



Healthy  MercyCare™
LIVING

A wellness newsletter for MercyCare members

Javon Bea Hospital-Rockton opening January 2019

In January 2019, Mercyhealth will open a state-of-the-art hospital and medical center on I-90 and Riverside Boulevard in Rockford. The Javon Bea Hospital-Rockton will serve as the regional hub for highly specialized services for infants, children and adults.

It will be the only state-designated children's hospital in the northern Illinois region. The new campus will have 194 private inpatient rooms and extensive specialty services, including:

- High-risk, state-designated Regional Perinatal Center for an 11-county region
- Level II Pediatric Trauma Center
- Level III (highest level) Neonatal Intensive Care Unit (NICU) – 52 beds
- Small Baby Unit
- Maternal-fetal medicine
- Neonatal and maternal transport teams
- Medical genetics
- NICU Follow-up Clinic
- 24/7 coverage in obstetrics, neonatology, anesthesia, laboratory, radiology
- Pediatric inpatient – 12 beds
- Labor/delivery unit – 32 beds

- Pediatric Intensive Care Unit (PICU) – 8 beds
- Adult inpatient unit – 72 beds
- Adult Intensive Care Unit (ICU) – 18 beds
- Level I (highest level) emergency/trauma center
- Pediatric emergency services
- Pediatric physical and occupational therapy
- Outpatient pediatric infusion
- State-of-the-art operating suites and surgical services to support a full range of inpatient and outpatient surgery, including minimally invasive surgery and image-guided surgery
- Comprehensive diagnostic center, with lab and imaging as well as pharmacy services
- Inpatient dialysis
- Comprehensive cardiac, vascular, peripheral, and neurovascular interventional laboratory
- Outpatient primary and specialty physician care clinics, serving all ages

For details, visit mercyhealthsystem.org/location/javon-bea-hospital-rockton/.



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World's smallest pacemaker

Mercyhealth cardiologists successfully implant world's smallest pacemaker

A new medical device about the size of a large vitamin and as lightweight as a penny is changing the face of cardiac care for patients with an irregular heartbeat. Recently, the first Medtronic Micra Leadless Pacemaker was implanted at Javon Bea Hospital–Rockton in a patient who suffered from chronic atrial fibrillation and a slow heart rate. The procedure took around an hour and was performed successfully without complication.

Dubbed the 'world's smallest pacemaker,' the Micra is about one-tenth the size of a conventional pacemaker and delivers electrical pulses to the heart directly without leads. Four tiny tines anchor the Micra in place and its battery will last for up to 12 years. The Micra is minimally invasive and is inserted into the heart's right ventricle through a vein in the patient's groin.

Pacemakers, including the Micra, were designed to treat a condition known as bradycardia, in which the heart beats too slowly or in an irregular rhythm. The pacemaker's electrical pulse regulates the heart's rhythm, restoring a normal heart rate. The Micra's size makes having the implant device more comfortable for the patient. The lack of leads, or wires that conventional pacemakers use to carry electronic impulses to the heart, means the device carries less risk, with fewer complications.

For more information about heart and vascular care at Mercyhealth, visit [MercyHealthSystem.org/service/heart/](https://www.mercyhealthsystem.org/service/heart/).



