Fall 2024

Health & Welfare e-Newsletter

Brought to you by:
Teamsters Managed Trust Funds

Visit Our Website

Scheduled to open January 2025

New Medical Office Building in Salinas*

Starting this January, you can get care at our new Medical Office Building.

At this new facility, members will have access to:
- High-tech exam rooms

Departments and services:
- Adult and Family Medicine
- Pediatrics
- Ob-gyn
- Dermatology[1]
- Radiology[1]
- Lab
- Pharmacy

No emergency or urgent care services are available at this location

1. By referral.

Salinas Medical Offices
1930 North Davis Road
Salinas, California

Learn more at **kp.org**
*Pending regulatory approval.

KAISER PERMANENTE®

523090843 March 2024

Help protect yourself and your family. Get a flu vaccine!

Don't wait. Vaccinate!

It happens all the time: One family member gets sick, and the next thing you know, the whole household has it. Protect yourself and your children with the flu vaccine. Everyone 6 months and older should get it.

Where can I get the flu vaccine?

No-cost flu vaccines are available from September to June at your doctor's office. For flu clinic locations and hours, visit **kp.org/flu**. You don't need an appointment.

3 reasons to get a flu vaccine:

- It can make symptoms less severe, and help reduce flu illnesses, visits to doctor's offices, missed work and school, and flu-related hospitalizations and deaths.
- Hundreds of millions of Americans have safely received the flu vaccine over the past 50 years.
- There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to help match these viruses.

KAISER PERMANENTE®

Health tip: Understanding colds and flu

Did you know?

- Common colds are the leading cause for children missing school and adults missing work.[1]
- During an average flu season about 8% of the U.S. population gets sick from flu.[2]
- The flu can be spread to others from 6 feet away.[3]
- The best way to prevent the flu is to get vaccinated annually.[2]

Is it a cold or the flu?

The common cold and the flu are both upper respiratory infections. However, they are caused by different viruses and the symptoms may be more severe with the flu virus verses a cold. Keep in mind that symptoms alone may not be enough to tell the difference between the two.

While a common cold can be caused by more than 200 viruses (rhinovirus is the most common); the seasonal flu is caused by the influenza A or B virus. This is why there is a vaccine available for the flu and not for colds.

Cold relief[4]

There is no cure for the common cold. To help you feel better treat your symptoms while your body fights off the virus. Since the common cold is caused by a virus, antibiotics will not help it get better. A runny nose or cold almost always gets better on its own. To feel better when you have a cold, consider the following:

- Get plenty of rest
- Drink lots of fluids such as water and clear liquids. This will help loosen mucus and help prevent dehydration.
- Know that over the counter (OTC) medications may help with symptoms but do not make your cold go away faster as the virus needs to run its course. You should take all medications as directed. If symptoms do not go away call your health care provider for medical advice. Be sure to talk with your child's health care provider before using a non-prescription OTC medication for your child.

Cold facts[4]

Colds are usually milder than the flu.

People with colds are more likely to have a runny or stuffy nose.

Symptoms usually include sneezing, nasal congestion, sore throat, cough, watery eyes, headache and fatigue.

Symptoms usually last for 7 to 10 days and may last up to 2 weeks.

Colds usually do not result in serious health problems such as pneumonia, infections, or hospitalizations.

Flu facts[5]

The flu is a contagious respiratory illness caused by the influenza virus.

Flu viruses are most common during the fall and winter.

Symptoms of the flu are worse than the common cold and may include fever, chills, sore throat, muscle or body aches, headaches, fatigue, vomiting and diarrhea (more common in children).

Fever, body aches, extreme tiredness, and dry cough are more common with the flu and more intense than when associated with a cold.

The best way to prevent the flu is to get vaccinated annually.

continued

United Healthcare

How will I know if I have the flu?[6]

There are tests available to diagnose the flu. The most common test is the "rapid influenza diagnostic test." This test can provide results in 30 minutes or less. The ability of these tests to detect the flu can vary greatly, and may be better at detecting the flu in children than in adults. Most people with flu symptoms do not require testing because the test results usually do not change how you are treated. Your health care provider may diagnose you with the flu based on your symptoms, and their clinical judgment, or they may choose to use an influenza diagnostic test.

