



Can We Talk?

News and Information for Teen and Young Adult TENNderCare Members

Welcome!

Welcome to the fourth 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.



SCHOOL VIOLENCE:

Be Aware, Not Scared

When you think of school violence, you might think of the school shootings that have made the news lately.

Thankfully, most students will never experience that kind of violence at school. According to the Centers for Disease Control and Prevention, less than one percent of all murders among school-age children happen on school grounds or on the way to and from school.

However, there is more to violence in school than mass shootings. School violence includes bullying, threatening remarks, physical fights, assaults with or without weapons and gang violence.

What you can do:

- Do not bully or spread negative gossip about others.
- Respect others and value differences.
- Learn ways to resolve arguments without violence.
- Do not carry a gun.

Tell a trusted adult if:

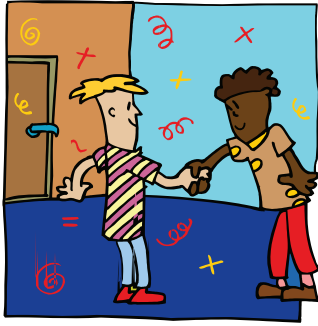
- You feel in danger.
- You know someone who has a weapon.
- You hear someone bragging about acts of violence he or she would like to commit.

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.





Keys to a Good Friendship

Good friends are good for your health, once said author Irwin Sarason. He may be right. When we have good friends, we tend to be happier. And our mental state can affect our physical state.

But how do you pick a friend? Check out these tips by the Tennessee Department of Health:

- ☆ Pick people who have similar interests, but don't rule out people who aren't exactly like you: it's good to keep an open mind about your close friends.
- ☆ If you respect others, others will respect you.
- ☆ Even the best friends can't be together 24/7. Develop other interests and don't be jealous when your friend has other interests too.
- ☆ Your friend can't read your mind. If something is affecting your friendship, tell your friend.
- ☆ A good friend will let you vent to them, but don't only use them to vent. You need to listen to your friend as well.
- ☆ Support your friends. It's ok to disagree with them. Don't talk behind your friend's back.
- ☆ Choose your words wisely, because you can never take them back.

Source: "Your Health is in Your Hands" by the Tennessee Department of Health

Tell one of your friends today how much you appreciate him or her. It will make you both happy!

Vaccinate Before You Graduate

"Vaccinate before you graduate." That's the message to teens from the Centers for Disease Control and Prevention (CDC).

If you think vaccines are just for babies and kids, you are wrong. The CDC says there are five vaccines that

you may need if you are not caught up. They are:

- Hepatitis B
- Measles, Mumps, Rubella (MMR)
- Tetanus, Diphtheria (Td)—It is important to get a booster every 10 years, even as an adult.
- Chicken pox (Varicella)—Any teen who has not had this disease and has not been already vaccinated needs to do so. This protection is crucial because swelling of the brain, pneumonia and even death are a far greater risk for teens and adults.
- Meningococcal (MCV4)—You should get this vaccine if you are:
 - 11 to 12 years old
 - entering high school or 15 years old
 - entering college and plan to live in the dorm

A new vaccine is now available for girls and women ages 9 to 26. It helps protect women from Human Papillomavirus (HPV)—viruses that cause genital warts and cervical cancer.

Remember, these vaccines are FREE to eligible TennCare members under age 21 through the TENnderCare program. A well-care checkup is free every year also!

Get your shots and checkup at your local Health Department or your Primary Care Provider (PCP).

You may be thinking, "I'm feeling fine. Why do I need to see my doctor?" It's simple. You want to keep feeling that way, don't you? Even if you feel on top of the world, you need a health checkup once a year. Checkups let your doctor find health problems early—when they can be treated easily. And your doctor can make sure you are current on your vaccines.

More & Foods

What are go, slow and whoa foods? They are foods that the Health Science Center at the University of Texas has grouped according to fat content. **Eat more Go foods** than Slow foods. Whoa foods are the highest in fat. Eat these foods less often than Go or Slow foods.