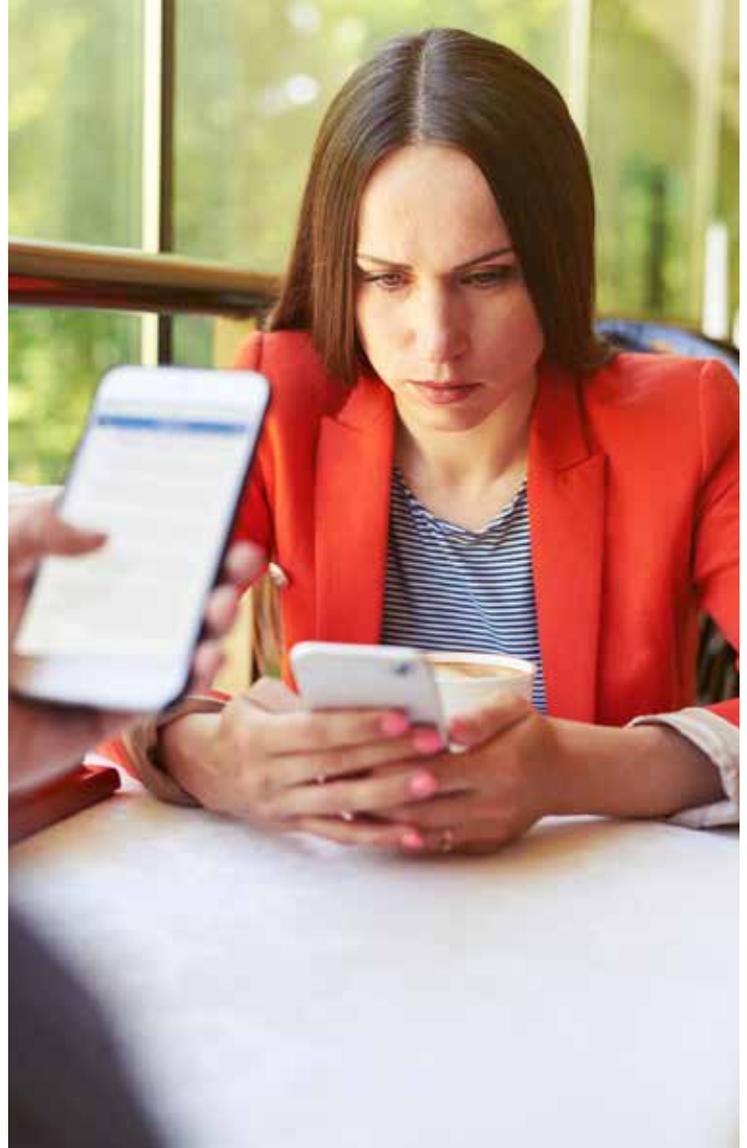
Curb your smartphone addiction

Did you know ... 75% of American adults own a smartphone? And, a 2017 study showed that Americans check their phones, on average, once every 12 minutes, which amounts to 80 times every day! And, a Pew Research Center survey found that 89% of mobile phone owners said they had used their phones during their most recent social gathering.

Smartphones have become an integral part of our lives. With the number of mobile cellular subscriptions growing every year, the addiction behavior to mobile phones is also increasing. Researchers say that smartphone addiction is on the rise, causing anxiety, and depression. A Time Mobility Poll showed that 84% of people couldn't go a single day without their mobile devices.

The good news is that you can detach yourself from your phone without having to completely disconnect. Try these simple tricks to help curb your smartphone addiction:

- Turn off vibrations that may be intrusive in your work and social lives. It's okay to delay your response to a message or notification on social media by waiting a while to respond to it.
- Turn on your grayscale setting under 'accessibility' on your phone settings so you don't see those red push notifications on your apps on your home screen.
- Connect with neighbors, coworkers, family and friends in person rather than online via your phone. Let them know you won't be responding so quickly to their electronic messages.
- Turn off your phone at certain times of the day.
- Remove social media apps from your phone.
- Curb your fear of missing out. This can be liberating and lessen your reliance on your phone.
- Keep your device out of the bedroom so it isn't the last thing you check at night and the first thing you see in the morning.



Colon screening could save your life

Did you know ... colon cancer is the second-leading cause of cancer death among American men and women combined—but it doesn't have to be. Through proper colorectal cancer screening, doctors can find and remove hidden growths in the colon, before they become cancerous. Removing polyps can help prevent cancer altogether.

Talk to your doctor about when you should begin screening for colon cancer. Guidelines generally recommend that colon cancer screenings begin at age 50, and continue at regular intervals.

Your doctor may recommend more frequent or earlier screening if you have other risk factors. You may need to be tested earlier than 50, or more often than other people, if:

- You or a close relative have had colorectal polyps or colorectal cancer
- You have an inflammatory bowel disease such as Crohn's disease or ulcerative colitis

Mercyhealth has pledged to help increase colorectal cancer screening rates by supporting the "80% by 2018" initiative led by the American Cancer Society (ACS), the Centers for Disease Control and Prevention (CDC) and the National Colorectal Cancer Roundtable (an organization co-founded by ACS and CDC). Mercyhealth is one of 200 organizations committed to eliminateing colorectal cancer as a major public health problem.