It is possible to have the flu, as well as other respiratory illnesses, and COVID-19 at the same time.

Some of the symptoms of flu and COVID-19 are similar, which may make it hard to tell the difference between the two based on symptoms alone. Diagnostic testing may help your health care provider determine if you have the flu or COVID-19.

When treating the flu:[7]

- Get plenty of rest.
- Drink a lot of fluids like water, broth, sport drinks or electrolyte beverages to prevent becoming dehydrated.
- Use a humidifier to help make breathing easier.
- The use of over the counter medications may relieve some flu symptoms, but will not make you less contagious.
- Know that antiviral medications can reduce the duration of your illness and the complications associated with the flu. These should be started as early as possible, preferably within 48 hours after the onset of the illness.
- Follow up with your health care provider if you experience side effects or worsening symptoms that may require emergency care.

Preventive measures may reduce your risk of developing the flu[8]

- Protect yourself and others by staying away from people who are sick and by staying home from work and social activities if you are ill.
- Wash your hands. Hand washing is the most protective way to keep germs away. When washing your hands be sure to lather well with soap including the backs of your hands, under your nails and between your fingers. Scrub for at least 20 seconds, rinse well and dry.
- Live a healthier lifestyle by eating healthier, exercising, getting adequate sleep and managing your stress levels.
- Get the annual flu vaccine. The flu vaccine may reduce flu illnesses, doctor visits, and missed work and school due to the flu, as well as prevent flu-related hospitalizations.

Sources:

1. Centers for Disease Control and Prevention, Common Cold, https://www.cdc.gov/dotw/common-cold/, accessed September 2022.
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3. Centers for Disease Control and Prevention, How Flu Spreads, https://www.cdc.gov/flu/about/disease/spread.htm, accessed September 2022.
4. Centers for Disease Control and Prevention, Common Colds: Protect Yourself and Others, https://www.cdc.gov/features/rhinoviruses/, accessed September 2022.
5. Centers for Disease Control and Prevention, Flu Symptoms & Complications, https://www.cdc.gov/flu/symptoms/symptoms.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fflu%2Fconsumer%2Fsymptoms.htm, accessed September 2022.
6. Centers for Disease Control and Prevention, Diagnosing Flu, https://www.cdc.gov/flu/symptoms/testing.htm, accessed September 2022.
7. Centers for Disease Control and Prevention, Flu Treatment, https://www.cdc.gov/flu/treatment/index.html, accessed September 2022.
8. Centers for Disease Control and Prevention, Healthy Habits to Help Prevent Flu, https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm, accessed September 2022.

The information provided in this flier is for general informational purposes only and is not intended nor should be construed as medical advice. Individuals should consult an appropriate medical professional to determine what may be right for them.

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DELTA DENTAL

Relax for a Better Smile

How stress can affect your oral health

Have you been feeling stressed or anxious lately? Talk to your dentist. A number of stress-related disorders can affect your mouth. Seeing your dentist for regular cleanings and exams can help identify and treat these problems.

TEETH GRINDING (Bruxism)

What is it?

Bruxism is the technical term for grinding your teeth and clenching your jaw.

Causes

- Stress and anxiety
- Sleep disorders
- Abnormal bite and missing or crooked teeth

Symptoms

Nervous tension, anger and frustration can be accompanied by these signs in the mouth:

- Teeth with flat tips
- Sensitive teeth
- Tongue indentations
- Decreasing tooth enamel

TMJ (Temporomandibular disorders)

What is it?

TMJ (also known as TMD) refers to a group of conditions that affect the temporomandibular (jaw) joint and associated muscles. Stressful situations can aggravate TMJ by causing you to overuse jaw muscles.

