

THE CMDP NEWS



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Preventing Childhood Cavities

Dr. Jerry Caniglia, CMDP Dental Consultant

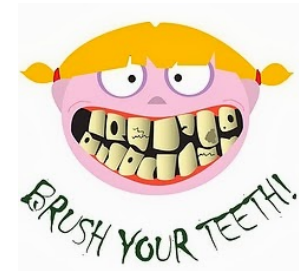
Tooth decay (cavities) is common in young children. In order to prevent cavities it is important to start caring for the “baby teeth” as soon as they appear in the mouth. The first teeth come into the mouth around 6 months of age with most children having all 20 baby teeth by age two years.

Since several teeth are already in the mouth by age one year, this is when a child should be seen by the dentist. If infants and young children have the first visit to the dentist at this early age, cavities can be prevented or easily treated. The first visit to the dentist starts the “dental home”. The dentist will examine the teeth for cavities and provide useful information on brushing and home care for the mouth. A cleaning and fluoride varnish treatment is often completed at this first appointment.

All CMDP members should receive regular dental checkups every 6 months. AHCCCS dental benefit coverage includes examinations, cleaning, fluoride, as well as other decay fighting services. When the adult (permanent) teeth begin to appear in the mouth, it is important to ask the

dentist about dental sealants. Dental sealants are a clear plastic covering placed over the tops of adult back teeth that keep cavities from starting in the deep pits and grooves. Sealants can be quickly and easily placed and cause no pain for the child. It is never too early to visit the dentist and a referral from your medical doctor (PCP) is not required.

Remember, healthy teeth are important, even if they are baby teeth!



Dental Home

Many of us don't realize that an important part to a child's health is oral care. Unfortunately, a lot of children don't make it to the dentist as often as they should. In an effort to help increase the dental visits among children in foster care, CMDP is creating a way to have a “dental home” for each member of CMDP.

A dental home is where a member is expected to have most, if not all of their preventative dental care. CMDP's goal for this is to increase the number of members going to the dentist for routine dental visits. The member or caregiver can choose who their dental home is. For example, if you have been going to a certain dentist in the past, CMDP will have the dentist's information and will set that provider as your dental home.

If a member has not been to the dentist recently, please contact CMDP Member Services at 602-351-2245 or 1-800-201-1795, for assistance in finding and selecting a dentist in your area as your dental home.

What to DO When Your Child is Sick After Hours



It seems whenever a child gets sick its right after the doctor's office closes. Sometimes, when a child is sick, we want them to see a doctor right away. However, it is important that children be seen by their Primary Care Physician (PCP) for illnesses/conditions that are not considered an emergency. This lets the PCP to follow along with an illness/condition and provide the best possible care for your child. An emergency room or urgent care center is meant for situations that cannot

wait for an appointment and needs to be seen right away. If you have a question about your child who may be sick, try calling the PCP's office first. An on call doctor can give you advice or you can leave a message. If you do think the situation is an emergency, you should go to the nearest hospital or call 911. If you need help with finding a PCP please call CMDP's Member services. They can help find a PCP in your area. They will make sure they accept CMDP insurance and are taking new patients.

- It is important that every child gets a well check every year (annual check) with their PCP. This well check is also known as Early Periodic Screening, Diagnosis & Treatment (EPSDT) visit
- Make sure your child is up to date with immunizations
- If you think your child is sick take them to their PCP

Family Planning

It is very important that our youth have the information to make good choices for themselves. Please talk with them about abstaining from sexual practices until they are adults and able to handle the responsibility of caring for children on their own. All foster caregivers and case managers need to work together to educate our young men and young women on pregnancy prevention, abstinence, and safe sex methods if having sex.