"Colorectal cancer is a major public health problem, and adults age 50 and older should be regularly screened for it. But, we have found that many people aren't getting tested because they don't believe they are at risk, don't understand that there are testing options or don't think they can afford it," said Dr. Rodrigo Castillo, Mercyhealth gastroenterologist.

"The truth is, the vast majority of cases of colorectal cancer occur in people age 50 and older. Colorectal cancer in its early stages usually has no symptoms, so everyone 50 and older should get tested."

While colorectal cancer incidence rates have dropped 30% in the US over the last 10 years among adults 50 and older, it is still the second-leading cause of cancer death in the US.

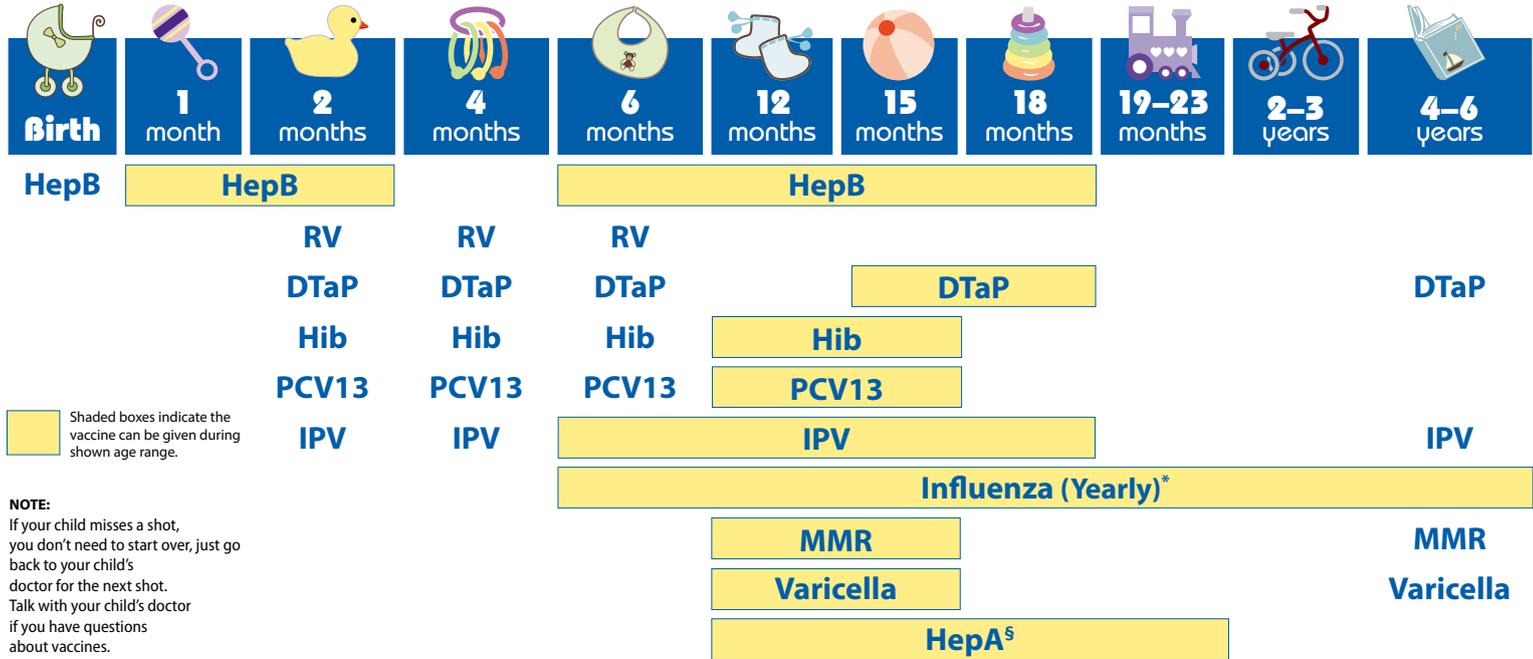
If you notice any symptoms of colon cancer, such as blood in your stool or an ongoing change in bowel habits, do not hesitate to make an appointment with your doctor.

For more information or to make a screening appointment, call (888) 396-3729.

[We've got you covered](#)

Screening for colorectal cancer is covered under the Affordable Care Act. Call MercyCare at (800) 895-2421 with any questions about coverage.

Recommended immunizations for children birth to age 6



* Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.

§ Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 months after the last dose. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.

