

MEMBER NEWSLETTER



IN THIS ISSUE

SLEEP APNEA

SUMMER SUN
SAFETY TIPS

MEDICATION SPOTLIGHT:
STATINS

TIPS TO REMEMBER TO
TAKE YOUR MEDICATION

WHAT IS PORTER?

SLEEP APNEA



Did you know that having uncontrolled sleep apnea can be very dangerous?

Sleep apnea is a common condition in which your breathing stops and restarts while you sleep - this can occur many times during your sleep cycle. When you stop breathing, your body is not receiving enough oxygen.

There are Two Types of Sleep Apnea:¹

1. Obstructive sleep apnea (most common) happens when your upper airway becomes blocked while you are sleeping, reducing or completely stopping airflow. Some causes of obstructive sleep apnea can be obesity, large tonsils, or changes in your hormones.
2. Central sleep apnea happens when your brain doesn't send the necessary signals to breathe. Some causes of central sleep apnea are health conditions that can affect how your brain controls your airway and chest muscles.

Common Signs and Symptoms of Sleep apnea:²

- Breathing that starts and stops during sleep
- Frequent loud snoring
- Gasping for air during sleep
- Daytime sleepiness and tiredness
- Dry mouth
- Headaches
- Waking up often during the night to urinate

Risk of Developing Sleep Apnea:³

Age: Risk increases as you age.

Endocrine disorders/changes in hormone levels: Low levels of thyroid hormone or high levels of insulin or growth hormone have a higher risk of sleep apnea.

Family history and genetics: Sleep apnea can be inherited. Your genes help determine the size and shape of your skull, face, and upper airways.

¹<https://www.nhlbi.nih.gov/health/sleep-apnea>

²<https://www.nhlbi.nih.gov/health/sleep-apnea/symptoms>

³<https://www.nhlbi.nih.gov/health/sleep-apnea/causes>

Heart or kidney failure: These conditions can cause fluid to build in your neck, which can block your airway.

Large tonsils and thick neck: These can cause sleep apnea because they narrow your upper airway.

Lifestyle habits: Drinking alcohol and smoking can raise your risk of sleep apnea. Drinking alcohol can relax your mouth and throat muscles, which close your upper airway. Smoking causes inflammation in your upper airway, which affects breathing.

Obesity: People with obesity can have increased fat deposits in their necks that can block the upper airway.

Gender: Sleep apnea is more common in men than in women.

How will my doctor diagnose me with sleep apnea?⁴

Your primary care physician (PCP) will ask you about your symptoms, risk factors, and if you have a family history of sleep apnea since all of this plays a role in diagnosing the condition. Once your doctor gathers all the necessary information, your PCP will most likely send you to a sleep study.

Treatment:⁵

If you are diagnosed with sleep apnea, the below treatments will help you breathe normally while sleeping.

Healthy lifestyle changes:

Some of these lifestyle changes include engaging in regular physical activity, maintaining a healthy weight, and developing healthy sleeping habits. Limiting alcohol and caffeine intake and quitting smoking can also treat your sleep apnea. Sleeping on your side and not your back can help you keep your airway open while you sleep.

Breathing devices:⁵

A breathing device, such as a continuous positive airway pressure (CPAP) machine, is the most common treatment for sleep apnea. This machine provides constant air pressure throughout your upper airways to keep them open and help you breathe while sleeping.

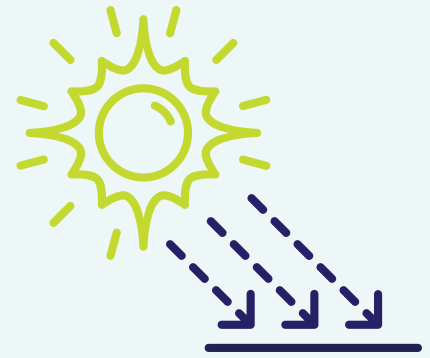
Oral devices:⁵

- If you cannot tolerate a CPAP machine, your PCP may prescribe an oral device that is designed to prevent blocked airways while you are asleep.
 - Mandibular repositioning mouth pieces-device that cover the upper and lower teeth and hold the lower jaw to prevent blocking the upper airway.
 - Tongue retaining mouth pieces-device - mouth pieces that hold the tongue in a forward position to prevent it from blocking the upper airway.

⁴<https://www.nhlbi.nih.gov/health/sleep-apnea/diagnosis>

⁵<https://www.nhlbi.nih.gov/health/sleep-apnea/treatment>

SUMMER SUN SAFETY TIPS



Summer sunlight can damage your skin year-round. UVA rays remain constant throughout the seasons and can penetrate clouds, so it makes sense to protect your skin even as the weather cools.⁶ Just because summer is nearing an end, you shouldn't relax your sun protection habits! UV rays are the #1 cause of skin cancer.⁷ According to the Skin Cancer Foundation, skin cancer is the most common cancer in the U.S., with 1 in 5 Americans developing it by age 70. Since many skin cancers are associated with the cumulative effects of exposure to both types of UV rays, it makes sense to practice sun safety year-round. Heat stroke is also a warm weather hazard and usually occurs during prolonged exposure to or physical exercise in high temperatures.