Sexual development is a normal part of the teen years. Your teen needs your help in understanding his or her feelings, peer pressure, and how to say no if he or she does not want to have sex. If your teen starts having sex, he or she needs to know how to prevent pregnancy and sexually transmitted diseases. For tips on how to talk with your teen, go to [American Academy of Pediatrics \(AAP\) Healthy Children: Teen Dating and Sex](http://www.aap.org/healthychildren/teen_dating_and_sex)

Reminder – CMDP does cover:

- Birth Control Pills
- Birth Control Injections
- Birth Control Implants
- Condoms
- Diaphragms
- Intrauterine Device (IUD)
- Patches
- Spermicides
- Testing for all sexually transmitted diseases (STD) including Chlamydia
- Testing for Human Immunodeficiency Virus (HIV)
- Education on abstinence, preventing pregnancy and STD

PLAN FIRST!

http://www.michigan.gov/images/Plan_First_hz_164024_7.jpg

Preteens and Teens Need Vaccines Too

There are four vaccines recommended for preteens and teens—these vaccines help protect your children, their friends, and their family members. While your kids should get a flu vaccine every year, the three other preteen vaccines should be given when kids are 11- 12 years old. Teens may also need a booster of a vaccine that requires more than one dose to be fully protected.

What are the Vaccines for Preteens and Teens?

The following vaccines are recommended by the American Academy of Pediatrics (AAP), the American Academy of Family Physicians (AAFP), and the Center for Disease Control (CDC):

- **Human papillomavirus vaccine (HPV)**

HPV vaccines help protect both girls and boys from HPV infection and cancers caused by HPV. HPV vaccine protects girls from the types of HPV that cause most cervical cancer. HPV vaccine also helps protect both girls and boys from anal cancer and genital warts. Girls and boys should start and finish the HPV vaccine series when they are 11 or 12 years old. Preteens and teens who have not gotten all HPV shots should ask their doctor about getting them now.

- **Meningococcal conjugate vaccine**

Meningococcal conjugate vaccine (MenACWY) protects against some of the bacteria that can cause meningitis (swelling of the lining around the brain and spinal cord) and sepsis (an infection in the blood). Meningitis can be very serious, even fatal. Preteens need the meningococcal shot when they are 11 or 12 years old and then a booster shot at age 16. Teens that got the meningococcal shot when they were 13, 14, or 15 years old should still get a booster at 16 years. Older teens that haven't gotten any meningococcal shots should get one as soon as possible.

- **Tdap vaccine**

Tdap vaccine protects against 3 serious diseases: tetanus, diphtheria and pertussis (also called whooping cough). The Tdap vaccine takes the place of what used to be called the tetanus booster. Preteens should get Tdap at age 11 or 12. If your teen didn't get a Tdap shot as a preteen, ask their doctor.

- **Flu vaccine**

Flu vaccine protects against flu and the other health problems flu can cause, like dehydration (loss of body fluids), making asthma or diabetes worse, or even pneumonia. Preteens and teens should get the flu vaccine every year as soon as it's available, usually in the fall. It is very important for preteens and teens with chronic health conditions like asthma or diabetes to get the flu shot, but the flu can be serious for even healthy preteens and teens.

Adolescent Vaccines are Safe and Effective

The vaccines for preteens are very safe. Some kids might have some mild side effects from shots, such as redness and soreness in the arm. Some preteens and teens may faint after getting a shot or any other medical procedure. Sitting or lying down for about 15 minutes after getting shots can help prevent fainting. Most side effects from vaccines are very minor, especially compared with the serious diseases that these vaccines prevent.

Be sure to check with the doctor to make sure that your teen has received all of the vaccines recommended for them. They may need to "catch up" on vaccines they might have missed when they were younger.

<http://www.cdc.gov/Features/PreteenVaccines/>

Keeping a Healthy Weight is a Balancing Act

Balance is the key to helping your child keep a healthy weight. Balance the calories your child eats and drinks with the calories they use through physical activity.

