


The Sneaky Thief of Sight



Normal Vision

Same scene as viewed by a person with Glaucoma

Did you know...  this is a common definition of **GLAUCOMA**—a disease that can damage your vision so gradually that vision loss goes unnoticed until the disease is at an advanced stage? Approximately 4 million Americans have Glaucoma and half do not even know it. The damage, unfortunately, is irreversible. However, timely diagnosis and appropriate treatment can stop or dramatically slow down the vision loss and optic nerve damage.

Complete eye examinations are vital: every other year for those 18-60 years-old, and every year for those older than 60.

Anyone can develop Glaucoma, but a few people are at high risk, including:

- African Americans over age 40.
- Everyone over age 60, especially Mexican Americans.
- People with a family history of glaucoma.
- Hispanics in older age groups.
- Steroid users.
- Those having suffered an eye injury.

Remember, vision loss from Glaucoma is silent, slow, progressive, and irreversible, but treatable; and blindness is preventable.

Make an appointment with any Davis Vision Provider; no referral is needed.



Contact Member Services at 1-866-345-0013 (TTY/TDD 1-800-662-1220) if you need assistance to find a provider in your neighborhood.

...keeping you healthy!



We think you're worth it!



REMEMBER! Flu Vaccines are around the corner, fully covered, once a year, by your **Neighborhood Health Providers Medicare plan** without any out-of-pocket costs to you!



ATTENTION MEDICARE MEMBERS!!!

If you receive any mailings from us, please take a moment to read it. If it asks you to contact us, do not hesitate. Call us; we need to hear from you! Due to some recent Federal changes, this may be the only way we will be allowed to contact you, tell you of



changes that may affect you, and remind you about certain benefits such as your OTC * Medication Card (previously known as the Non-Prescription Health Benefit card, or more commonly, the Duane Reade card). Therefore, it is vital for us to have your current address in our system. If you are planning to change your address (or telephone number) or have moved, **please let us know by calling 1-866-345-0013 (TTY/TDD 1-800-622-1220).** * OTC = Over The Counter



Get Your Bone Mass Measurement!

Osteoporosis is a disease that weakens bones

and increases the likelihood of fractures, particularly of the spine, hip, and wrist, and may result in chronic back or neck pain, inactivity, and disability. The onset of Osteoporosis usually goes unnoticed,

making the Bone Mass test essential; a procedure that is quick, noninvasive, and painless, and is fully covered by NHP, once every 24 months, or more often if medically necessary.



Your risk for Osteoporosis increases if you ...

- Are age 50 or older.
- Are a woman.
- Have a family history of broken bones.
- Have a personal history of broken bones.
- Are White or Asian.
- Are small-boned.
- Have low body weight (less than 127 pounds).
- Smoke or drink a lot.
- Have a low-calcium diet.

Knowledge of your bone mass measurement enables you to prevent Osteoporosis or slow down the deterioration of bone tissue by taking preventative actions, including reducing or eliminating medications that accelerate osteoporosis, changing nutrition, incorporating exercise, and taking precautionary measures to prevent fractures.

All of Neighborhood Health Providers Medicare Plans cover Bone Mass Measurement with a \$0 co-pay. **Contact your network provider or Member Services at 1-866-345-0013. (TTY/TDD 1-800 662-1220)**

The Importance of Mammograms

Early detection is the key to combating breast cancer successfully.

A screening mammography—a fast (5-10 minutes) procedure, performed once a year can ensure early detection.

Annual mammograms are essential if you have any of the following risk factors:

- **Age.** Your chances of developing breast cancer increase with age. Close to 80 % of breast cancers occur in women older than age 50.
- **A personal history of breast cancer.** • **Family history.** • **Excess weight.** • **Early onset of menstrual cycles and long menstrual cycles.**
- **Late menopause.** • **Having your first child after the age of 30 or never having children.** • **Race.** White women are more likely to develop breast cancer than Black, Hispanic, or Asian women. • **Hormone therapy.** Using hormones such as estrogen or progesterone to treat menopausal symptoms for four or more years. • **Smoking.** • **Excessive use of alcohol.**

Importantly, having one or more risk factors does not necessarily mean that you will develop cancer — most women with breast cancer have no known risk factors other than gender; therefore, all women should take necessary precautions to protect themselves, including mammograms. All of Neighborhood Health Providers Medicare Plans cover Mammography Screenings with a \$0 co-pay. Contact your network provider or Member Services at 1-866-345-0013 (TTY/TDD 1-800 662-1220)