



# Friendship

Winter 2020

## Connect with others: It's good for your health

When life is hectic, it's easy to become isolated. We put our heads down and push through chores and deadlines. The to-do list never ends.

### Take time to connect

Taking the time to connect with others is important. Social networks can help lift our mood and improve our health too. Strong ties with family, friends and workmates can help:

- Ease stress.
- Reduce the risk of depression.
- Reduce loneliness.
- Lower blood pressure.
- Boost the immune system.
- Increase happiness.
- Provide support if you're dealing with a chronic illness.

Having a circle of support may help us live longer too.

### Making bonds stronger

It's true that humans are wired to connect. But sometimes the wiring needs a new place to plug in.

- What do you enjoy?
- What would you like to learn?
- What would you like to do?


Then, brainstorm ways to enjoy those interests in a social setting.

Building social connections takes time and effort. But it's a skill you can use all of your life.

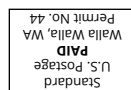
After all, no matter what your age, a hug from a friend can help lighten a heavy load. A co-worker's support

can lift your spirits. And sharing a laugh with friends boosts positive feelings that can strengthen your mind, heart and health.

*Sources: Mental Health America; Office on Women's Health*



Having strong ties with family and friends can actually help you stay healthy.



## American Heart Month

A heart attack is a serious medical emergency. This can be painful and frightening to experience. When someone is having a heart attack, blood is not flowing to the heart muscle like it should.

This means the heart is not getting the oxygen it needs. This damages the heart. If you think you or your loved one might be having a heart attack, seek medical help right away. Call 911 or go to the nearest Emergency Room.

It is important to learn the signs and symptoms

of a heart attack. It is also important to understand what makes you a high risk for a heart attack .

### What makes me a high risk for a heart attack?

- Smoking
- High cholesterol
- High blood pressure
- Being overweight

- Aging
- Gender (men are at higher risk than women)
- Family history of heart attack

Sources: American Heart Association; American Stroke Association

## Heart attack symptoms

The signs of a heart attack are different in men and women. Women are more likely than men to have a hard time breathing, feel nauseated, vomit, and have back or jaw pain.

You could have one or more of these:



- Head:** dizziness; light-headedness
- Neck or jaw:** pain or discomfort
- Shoulders or arms:** pain or discomfort in one or both
- Chest:** pain or discomfort
- Lungs:** shortness of breath
- Stomach:** pain or discomfort; nausea; vomiting
- Back:** pain or discomfort
- Body:** breaking out in a cold sweat; fatigue or weakness

 **Call 911** if you're having symptoms of a heart attack.

Sources: American Heart Association; National Institutes of Health

Act F.A.S.T.

### Know the sudden signs of stroke

Did you know that the same factors that make you high risk for heart disease and heart attack can also make you a high risk for a stroke? Make sure you know the signs and symptoms of a stroke

#### Face drooping.

Does one side of the face droop? Is it numb? Ask the person to smile. Is the smile uneven?

#### Arm weakness.

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

#### Speech difficulty.

Is speech slurred or hard to understand? Can the person repeat back a simple sentence?

#### Time to call 911.

Even if the signs go away, getting fast treatment may help limit damage to the brain.

Additional symptoms of a stroke include:

- Sudden numbness or weakness of face, arm or leg. Especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

Source: American Stroke Association

## Strike up a conversation

### Talk to your kids about not smoking

You can't count on being there to help your child say no if someone offers him or her a cigarette. But by speaking up early and often about smoking, you may be able to snuff out a habit before it starts.

Most smokers pick up the habit before their 18th birthday. But experts recommend that you start talking to your kids about the dangers of smoking long before then.

With a kindergartner, for instance, you might start with saying something as simple as "Smoking is bad for your body."

Here are some more suggestions for what to say and do as your child grows:

**Make your feelings known.** Children often ask themselves, "What would Mom or Dad think?" So be sure your kids know where you stand — that you don't want them to

smoke because you love them and don't want them harmed, and that you'll be disappointed if they do.

**Put a face on it.** Kids need to know how dangerous smoking is. If you know someone who died from a smoking-related illness, mention what happened to that person.