1. Support healthy eating habits.

- Provide plenty of vegetables, fruits and whole-grain products
- Include low-fat or non-fat milk or dairy products
- Choose lean meats, poultry, fish, lentils and beans for protein
- Serve reasonably sized portions
- Encourage them to drink lots of water
- Limit sugar-sweetened beverages, sugar, sodium and saturated fat

2. **Remove calorie-rich temptations.** Treats are OK in small amounts. But to keep your child healthy it is important to limit high-fat and high-sugar snacks. Here are examples of easy-to-prepare, low-fat and low-sugar treats that are 100 calories or less:
- A medium-size apple
 - A medium-size banana
 - 1 cup grapes
 - 1 cup carrots, broccoli, or bell peppers with a non-fat dressing



http://www.eufic.org/upl/1/default/img/FT_057_01.jpg



<http://www.peacefulplaygrounds.com/wp-content/uploads/2012/12/lets-move-logo.jpg>

3. Help kids stay active.

Children and teens should participate in at least 60 minutes of moderate-intensity physical activity most days of the week, and every day if possible. Start adding physical activity to your own daily routine and encourage your child to join you. Some examples of moderate-intensity physical activity include:

- Brisk walking
- Playing tag
- Jumping rope
- Playing soccer
- Swimming
- Dancing

4. **Reduce inactive time.** Quiet time for reading and homework is fine. Limit “screen time” (TV, video games, Internet) to no more than two hours a day. Encourage your children to find fun activities to do with family members or on their own that involve more activity.

http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/ChildhoodObesity/Preventing-Childhood-Obesity-Tips-for-Parents-and-Caretakers_UCM_456118_Article.jsp

ASTHMA

Asthma is a condition of the respiratory system (lungs). It is common to know someone who has asthma. You may even have asthma yourself. It is important to know how this affects children. It can cause children to cough and to be short of breath. Asthma is a leading condition that can make children miss school. In order to stop asthma attacks, it is helpful to stay away from triggers that can cause an attack and to take medicine for symptoms.

The best way to control asthma symptoms is preventative medicine. These medications are called inhaled corticosteroids and long-acting beta-agonists. They are inhalers that when used right, can help a child to breath better. It can also cut down coughing fits. Your doctor can teach you how to use the inhaler. Children who are not on this type of medicine may not have good control of their asthma. There are inhalers that you use when you're actually having an asthma attack but they don't **stop** the symptoms before they start. It is very important to have a medicine that helps control/stop those attacks. Children with poor asthma control are more likely to be in the emergency room and hospital. If you have any questions about your child's asthma medications please contact their doctor. You can also contact CMDP's Medical Services Department.

- **It is very important that you take your children to their doctor's appointments regularly.**
- **Always have them take their medications as ordered.**
- **If you think the medication is not helping, tell their doctor.**
- **Watch your child take their medicine to make sure they are doing it right.**

Low Birth Weight Babies

Low birth weight is when a baby is born weighing less than 5 pounds, 8 ounces. Some low birth weight babies are healthy, even though they're small. But being low birth weight can cause serious health problems for some babies.

Causes of low Birth Weight include:

- Smoking
- Preterm labor
- Alcohol or drug abuse
- Poor eating
- Illness in the mother or baby
- Certain birth defects
- Problems with the placenta. The placenta gives the baby food and oxygen during the pregnancy

It is very important that you try to be healthy before you become pregnant. Begin prenatal care as soon as you find out that you are pregnant. Getting early and regular prenatal care can help keep you and your baby healthy.

HIV Testing for Pregnant Teens

When you are going to have a baby, your doctor will ask you if you want to have a blood test to see if you have the Human Immunodeficiency Virus (HIV), also known as AIDS. This test can be done at the same time you have other blood tests done for your pregnancy. Youth 13 and over may self-consent to HIV testing. This means they do not need adult permission to have the test however adult consent is required for youth 12 and under.