SAFETY ALERT!

Symptoms of heat stroke are:

- Confusion and/or slurred speech
- Hot, dry skin and/or heavy sweating
- Loss of consciousness and/or seizures
- Very high body temperature
- Fast breathing and fast heart rate
- Headache

If you notice these symptoms in yourself or someone else, call 911. While waiting for emergency services, get the person in shade or indoors with air conditioning, remove any excess clothing, and cool the person down however possible.⁸



⁶(2022) Winter Sun Safety: What to Know About Protecting Yourself During Colder Months. Retrieved from Skin Cancer Foundation: <https://www.skincancer.org/press/winter-sun-safety/>

⁷Simon, S. (2020, April 15). Spend Time Outside and Stay Sun-safe. Retrieved from American Cancer Society: <https://www.cancer.org/latest-news/stay-sun-safe-this-summer.html>.

⁸Mayo Clinic. Heatstroke. Retrieved from Mayo Clinic: <https://mayoclinic.org/diseases-conditions/heat-stroke/symptoms-causes/>.

SUN SAFETY TIPS



SHADE IS YOUR FRIEND

UV rays are strongest between 10 AM and 4 PM, so remain indoors or in the shade as much as possible during these hours. This also reduces the chance of heat stroke.



WEAR SUNSCREEN

Wear a broad-spectrum sunscreen with an SPF of 30 or more. Reapply every 2 hours or sooner if you go swimming or have been perspiring.



DRINK WATER

If it's hot, don't wait until you're thirsty to drink water. Drink more water than usual; keep hydrated!



COVER UP

Cover your skin as much as possible. Wear loose-fitting, long-sleeve shirts and full length pants in light colors (to reflect sunlight) as well as wide-brimmed hats.

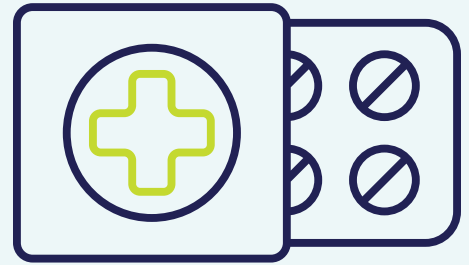
DID YOU GET A SUNBURN?

Here's how to relieve it:

- ☀️ Take cool baths or showers.
- ☀️ Use a moisturizer that contains aloe vera or soy to soothe the skin.
- ☀️ If your skin blisters, allow them to heal; don't pop them—blisters form to protect your skin against infection!
- ☀️ Take extra care of your skin while it heals; cover up, wear sunscreen, and avoid peak UV rays hours.⁹

⁹AAD, How to Treat Sunburn. retrieved from American Academy of Dermatology Association: <https://www.aad.org/public/everyday-care/injured-skin/burns/treat-sunburn>.

MEDICATION SPOTLIGHT



Medication Spotlight: *Statins*

What is a statin?

- Statins are medications that lower the cholesterol in your blood, helping to prevent heart disease and stroke.
- Statins have anti-inflammatory properties that impact blood vessels, the heart, and the brain, which could also lower the risk of blood clots, heart attack, and stroke.




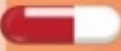
Who should be prescribed a statin?

- Patients age 40-75 with diabetes.
- Patients with a history of certain heart conditions (heart attack, stroke, angina, revascularization, TIA, ACS, PAD).

Talk to your doctor to see if a statin is right for you.

TIPS FOR TAKING MEDICATION

TIPS TO REMEMBER TO TAKE YOUR MEDICATION

-  Use a weekly pill box to track your doses
-  Ask your pharmacist to fill 90 days of your medications to save trips to the pharmacy
-  Center your medication doses around your routine to build a habit
-  Transfer your prescriptions to Optum mail order pharmacy for convenient home delivery

PORTER

Hospital Visit? *Porter is Here for Your Recovery.*

Clear Spring Health has partnered with Porter to help you from hospital to home. Porter will call you after your hospital stay to give you expert support during your recovery, **at no cost to you**. You'll meet your dedicated Care Guide who helps assist you through your entire recovery journey. Then, you will have an in-home assessment, or a telehealth visit with a health care professional, and **you will get \$50 upon completing the visit***. Your Care Guide will then reach out to personalize your assistance from setting up appointments to helping you find and get the support you need.

If you can't answer the phone when Porter calls you, please call them back at 1-800-730-5053 to receive customized care for when you return home after your next hospital admission.

Receive \$50 Upon Completion!

**You may only receive one \$50 reward per completion each year which will be added to your nations benefit rewards wallet no later than 90 days after your in-home assessment or telehealth visit.*