Causes

- Stress
- Clenching or grinding teeth

Symptoms

- Popping or clicking of the jaw
- Jaw joint pain
- Teeth with flat tips
- Decreasing tooth enamel

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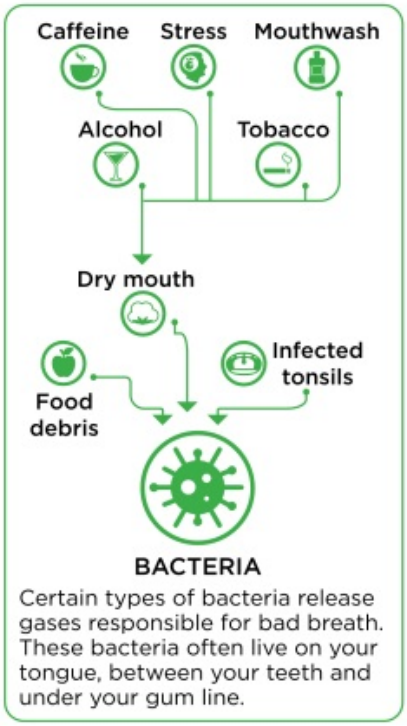
DELTA DENTAL

Keep Your Breath Fresh

Halitosis. Dragon breath. Stomatodysodia. Whatever you call it, bad breath is not pleasant. Here's how to avoid this condition affecting 80 million Americans.[1]



Certain types of bacteria release gases responsible for bad breath. These bacteria often live on your tongue, between your teeth and under your gum line.

How to keep bad breath at bay:

- **Brush and floss regularly.** Maintaining a proper oral health routine helps prevent bad breath at the source.
- **Drink water.** Stay hydrated by sipping plain water throughout the day. Sugary drinks are not a substitute! Choose fluoridated tap water when possible.
- **Eat properly.** Maintain a healthy diet with regular meals to keep your breath in check. Don't forget to brush after eating!
- **Gargle with warm salt water.** To loosen plaque and kill bacteria, mix one tablespoon of salt in eight ounces of warm water. Once the salt dissolves, gargle normally.
- **Avoid antiseptics.** Swap out your antibacterial mouthwash for a fluoride rinse. Check the label to make sure it doesn't include any alcohol.
- **Visit your dentist.** If your bad breath doesn't go away, consult your dentist. Halitosis can be a symptom of a more serious condition.

[1] What is halitosis? Academy of General Dentistry.
http://www.knowyourteeth.com/infobites/abc/article/?abc=H&iid=306&aid=1254

Delta Dental of California, Delta Dental of New York, Inc., Delta Dental of Pennsylvania, Delta Dental Insurance Company and our affiliated companies form one of the nation's largest dental benefits delivery systems, covering 38 million enrollees. All of our companies are members, or affiliates of members, of the Delta Dental Plans Association, a network of 39 Delta Dental companies that together provide dental coverage to 83 million people in the U.S.

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What to Ask When Contacting a Dental Office?

A guide to help parents/caregivers of individuals with intellectual and developmental disabilities (I/DD) with dental appointment questions.

1. **Does this dental office have any experience treating patients with I/DD? Is this office familiar with [insert diagnosis or need]?** Ask the office to describe their previous experiences. Remember to address any initial concerns you may have.

2. **How does this office prepare for I/DD visits?** Ask how the dental office helps manage an I/DD patient's anxiety with long wait times and crowded wait rooms. How are appointments scheduled?

3. **Can we tour the office prior to the appointment?** If needed, explain how advance visits can help the person with I/DD become comfortable with the office and staff members.

4. **What behavior support strategies does the office use to help patients?** Do they use non-verbal communication systems (picture cards for "yes/no" or "stop/go"), or positive verbal reinforcement?

5. **Does your office provide a low stimulation treatment room or environment?** Ask if they have calming music, dimmed lightning, and low noise environments to help calm I/DD patients.

6. **Do you provide any comfort devices?** Ask if they have items that can help with anxiety such as weighted blankets, squeeze balls, and other sensory stimuli.

7. **Do you have support items to help entertain the patients?** Examples include dark glasses, headphones, tablets, or televisions in exam rooms.

8. **Does your office allow for extra time to treat I/DD patients?** If needed, explain that the dental staff may have to do a lot of explaining and comforting to ensure the patient's teeth and gums can be thoroughly checked.