The HIV can go into the baby during pregnancy, birth or breastfeeding. If you have HIV while you are pregnant, there is medicine that can reduce the chance that HIV will be passed to your baby. Please talk to your doctor about having the HIV test. Your doctor can also refer you for counseling if tested positive.

Safe Sleep for Your Baby

SIDS is the leading cause of death in babies 1 month to 1 year of age. Most SIDS deaths happen when babies are between 1 month and 4 months of age.

SIDS is the sudden, unexplained death of a baby younger than 1 year of age that doesn't have a known cause even after a complete investigation.

SUID includes all unexpected deaths: those without a clear cause, such as SIDS, and those from a known cause, such as suffocation. One-half of all SUID cases are SIDS. Many unexpected infant deaths are accidents, but a disease or something done on purpose can also cause a baby to die suddenly and unexpectedly.

Sleep-related causes of infant death are those linked to how or where a baby sleeps or slept. They are due to accidental causes, such as: suffocation; entrapment, when baby gets trapped between two objects, such as a mattress and wall, and can't breathe; or strangulation, when something presses on or wraps around baby's neck, blocking baby's airway. These deaths are not SIDS.

Babies sleep safest on their backs. Babies who sleep on their backs are much less likely to die of SIDS than are babies who sleep on their stomachs or sides.

Always place a baby on his or her back to sleep.

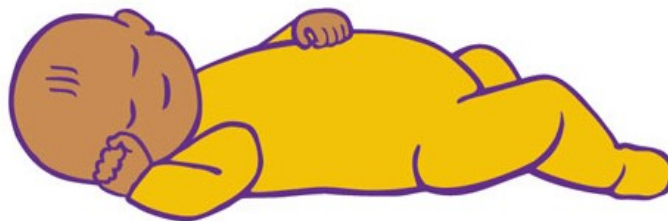
Every sleep time counts. Babies should sleep on their backs for all sleep times—for naps and at night. Babies who are used to sleeping on their backs but who are then placed on their stomachs to sleep, like for a nap, are at very high risk of SIDS.

Sleep surface matters. Babies who sleep *on a soft surface*, such as an adult bed, or *under a soft covering*, such as a soft blanket or quilt, are more likely to die of SIDS or suffocation. Use a firm sleep mattress in a safety-approved crib, covered by a fitted sheet. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you or with anyone else. Keep soft objects, toys, crib bumpers, and loose bedding out of your baby's sleep area.

For more information on safe sleep for your baby, go to <http://www.nichd.nih.gov>

References

Centers for Disease Control and Prevention, Safe Infant Sleep Outreach, Retrieved June 2014 from <http://www.cdc.gov/SIDS/>



Chlamydia Facts for Teenagers and Young Adults

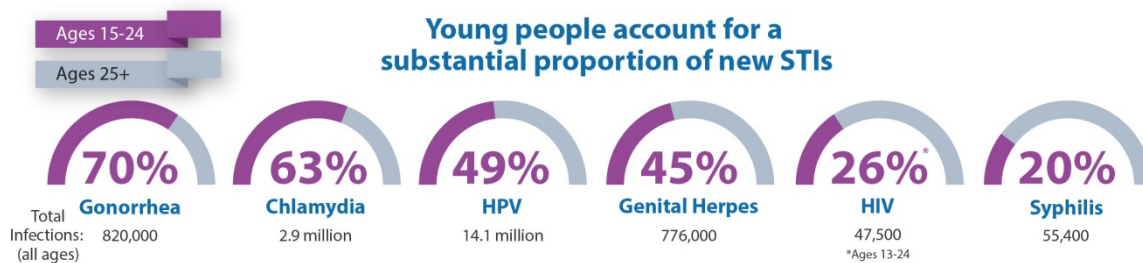
Chlamydia is a sexually transmitted disease (STD) caused by bacteria called *Chlamydia trachomatis*. It is the most commonly reported STD in the United States. Because there often aren't any symptoms lots of people can have chlamydia and not know it. Both girls and guys can get it.

