Watchers to help you make wise choices about eating and exercising. TennCare will even provide a free ride to the class if you need one. See your local Weight Watchers for details about the class.

The TennCare/Weight Watchers program is not open to pregnant women or enrollees diagnosed with eating disorders.

FOR TLC MEMBERS:

- ✓ *All members ages 10-17 years must have an assessment and be referred by their Primary Care Provider (PCP), regardless of their BMI.*
- ✓ *TLC members ages 18 or older with a BMI>30 need only to call Weight Watchers at 1-800-651-6000 to find a local meeting in their area. Members may also call TLC Customer Service to locate a meeting in their area.*
- ✓ *TLC members ages 18 or older with a BMI<30 need a referral from their Primary Care Provider (PCP). This referral must be written and given to the member to take to Weight Watchers.*



Make Eating Healthy Easy



Low-fat diets, no-carb diets, high-protein diets—there are all kinds of diets. But all diets are not healthy diets.

The Health Science Center at the University of Texas has made eating healthy easy by fitting all foods into three categories: 1) **Go**, 2) **Slow** and 3) **Whoa foods**.

Go foods contain the lowest amount of fat. They should be eaten more often than Slow and Whoa foods.

Slow foods are higher in fat than Go foods and lower in fat than Whoa foods. Eat Slow foods less often than Go foods and more often than Whoa foods.

Whoa Foods are the highest in fat of the three groups. Eat these foods less often than Go or Slow foods. Foods of minimal nutritional value such as soda, gum and candy are Whoa foods even though they do not contain any fat.

Check the chart on the right for examples. Be sure to watch for more Go, Slow and Whoa foods in the next issue of *Just for You*.

	GO Foods	SLOW Foods	WHOA Foods
Breads	Bread, buns, rolls, bagels, pizza crust, tortillas, pita bread, French bread, waffles, pancakes	French toast, taco shells, muffins, cornbread, biscuits	Croissants, doughnuts, sweet rolls
Cereals	All hot and cold cereals except granola	Granola	
Snacks	Air-popped popcorn, pretzels, oven-baked tortilla chips, rice and popcorn cakes	Popcorn with butter or margarine, taco chips	Chips

Are you at risk for **Chlamydia?**

If you've ever had sex, you may be at risk for having a sexually transmitted disease (STD). It's possible to have an STD and not even know it.

But just because you don't know it, doesn't mean it is harmless.

Chlamydia is one of the most common STDs. Chlamydia is a bacteria you can catch by having sex (oral, vaginal, or anal) with someone who is infected. The disease is seen most often among 15- to 24-year olds. If you are younger than 25 and sexually active, you should be tested for chlamydia every year.

Chlamydia may have mild signs or none at all. Untreated chlamydia can make you sterile or unable to have children. The disease can be passed to babies during birth.

Symptoms may include:

- ◆ A slight discharge or drip from the penis or vagina
- ◆ Pain when urinating

For females, symptoms may also include:

- ◆ Irregular bleeding
- ◆ Pain during intercourse
- ◆ Lower stomach aches

Chlamydia is treated with antibiotics. If you have a chlamydia infection, it is important to tell your sex partners that you have this infection, so they can be treated, too.

The best protection from STDs is not to have sex.



If you are thinking of hurting yourself or someone else, **GET help NOW!**

Prevent depression and suicide. Warning signs of depression and suicide:

- Sadness that won't go away
- Losing interest in what used to be fun
- No longer hanging with your friends
- Thoughts of harming or killing yourself
- Anger or rage
- Suicide threats
- Talking about death or feeling helpless
- Giving away things you valued
- Poems, essays, and drawings that refer to death
- Change in eating or sleeping patterns
- Severe drop in school performance

For **emergencies**, dial **911** and/or call:

- The Crisis Information Line (toll free) at **1-800-809-9957**

Click in to New Teen



When should teens get a free checkup? The answer—every year from the age of 13 through age 20—is one of many answers you can find about health on a new web site just for teens!

Check out the site:

You'll find information on health, food and fitness tips, school violence, dating violence and many other topics.

News You Can Use Quotables

SPRING

"Spring is nature's way of saying, 'Let's party!'"

~ **Robin Williams**
American comedian and actor

FORGIVENESS

"Forgiveness does not change the past, but it does enlarge the future."

~ **Paul Boese**

ABILITY

"We all have ability. The difference is how we use it."

~ **Stevie Wonder**
American singer and songwriter

SUCCESS

"I don't know the key to success, but the key to failure is trying to please everybody."

~ **Bill Cosby**
American comedian and TV show host

PATIENCE

"Patience is the ability to idle your engines when you feel more like stripping your gears."

~ **Anonymous**

HOPE

"We must accept finite disappointment, but never lose infinite hope."

~ **Martin Luther King, Jr.**
1929-1968, American pastor, civil rights leader, and Nobel Peace Prize winner, 1964

FEAR

"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less."

~ **Marie Curie**
1867-1934, Polish Nobel prize winning scientist



TENNder CARE

Check In Check Up Check Back

TENNESSEE'S EPSDT PROGRAM

1407 Union Avenue, Suite 200
Memphis, TN 38104