

# LIVINGWELL

A NEWSLETTER FOR HNE BE HEALTHY<sup>®</sup> MASSHEALTH MEMBERS • SPRING 2014

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## Here's How You Can Help

Please provide your current address and phone number to MassHealth, HNE, and your healthcare providers.

### MassHealth

Customer Service

800.841.2900

### HNE Member Services

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# Attention Deficit Hyperactivity Disorder (ADHD)



ADHD is a common childhood disorder. It may affect children differently. ADHD makes it difficult for a child to focus and pay attention. This can happen in school or at home. Some children may be hyperactive or have trouble being patient. ADHD has many symptoms. Children with ADHD have at least six symptoms that start before age 12.

## Examples of ADHD symptoms include the following:

- Getting distracted easily
- Having trouble following directions
- Having trouble finishing tasks like homework or chores
- Fidgeting and squirming
- Talking nonstop and interrupting people
- Running around a lot

- Touching and playing with everything
- Being very impatient
- Having trouble controlling their emotions
- Making inappropriate comments

## How do you know if your child has ADHD?

Your child's primary care provider may make a diagnosis. In some cases, the provider may refer you to a mental health specialist to make a diagnosis. The evaluation for ADHD may include an assessment of behaviors in the school and at home and obtaining information from interviews with family members and teachers.

## If your child does have ADHD, treatment may include:

- Medications
- Therapy
- A combination of both

As the parent or guardian, it is important that you give your child guidance and understanding and work with his or her school and other providers to ensure that services are being provided. To learn more about ADHD and available treatment options, feel free to call Health New England at **800.786.9999** or consult with your child's primary care provider.

# Diabetes Management\*

Good diabetes management is not as simple as taking medicine. It's an entire lifestyle change. It's easy to become discouraged trying to manage it all. Diabetes is tough. Your pancreas has taken early retirement. Turns out your once-trusty organ toiled hard, and taking over its work is overwhelming. You can't relax on the job. Your life has become a blur of fingersticks, medications, and perhaps insulin injections. You have to see an endocrinologist, a nutritionist, and an optometrist and follow up with your dentist. You are given medications, information, and encouragement. You are at a higher risk for heart disease, blindness, poor wound healing, and infection. You have to watch your diet and exercise and can no longer walk barefoot through the grass. However, good diabetic management has its rewards. When you are successful, you will have a long and healthy life, even with diabetes.

## Here are some tips for how to manage this difficult disease:

- **Most importantly, do your best.** If you can't change your entire life at once, focus on one area. When you are successful, move on to the next.
- **Don't beat yourself up** when you backslide, but don't allow yourself to stay off-track.

- **Find support.** There are ways to connect with other diabetics, either in person or online. They have personal experience that could be of value to you. Enlist friends and family who will support and encourage you.
- **Make sure you have a medical team in place.** This includes your primary care provider (PCP), endocrinologist, nutritionist, podiatrist, and dentist. You might feel like you are always at the doctor's office, but each one has a part to play to keep you functioning at your best. They can give you good information on how to best care for yourself.
- **Monitor your blood sugars.** When they are too high or too low, monitor them more and try to figure out what is causing them to be so. Is it exercise, food, illness, or a change in another medication? Know when you should call your doctor.
- **Take your medications as prescribed.** If you don't like certain side effects, talk to your doctor. Maybe your medicine can be changed. Be honest. If you are skipping doses or aren't taking a medication, let your PCP know. He or she can't treat you properly if you are giving false or incomplete information.
- **Exercise!** Find something, anything. Moving is always better than not moving, even if you don't lose weight.



- **If weight loss is your goal, don't give up.** Maybe you wanted to lose 20 pounds and you have only lost 10. The next time you go to the grocery store, pick up a 10-pound item and carry it around. That might help you realize that losing 10 pounds is good progress, and help you keep working at additional weight loss.
- **Keep a food log.** How detailed depends on your sugars and your desired weight loss. Keeping a journal about where you were, your mood, your hunger level, and food choices might help you better control what you eat.
- **If you smoke, try to quit.** Your PCP can let you know what tools are available.
- **Drink alcohol in moderation.** Talk to your doctor to understand how it affects your blood sugar or any medications you are taking.
- **Celebrate every victory!** If your blood sugars or A1C have decreased even a little, if you lost one pound, or did some sort of exercise four days last week, do a happy dance or pat yourself on the back. You have a hard job, and every victory counts for something.



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# April is Alcohol Awareness Month

According to a survey by the Substance Abuse and Mental Health Service Administration (SAMHSA), nearly 18 million people aged 12 or older suffer from alcohol abuse.

## This abuse results in several health problems:

- Liver damage
- Diabetes
- Heart issues
- Other diseases



Alcohol abuse causes as many as 79,000 deaths per year.

## These problems affect many people:

- The person drinking
- His or her family
- Children

- Friends
- Co-workers
- People around him or her

The SAMHSA survey indicates that in 2010, about 1 in 10 people aged 12 or older drove drunk. Young adults (aged 21-25) had the highest rates of drunk driving. In 2010 more than 10,000 people died in drunk driving crashes. That's one death every 51 minutes.

## There are warning signs when someone is using too much alcohol:

- Lack of responsibility
- Repeated legal problems
- Marriage problems
- Problems with friends and family

- Drinking to relax or deal with stress
- Drinking in the morning

If you're unsure whether or not you have an alcohol problem, you can take the CAGE test at: [counsellingresource.com/lib/quizzes/drug-testing/alcohol-cage/](http://counsellingresource.com/lib/quizzes/drug-testing/alcohol-cage/). The name of the test is based on the keywords in the four questions that make up the test.\*

Want to learn more about alcohol abuse? Contact your local community prevention center. We have posted a list of these local alcohol treatment providers on our website. Visit us at [hne.com](http://hne.com). You can also contact HNE Member Services at **800.786.9999**. You can choose to Be Healthy.

\*According to the web link: "The CAGE questionnaire was developed by Dr. John Ewing, founding director of the Bowles Center for Alcohol Studies, University of North Carolina at Chapel Hill."