If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™

Recommended immunizations for children age 7-18

Talk to your child's doctor or nurse about the vaccines recommended for their age.

	Flu <i>Influenza</i>	Tdap Tetanus, diphtheria, pertussis	HPV Human papillomavirus	Meningococcal		Pneumococcal	Hepatitis B	Hepatitis A	Inactivated Polio	MMR Measles, mumps, rubella	Chickenpox <i>Varicella</i>
				MenACWY	MenB						
7-8 Years	Green	Orange		Purple		Purple	Orange	Purple	Orange	Orange	Orange
9-10 Years	Green	Orange	Purple, Blue	Purple		Purple	Orange	Purple	Orange	Orange	Orange
11-12 Years	Green	Orange	Green	Green		Purple	Orange	Purple	Orange	Orange	Orange
13-15 Years	Green	Orange	Orange	Orange		Purple	Orange	Purple	Orange	Orange	Orange
16-18 Years	Green	Orange		Orange		Purple	Orange	Purple	Orange	Orange	Orange

More information:

Preteens and teens should get a flu vaccine every year.

Preteens and teens should get one shot of Tdap at age 11 or 12 years.

All 11-12 year olds should get a 2-shot series of HPV vaccine at least 6 months apart. A 3-shot series is needed for those with weakened immune systems and those age 15 or older.

All 11-12 year olds should get a single shot of a meningococcal conjugate (MenACWY) vaccine. A booster shot is recommended at age 16.

Teens, 16-18 years old, **may** be vaccinated with a serogroup B meningococcal (MenB) vaccine.



These shaded boxes indicate when the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine.



These shaded boxes indicate the vaccine is recommended for children with certain health or lifestyle conditions that put them at an increased risk for serious diseases. See vaccine-specific recommendations at www.cdc.gov/vaccines/pubs/ACIP-list.htm.



These shaded boxes indicate the vaccine should be given if a child is catching-up on missed vaccines.



This shaded box indicates children not at increased risk may get the vaccine if they wish after speaking to a provider.

Protect your baby's health

Whooping cough (also known as pertussis) is a highly contagious respiratory infection that is known for uncontrollable, violent coughing that often causes difficulty breathing. Coughing fits due to pertussis infection can last for up to 10 weeks or more. Know the facts to keep your baby safe from this infection:

- Whooping cough can cause serious illness in people of all ages and can even be life-threatening, especially in babies.
- Approximately half of babies less than one year old who get whooping cough need treatment in the hospital.
- The most effective way to prevent whooping cough is through vaccination with DTaP for babies and children, and with Tdap for preteens, teens and adults.
- Vaccination of pregnant women with Tdap is especially important to help protect babies.
- Vaccinated children and adults can become infected with and spread whooping cough. However, it is typically much less serious in vaccinated people.
- Health care professionals generally treat whooping cough with antibiotics, which are used to control symptoms and to prevent infected people from spreading the disease.
- It is recommended that everyone get a whooping cough vaccines, especially parents, siblings, childcare providers, grandparents, friends and neighbors who are around your baby.
- Make sure your baby gets all five doses of whooping cough vaccine on time. Your baby needs whooping cough vaccine at two months, four months, six months, 15 through 18 months, and four through six years of age.
- Check with your doctor about getting vaccinated.





Human papillomavirus (HPV) is a common virus that infects teens and adults. About 14 million people, including teens, become infected with HPV each year. HPV infection can cause cervical, vaginal and vulvar cancers in women, and penile cancer in men. HPV can also cause anal cancer, cancer of the back of the throat (oropharynx), and genital warts in both men and women. People can get HPV from another person during intimate sexual contact. The HPV vaccine protects against the cancers caused by HPV infection.

Why HPV vaccination?

When should my child be vaccinated?

All kids 11 or 12 years old should get two shots of HPV vaccine six to 12 months apart. Getting vaccinated on time protects preteens long before ever being exposed to the virus. Some children may need three doses of HPV vaccine. For example, adolescents who receive their two shots less than five months apart will need a third dose for best protection. Also, children who start the vaccine series on or after their 15th birthday need three shots given over six months. If your teen hasn't gotten the vaccine yet, talk to his/her doctor about getting it as soon as possible.

Is HPV vaccine safe for my child?