The bacteria can move from one person to another through sexual contact. It can make it hard for a woman to become pregnant when she is ready to start a family. Chlamydia also can be passed from a mother to her baby while the baby is being born. This can cause the baby to have a lung and eye infection. This can become very serious for the baby.

It can be hard for a girl or guy to know if they have chlamydia because most often there are no symptoms. Because of this, it's very important to see your primary care provider (PCP) at least once a year and be tested if you are sexually active. The test is not painful and doesn't take very long. No one but you and your PCP need to know. If you are diagnosed with chlamydia the doctor can give you antibiotics which will stop the infection. Your partner will also need to be treated so you don't get the infection again.

It's better to prevent chlamydia than to treat it, and the only way to completely prevent the infection is to stay away from sexual contact. If you do have sex, use a latex condom every time and wear it correctly by following the instructions. This is the only method that will help prevent chlamydia.

<http://www.cdc.gov/std/chlamydia/>



<http://www.cdc.gov/nchhstp/newsroom/images/2013/Proportion-of-STIsAmongYoungPeople.jpg>

Young people can protect themselves from STIs



<http://www.cdc.gov/nchhstp/newsroom/images/2013/YoungPeople-fromSTIs.jpg>

Are you receiving Bills or Collection Letters?

Comprehensive Medical & Dental Program (CMDP) makes sure that Foster Caregivers and DCS Specialists are not billed for any health care services given to children in the care of the Arizona Department of Child Safety.

Bills or collection letters are sent by a primary care provider (PCP) when insurance information is incorrect or not available. You can settle the issue on your own or with the help of CMDP.

If you receive a bill or collection letter, please take these steps:

1. Call the PCP or agency and ask them to mail the bill to CMDP and give the following:
 - a. Child CMDP ID number
 - b. CMDP Claims Address:
P O BOX 29202
Site Code 942C
Phoenix, Arizona 85012

2. Send the Bill or Collection Letter to CMDP (attention Corporate Compliance Officer).
CMDP will send letters to solve the issue with the PCP or collection agency.

If you are an Out of State Foster Caregiver, please remember your PCP and pharmacy must be listed with Arizona Health Care Cost Containment (AHCCCS) and CMDP in order for services to be paid.

If you have any questions please contact CMDP at: 602-351-2245 or 800-201-1795.



<http://www.trbimg.com/img-53d785ac/turbine/chi-debt-collection-20140729>

Support Services for Pregnant Members

While you are in foster care, you have health insurance through CMDP which covers your pregnancy, delivery, and care after delivery. There are also other resources for prenatal, postpartum and infant care such as:

Women, Infant, and Children (WIC)

1-800-252-5WIC or 1800-252-5942

<http://www.azwic.gov>

Text4baby

<https://www.text4baby.org/>

Signing up for Text4baby is easy:

1. Text BABY (or BEBE for Spanish) to 511411
2. When prompted, enter your due date and zip code
3. That's it! Now tell your friends and family!

The Birth to Five Helpline

Free service open to all families with young children who would like information and support regarding early childhood development and parenting topics.

Toll free number: 1-877-705-KIDS (5437)

StrongfamiliesAZ

Strong Families AZ is a network of home visiting programs that helps expectant parents and families with children.

<http://strongfamiliesaz.com>

To find out more about other programs in Arizona, contact:

Arizona Department of Health Services

150 North 18th Avenue

Phoenix, Arizona 85007

General and Public Information:

Ph (602) 542-1025

Fax: (602) 542-0883

CMDP CONTACT INFO

Comprehensive Medical & Dental Program (CMDP)

4000 N Central Ave, 22nd Floor
PO Box 29202/Site Code: 942C
Phoenix, Arizona 85038-9202

Phone:

602-351-2245
1-800-201-1795

Fax:

602-264-3801

Website:

<http://www.azdes.gov/cmdp>

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