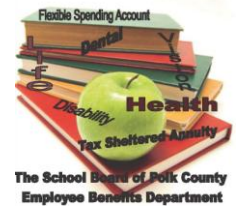


# Benefiting You



IMPORTANT INFORMATION FOR OUR EMPLOYEES

October 2011

## Preventive Care Corner

### October is National Breast Cancer Awareness Month

This October is a time to promote regular mammograms and increase early detection of breast cancer. About 1 in 8 women in the United States will get breast cancer. Other than skin cancer, breast cancer is the most common kind of cancer in women. Mammograms can help find breast cancer early when there is the best chance for treatment.



According to the Centers for Disease Control and Prevention, breast cancer is the number one cause of cancer death in Hispanic women. It is the second most common cause of cancer death in White, Black, Asian/Pacific Islander, and American Indian/Alaska Native women.

If you are a woman between ages 50 and 74, you need a mammogram every 2 years.

- If you are younger than 50 or older than 74, talk with your doctor about whether you need a mammogram.

For more information visit the U.S. Department of Health & Human Services website at: <http://www.hhs.gov/>

These are general guidelines. Talk to a doctor about your risk for breast cancer, especially if breast or ovarian cancer runs in your family. Your doctor can help you decide when and how often to get a mammogram.

For help in navigating your benefits when setting up your appointment with your healthcare provider contact the BCBS Care Consultants at 1-888-476-2227 Mon-Fri 8am to 9pm

Care Consultants can also help you understand your condition, plus help you explore your treatment options so you are able to make the choices that are best for you.

It's easier to find quality care and save money when you're informed before you go to the doctor, the hospital, or an imaging center. Care Consultants understand the big health care picture and can answer your questions about plan benefits, treatment choices, cost saving options, community resources and more. They are available to make your health care decisions easier and ultimately, save you time and money.

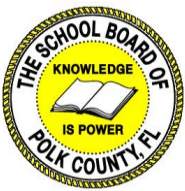
### Medco Specialist Pharmacists can help you understand your medications and could help you save money

Medco offers a great way to help members safeguard their health. You now have 24/7 access by phone to the expertise and personalized support of Medco Specialist Pharmacists—and they're available through your prescription drug benefit at no additional cost.

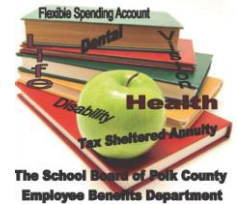
Medco Specialist Pharmacists each have expertise in the medications used to treat a specific condition, such as high blood pressure, high cholesterol, depression, diabetes, asthma, osteoporosis, or cancer. This expertise comes from specialized training in these medications, combined with the experience they've gained from helping people with similar conditions.



**You can call a Medco Specialist Pharmacist to help you understand and manage your medications. Just call Medco's toll-free customer service number 1-800-476-6819.**



# Benefiting You



IMPORTANT INFORMATION FOR OUR EMPLOYEES

October 2011

## Delta Dental

### It may be smokeless, but it's still tobacco

Using tobacco can harm your health, including your teeth and gums, in a number of ways: from tooth discoloration and gum disease to throat, lung and oral cancer and, ultimately, death.

Just because chewing tobacco and other forms of smokeless tobacco aren't smoked as cigarettes does not mean they are harmless, especially when it comes to oral health. Smokeless tobacco users can experience:

- Bad breath
- Teeth discoloration
- Decreased sense of smell and taste
- Greater risk of developing cavities

Like cigarettes, smokeless tobacco can lead to higher incidences of oral cancer. A few of the other known health dangers of smokeless tobacco include:

- Smokeless tobacco products, just like cigarettes, contain at least 28 cancer-causing chemicals.
- Smokeless tobacco is known to cause cancers of the mouth, lip, tongue and pancreas.
- Users also may be at risk for cancer of the voice box, esophagus, colon and bladder, because they swallow some of the toxins in the juice created by using smokeless tobacco.
- Smokeless tobacco can irritate your gums, causing gum (periodontal) disease.
- Sugar is often added to enhance the flavor of smokeless tobacco, increasing the risk for tooth decay.
- Smokeless tobacco typically contains sand and grit, which can wear down teeth, causing tooth sensitivity and erosion.

#### Warning signs

The most common sign of possible cancer in smokeless tobacco users is leukoplakia, a white, scaly patch or lesion inside the mouth or lips, common among many smokeless tobacco users. Red sores are also a warning sign of cancer. Often, signs of precancerous lesions are undetectable. Dentists can diagnose and treat such cases before the condition develops into oral cancer. If a white or red sore appears and doesn't heal, see your dentist immediately. What you can do

The best thing you can do for your oral health is to stop using smokeless tobacco. Your dentist can help you kick your smokeless tobacco habit.



If you are a user of smokeless tobacco, you should understand that tobacco dependence is a nicotine addiction disorder. There are four aspects to nicotine addiction: physical, sensory, psychological and behavioral. All

aspects of nicotine addiction need to be addressed in order to break the habit. This can mean that tobacco users may need to try several times before they are able to successfully kick the habit.

Your dentist may prescribe any of a variety of nicotine replacement therapies, such as a transdermal nicotine patch or nicotine gum. Nicotine patches are worn for 24 hours over several weeks, supplying a steady flow of nicotine. Over the course of treatment the amount of nicotine in the patch decreases. Nicotine gum is slowly chewed every one to two hours. Each piece should be discarded after 20 to 30 minutes. Smokeless tobacco users may need to see their dentist more often to make sure a problem doesn't develop. Studies have found that 60 to 78 percent of daily users of spit tobacco have oral lesions. A dentist can detect these lesions with an oral examination and will be able to determine a course of treatment.

[http://demo.deltadentalinsco.com/group\\_oral\\_health/fluoride-facts.html](http://demo.deltadentalinsco.com/group_oral_health/fluoride-facts.html)

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