



ILLINOIS  
**HEALTH  
CONNECT**

Your Home For Healthcare™

## ILLINOIS HEALTH CONNECT CLIENT NEWSLETTER

June 2011, volume 4, issue 1

### **LEAD POISONING: FACTS, TREATMENT, AND PREVENTION**

#### **Facts**

Lead poisoning happens when there is too much lead in the body. Infants and children are at the most risk because they put their hands and other things in their mouths, beginning before they are old enough to crawl.

Lead poisoning is usually caused by eating lead in dust, bits of old paint or dirt. It is also caused by breathing lead in the air. It can enter into your body without you knowing it.

Lead is found in paint made before 1978. Lead may also be in stained glass and mini-blinds made outside of the United States before July 1997, and food cooked or stored in pottery made outside of the United States.

Lead poisoning affects the body, including the brain. Lead poisoning can cause learning disabilities and behavioral problems. It can cause stomach problems, loss of appetite, anemia, headaches, constipation, hearing loss, and stunted growth.

Doctors test exposure to lead by doing a blood test. For children enrolled in Illinois Health Connect, two lead screening blood tests are recommended, the first by age one and the second by age two.

#### **Treatment**

Children who have lead poisoning should be moved from the home that has lead. Sometimes, doctors need to inject drugs into the body to remove the lead. Treatments cannot change any pre-existing lead-related learning and behavior problems.

The best treatment for lead poisoning is prevention.

#### **Prevention**

Take simple steps in your home:

- Remove paint chips and peeling paint and wash the area
- Wash floors, counter tops, and window sills with detergent
- Feed children a healthy diet that includes iron, calcium, Vitamin C, and healthy fats
- Offer healthy snacks throughout the day so children will not put non-food items into their mouths
- Use safety measures when remodeling homes. Keep children and pregnant women out of the work area until the work is complete and the area cleaned.
- Wash children's hands, mouth, face and toys often
- Let cold water run for a few minutes in the morning before using it for drinking, cooking or mixing infant formula in case lead pipes or solder is present
- Remove shoes before going indoors so lead dust is not tracked inside
- Wash work clothes separately from other clothes

To learn more about lead poisoning, contact the Illinois Department of Public Health at 1-866-909-3572 (TTY 1-800-547-0466). Or call your local health department.

*(SOURCE: American Academy of Pediatrics, 2010)*

*(SOURCE: Illinois Department of Public Health, 2008)*

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## SPRING INTO WARM WEATHER... THE HEALTHY WAY!

Are you ready to take the warm weather plunge? Here are a few tips to help you and your family make your fun in the sun safe and healthy:

### *Ride your bicycle...safely:*


- Wear a helmet
- Follow all traffic signals
- Teach children bike safety early...and remind them every time they ride

### *Protect yourself from the sun:*

- Apply sunscreen daily 30 minutes before going outside
- Choose a sunscreen with the words "broad-spectrum" on the label. It means the sunscreen will screen out both ultraviolet B (UVB) and ultraviolet A (UVA) rays
- Use a sun protection factor (SPF) of at least 15



### *Beat the heat:*

- Drink plenty of water, even if you do not feel thirsty
- Never leave children or other family members in non-ventilated cars, even for short periods of time
- An adult who knows how to swim should actively watch children at all times while they are in a pool 

## HEALTHY HABITS MADE EASY

You know it is important to eat a healthy diet and get regular exercise. But, it may not always seem easy for you and your lifestyle. Well, it can be easy. Get into the habit! Eating healthy and getting moving can be fun, exciting, and life changing!



### *How do you do it?*

#### Every day get:

- 5** servings of fruits or vegetables
- 4** servings of water
- 3** servings of low-fat dairy
- 2** hours or less of screen time (TV, computer)
- 1** or more hours of dancing, jumping or just moving

(SOURCE: Consortium to Lower Obesity in Chicago Children - CLOCC)

### *Here are some other tips:*

To get started, set small goals for you and your family for each day. Here are some examples:

- Have a day without soda or a day without treats or a day without fast food

- Have a day where you eat an extra piece of fruit
- Have a day where you drink two extra glasses of water or an extra glass of milk
- Have a day where you dance to music together


As you reach your daily goals, set weekly goals. Here are some examples:

- A week without soda or treats or fast food
- Get moving 3 times per week: walking, dancing, jumping
- Try a new healthy recipe for one of your meals, and have everyone work together to prepare it

Keep it going! Once you reach your daily and weekly goals, set monthly goals.