9. **Does your office have the option to use any of these services below, if necessary?** a) Papoose board b) sedation c) anesthesia. It's best to know if the dental provider has privileges at any local hospital or ambulatory surgical center if treatment needs to be provided in this setting.

Notes: _____

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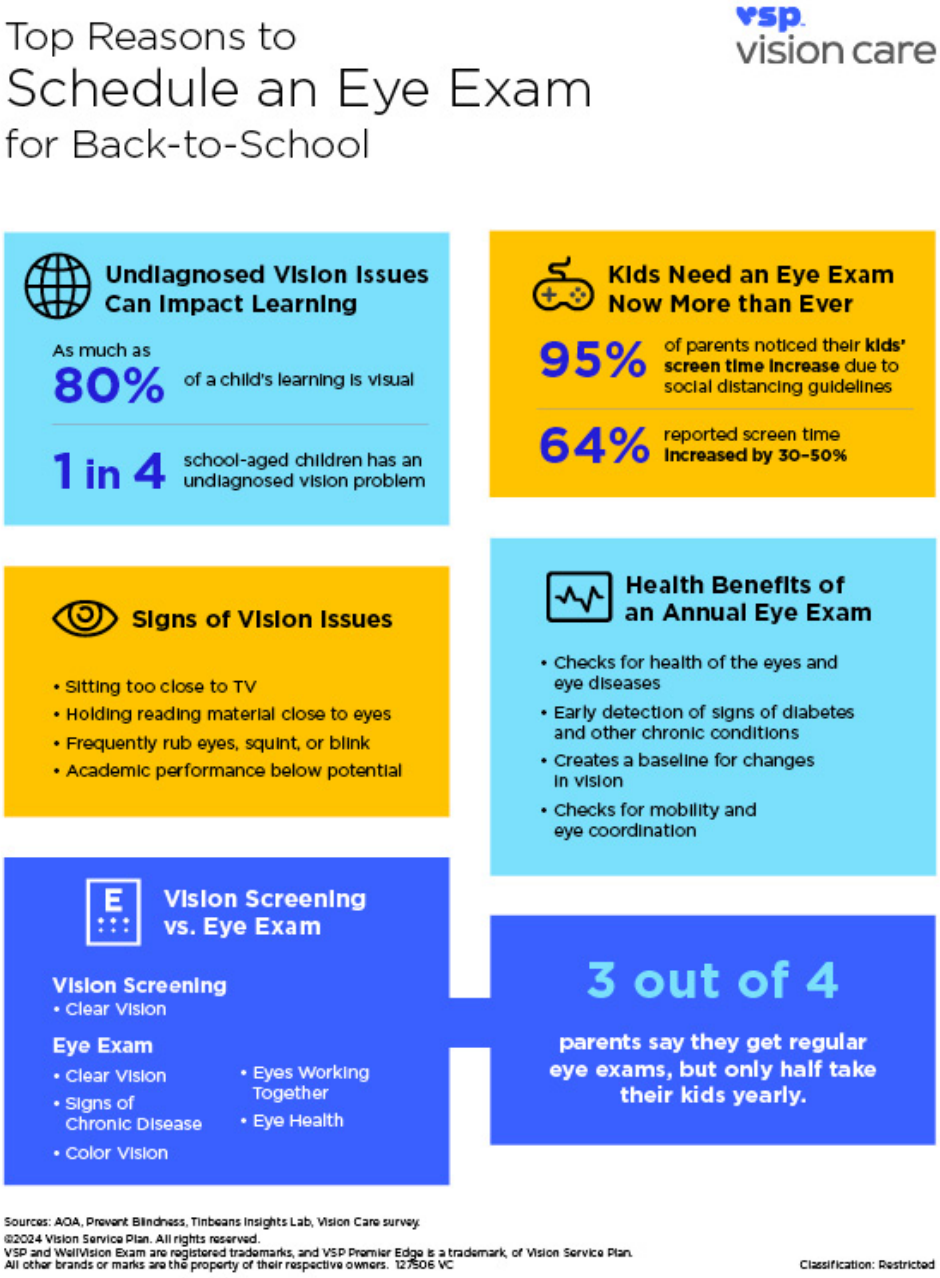
*FULL RULES HERE



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