	GO Foods	SLOW Foods	WHOA Foods
Meats	Baked, broiled, grilled or microwaved without added fat. Extra lean ground beef, ground beef that has been drained and rinsed; trimmed pork; chicken and turkey without skin; lean ground chicken and turkey; tuna canned in water; fresh and frozen unbreaded fish and shellfish; beans; split peas; lentils; hummus; and tofu	Baked, broiled, grilled or microwaved. Lean ground beef; broiled hamburgers; ham; Canadian bacon; chicken or turkey with skin; breaded baked chicken; low-fat hot dogs and low-fat luncheon meat; turkey sausage; tuna canned in oil; baked breaded fish and shellfish; peanut butter; peanuts and other nuts; canned pork and beans; and refried beans	Untrimmed beef; regular ground beef; brisket; fried hamburgers; untrimmed pork; ribs; bacon; fried chicken or chicken nuggets; hot dogs; lunch meats; pepperoni; sausage; beef jerky; fried fish and shellfish
Desserts	Ice milk; frozen fruit juice bars; low-fat frozen yogurt; sherbet; fig bars; and ginger snaps	Unfrosted cookies and cakes	Frosted cookies and cakes; pies; cheese cake; ice cream; chocolate candies; and any foods of minimal nutritional value

Choose Your Fast Food Wisely

How many times have you heard fast food is not good for you? Let's face it —with your busy schedule, fast food is probably a part of your life. But it's becoming easier to make healthy fast food choices.

Sometimes, making your fast food healthier is as simple as removing the high-fat condiments such as butter and mayonnaise. Other unhealthy condiments include cheese sauce, tartar sauce, sour cream, gravy and guacamole.

Some healthy fast food choices include:

- Grilled chicken or grilled fish sandwich
- Whole wheat rolls
- Fruit or fruit and yogurt
- Baked potato (with vegetables instead of cheese, butter or sour cream)
- Salad with fat-free or low-fat dressing
- Single or junior size hamburger
- Fat-free or low-fat milk or water

Avoid unhealthy choices such as:

- Chicken nuggets
- Croissant and pastries
- Fried fish or fried chicken
- Large and jumbo size French fries
- Onion rings
- Soft drinks

The American Diabetes Association suggests that if you're not careful, it's easy to get your daily allowance of fat and calories in just one fast-food meal! Watch out for deep-fried taco salad shells. A taco salad can have more than 1,000 calories.

Resist the urge to supersize your meals. This can add up to 25 percent more fat and calories. If you are having fast food for one meal, have healthier foods like fruits and vegetables for your other meals that day.

With a little practice, you can eat fast—and healthy!

ARE YOU SLEEPY?



The A-B-Cs of Catching Enough Z-Z-Zs

Did you have a hard time waking up this morning? Do you often snap at your friends? Do you have a hard time concentrating in class?

If your answer is “yes,” the solution may be as close as your bed! More sleep may be the key! How much sleep do you usually get every night? If it is less than nine hours, you are not getting enough sleep, according to many sleep experts.

The National Sleep Foundation (NSF) polled teens in a nationwide survey this year. The survey reveals that 45 percent of teens sleep less than eight hours on school nights. The results also show that the amount of sleep declines, as teens get older. High school seniors sleep only an average of 6.9 hours a night.

When you do not get enough sleep, you are not only tired, but you have trouble enjoying everyday life. A lack of sleep affects academic performance, mood and the ability to drive safely.

The NSF offers these sleep tips:

- ▼ Set a regular bedtime and wake-up schedule (even on the weekends) so that you can get nine or more hours of sleep every night.
- ▼ Have a relaxing bedtime routine, such as reading for fun or taking a warm bath or shower.
- ▼ Keep the bedroom comfortable - dark, cool, and quiet.
- ▼ Remove TVs, computers and other distractions from the bedroom. Set limits on usage before bedtime.
- ▼ Avoid caffeine after lunch.

Myth: Studying all night before a big test keeps the material fresh in your mind.

Mike: Cutting back on sleep the night before a test may mean that you perform worse than you would if you had studied less but got more sleep. ***(Here's a though! Instead of studying less, just don't wait until the last minute to cram!)***



Need help finding a dentist?

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

Click in to New Teen Website

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.



Quotables

SELF-CARE

"No one can listen to your body for you...To grow and heal, you have to take responsibility for listening to it yourself."

~ **Jon Kabat-Zinn, PhD**
*American mind-body
research scientist, writer,
and mindfulness teacher*

SLEEP AND HEALTH

"Quality sleep is central to any healthy lifestyle."

~ **Cynthia Wainscott**
*Acting President and CEO
National Mental Health
Association*

LETTING GO

"Some people think it's holding on that makes us strong. Sometimes it's letting go."

~ **Sylvia Robinson**
*American singer, musician,
and producer*

CONTENTMENT

"Until you make peace with who you are, you'll never be content with what you have."

~ **Doris Mortman**
American author

PEACE

"When the power of love overcomes the love of power, the world will know peace."

~ **Jimi Hendrix, 1942–1970**
*Innovative American
electric guitarist*



TENnder CARE

Check In Check Up Check Back

TENNESSEE'S EPSDT PROGRAM

1407 Union Avenue, Suite 200
Memphis, TN 38104