Reaching your goals over time makes healthy habits easy, fun and part of your everyday living. When everyone in your household is excited to do it, it makes it fun for the whole family!

The sooner you start, the sooner you will be on the road to a healthy, happy, active life.

Talk to your Illinois Health Connect Primary Care Provider (PCP) at your medical home for more ideas on how to set healthy habits for you and your family. 

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# INFORMATION CORNER

## “BACK TO SCHOOL” APPOINTMENTS

Your kids are probably excited about the end of school. But remember, **NOW IS THE BEST TIME** to make summer “Back to School” appointments with your kids’ Primary Care Provider (PCP) to be ready for next school year.

Call your PCP today to make an appointment. You will be glad you did! PCP summer schedules fill up fast.

Good planning now will save you time. Give your kids a healthy start to the new school year!

If you need help making an appointment or if you want to change your PCP, call Illinois Health Connect at 1-877-912-1999 (TTY 1-866-565-8577).

## REPORTING CHANGES

Be sure to let DHS know if your phone number or address changes. Call the DHS Information Change Report Hotline at 1-800-720-4166 (TTY 1-800-447-6404). All Kids clients should call the All Kids Switchboard at 1-877-805-5312 (TTY 1-877-204-1012) to report changes.


Also, be sure to let Illinois Health Connect know about these changes. You can call Illinois Health Connect at 1-877-912-1999 (TTY 1-866-565-8577).

## HELP FOR FAMILIES

WIC (Women, Infants, and Children) is a free food assistance program. It helps pregnant women, new moms, babies, and young children eat well and stay healthy. To find out more about WIC, call 1-800-323-4769 (TTY 1-866-295-6817), or visit the DHS website at **[www.dhs.state.il.us](http://www.dhs.state.il.us)**.

The Family Case Management Program helps pregnant women, infants, and children with high-risk medical conditions. To learn more about Family Case Management, call 1-800-323-4769 (TTY 1-800-447-6404).

## VISIT OUR WEBSITE

Visit us at **[www.illinoishealthconnect.com](http://www.illinoishealthconnect.com)**! You can find out who your PCP is and learn more about Illinois Health Connect. You can also use the website to pick a PCP for the first time or to change your PCP. 





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Pat Quinn, Governor  
Julie Hamos, Director

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## YOUR PCP IS YOUR CONNECTION

*“How can I get the healthcare I want or need?”*

*“How do I know when I should go to the Emergency Room?”*

*“How can I get healthy and stay healthy?”*

If these questions are on your mind, you are not alone. Most people have questions about their health and their healthcare. The answers to these questions are within your reach. Your Illinois Health Connect Primary Care Provider (PCP) at your medical home holds the key!

*Your PCP is Your Connection...*

When you need medical care, contact your PCP at your medical home first. Your PCP will help to coordinate your healthcare. Your PCP will refer you to other doctors when needed. You should visit your PCP for a check-up once a year, even when you are not sick. If you have a new PCP, it is very important to make an appointment so your PCP can get to know you. You can talk with your PCP about your health.

You can reach someone at your PCP’s office even when it is closed. Keep your PCP’s phone number in your cell

phone, wallet, or someplace else where you can easily find it. If you have a health problem, call your PCP first. Your PCP can help you decide if you should go to the Emergency Room, or if you should make an appointment at the office when it re-opens.

An emergency is a life threatening health problem or one that will seriously affect your health if not treated right away (for example: chest pain, poisoning or seizures). You should call your PCP first if you are not sure that you have an emergency. It is important to schedule a follow-up visit with your PCP anytime you go to the Emergency Room or the hospital.

Whether you have an ongoing health condition such as diabetes or asthma, or whether you want to prevent health problems, your PCP can talk with you about your health. Your PCP can help you make important decisions to help you get healthy and stay healthy.

Illinois Health Connect can help you find a PCP, change your PCP, or help you make an appointment with your PCP. Call 1-877-912-1999 (TTY 1-866-565-8577). You can also visit the Illinois Health Connect website at [www.illinoishealthconnect.com](http://www.illinoishealthconnect.com).