**Play up the ugly stuff.** Kids may worry less about getting lung cancer someday and more about what might happen to them now if they smoke. Point out that the reality of smoking — having stained teeth, bad breath, a nagging cough, and smelly clothes and hair — is different from how smoking is portrayed in the media.

**Build a relationship on trust and communication.** When children feel like they can talk with you, they'll be more likely to speak up if they're pressured



to smoke. Listen to what your kids say about their lives, and get to know their friends.

**Be a role model.** When parents smoke, their kids are more likely to become smokers too. So if you smoke, set an example by quitting for good! Until then, don't smoke around your kids and don't let anyone else smoke in your car or home.

*Sources: American Academy of Pediatrics; American Lung Association; Centers for Disease Control and Prevention; U.S. Department of Health and Human Services*


## Talk to your kids about vaping dangers too


Kids, teens and young adults use e-cigarettes more than regular smoking. E-cigarettes have nicotine in them; sometimes more than regular cigarettes. They can also have other chemicals that cause lung damage. Using e-cigarettes may be called "vaping" or "JUULing" (said like jewel-ing). They look like pens, USB flash drives, cigars or other things. In 2019, there were lung illnesses and deaths linked to vaping.

When talking to your kids about not smoking, be sure you talk about the dangers of vaping also.

*Sources: American Heart Association; Centers for Disease Control and Prevention*

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4500 East Cotton Center Boulevard, Phoenix, AZ 85040

**Teléfono:** 1-888-234-7358 (TTY: 711)

**Correo electrónico:** [MedicaidCRCoordinator@Aetna.com](mailto:MedicaidCRCoordinator@Aetna.com)

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English	To access language services at no cost to you, call the number on your ID card.
Spanish	Para acceder a los servicios lingüísticos sin costo alguno, llame al número que figura en su tarjeta de identificación.
Vietnamese	Để sử dụng các dịch vụ ngôn ngữ miễn phí, vui lòng gọi số điện thoại ghi trên thẻ ID của quý vị.
Chinese Traditional	如欲使用免費語言服務，請撥打您健康保險卡上所列的電話號碼
German	Um auf den für Sie kostenlosen Sprachservice auf Deutsch zuzugreifen, rufen Sie die Nummer auf Ihrer ID-Karte an.
Korean	무료 다국어 서비스를 이용하려면 보험 ID 카드에 수록된 번호로 전화해 주십시오.
Lao	ເພື່ອເຂົ້າເຖິງບໍລິການພາສາທີ່ບໍ່ເສຍຄ່າ, ໃຫ້ໂທຫາເບີໂທຢູ່ໃນບັດປະຈຳຕົວຂອງທ່ານ.
Arabic	للحصول على الخدمات اللغوية دون أي تكلفة، الرجاء الاتصال على الرقم الموجود على بطاقة اشتراكك.
Tagalog	Upang ma-access ang mga serbisyo sa wika nang walang bayad, tawagan ang numero sa iyong ID card.
Burmese	သင့်အနေဖြင့် အခကြေးငွေ မပေးရပဲ ဘာသာစကားဝန်ဆောင်မှုများ ရရှိနိုင်ရန်၊ သင့် ID ကတ်ပေါ်တွင်ရှိသော ဖုန်းနံပါတ်အား ခေါ်ဆိုပါ။
French	Pour accéder gratuitement aux services linguistiques, veuillez composer le numéro indiqué sur votre carte d'assurance santé.
Japanese	無料の言語サービスは、IDカードにある番号にお電話ください。
Russian	Для того чтобы бесплатно получить помощь переводчика, позвоните по телефону, приведенному на вашей идентификационной карте.
Hmong	Yuav kom tau kev pab txhais lus tsis muaj nqi them rau koj, hu tus naj npawb ntawm koj daim npav ID.
Persian Farsi	برای دسترسی به خدمات زبان به طور رایگان، با شماره قید شده روی کارت شناسایی خود تماس بگیرید.
Swahili	Kupata huduma za lugha bila malipo kwako, piga nambari iliyo kwenye kadi yako ya kitambulisho.