HPV vaccination provides safe, effective, and long-lasting protection against cancers caused by HPV. HPV vaccine has a reassuring safety record that's backed by 10 years of monitoring and research. Like any vaccine or medicine, HPV vaccination can cause side effects. The most common side effects are mild and include pain, redness, or swelling in the arm where the shot was given; dizziness, fainting, nausea, and headache. Tell your doctor if your child has any severe allergies, including an allergy to latex or yeast. HPV vaccine is not recommended for anyone who is pregnant.

Trust your gut health

Your digestive system is busy. When you eat something, your food takes a twisty trip that starts with being chewed up and ends with you going to the bathroom. A lot happens in between. Your digestive, or gastrointestinal (GI), tract is a long, muscular tube that runs from your mouth to your anus. It's about 30 feet long and works with other parts of your digestive system to break food and drink down into smaller molecules of nutrients. The blood absorbs these and carries them throughout the body for cells to use for energy, growth and repair. With such a long GI highway, it's common to see bumps in the road.

About 60 to 70 million Americans are affected by digestive diseases.

These can include gastroesophageal reflux disease (GERD) and irritable bowel syndrome (IBS). GERD happens when your stomach acid and/or contents come back up into your esophagus (swallowing tube) or throat. This causes uncomfortable symptoms like heartburn and indigestion. IBS is a group of symptoms that includes pain in the abdomen and changes in bowel habits. People with IBS may have constipation, diarrhea or both. Many more people have other digestive problems, like bloating and stomach pain.

Finding healthy ways to manage your diet is important for GI health and your overall health.

What you eat can help or hurt your digestive system, and influence how you feel. You should eat at least 20-30 grams of fiber a day for constipation. A variety of fruits, vegetables, whole grains, and nuts can provide a healthy mix of different fibers and nutrients to your diet. But, some fiber-rich foods,

called high FODMAP foods, can be hard to digest. Examples include certain fruits and vegetables, dairy products, and wheat and rye products. If you have IBS, your doctor may recommend a diet low in FODMAPS.

Researchers are coming to understand the complex community of bacteria and other microbes that live in the human GI tract. Called gut flora or microbiota, these microbes help with our digestion. Evidence has been growing that gut microbes may influence our health in other ways too. Studies suggest that they may play roles in obesity, type 2 diabetes, IBS and colon cancer. They might also affect how the immune system functions. This can affect how your body fights illness and disease. Recent studies have found that microbes' effects on the immune system may impact the development of conditions such as allergies, asthma and rheumatoid arthritis.

Eat a balanced diet and less processed foods.

Certain food additives called emulsifiers are something else that may affect your gut health. Emulsifiers are added to many processed foods to improve texture and extend shelf life. Research indicates that emulsifiers and other food additives can negatively impact the microbiota and promote inflammatory diseases.

Many factors impact gut health—genetics, family history and what you eat.

The health of your gut plays a key role in your overall health and well-being. If you aren't feeling right, trust your gut. In general, people do well when they create a more routine schedule, eat a healthy diet and smaller more frequent meals, add in some exercise, and get a good amount of sleep. If your symptoms persist or worsen, call your doctor to discuss your options.

Common myths about the flu

1. **It is better to get the flu than the flu vaccine.**

FALSE. Flu can be a serious disease, particularly among young children, older adults, and people with certain chronic health conditions, such as asthma, heart disease or diabetes. Any flu infection can carry a risk of serious complications, hospitalization or death, even among otherwise healthy children and adults. Getting vaccinated is a safer choice than risking illness.

2. **I don't really need a flu vaccine every year.**

FALSE. A yearly flu vaccine is recommended for just about everyone six months and older, even when the viruses the vaccine protects against have not changed from the previous season because a person's immune protection from vaccination declines over time. So, an annual vaccination is needed to get the best protection against the flu.

3. **I'm going to get sick if I get the seasonal flu vaccine.**

FALSE. Some report having mild reactions to flu vaccination. The most common side effects from flu shots are soreness, redness, tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches also may occur. If these reactions occur, they usually begin soon after the shot and last 1-2 days.

4. **I should wait to get vaccinated so my immunity lasts through the season.**

FALSE. It is recommended that you get a flu vaccine by the end of October. Getting vaccinated later, however, can still be beneficial. As long as flu viruses are circulating, it is not too late to get vaccinated, even in January or later. Flu activity peaks between December and February, but activity can last as late as May.