An Apple a Day

Prevention as A Treatment for MS
CMSC 2015
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Preventive Healthcare

- Preventive healthcare (alternately preventive medicine or prophylaxis) consists of measures taken for disease prevention, as opposed to disease treatment.
- Just as health encompasses a variety of physical and mental states, so do disease and disability, which are affected by environmental factors, genetic predisposition, disease agents, and lifestyle choices.
- Disease prevention relies on anticipatory actions that can be categorized as primary, secondary, or tertiary prevention.

Primary, Secondary, Tertiary

- Primary prevention: Methods to avoid occurrence of disease either through eliminating disease agents or increasing resistance to disease.
- Secondary prevention: Methods to detect and address an existing disease prior to the appearance of symptoms.
- Tertiary prevention: Methods to reduce negative impact of symptomatic disease, such as disability or death, through rehabilitation and treatment.

http://en.wikipedia.org/wiki/Preventive_healthcare
Primary Care

- **Primary care:** A patient's main source for regular medical care, ideally providing continuity and integration of health care services.
- The aims of primary care are to provide the patient with a broad spectrum of preventive and curative care over a period of time and to coordinate all the care that the patient receives.
- An ongoing partnership.
- Does our health care system allow for this?

Primary Care is a Means to Prevention

- Studies show that people who receive regular primary care are healthier compared to those who don’t. Yet many people, especially younger, healthier individuals, seem to forego annual check-ups with their Health Care Provider (HCP)
  - [http://www.bmc.org/about/news/featurestories-primary-care-benefits-your-overall-health.htm#hash:TM0Ebm1h.dpuf](http://www.bmc.org/about/news/featurestories-primary-care-benefits-your-overall-health.htm#hash:TM0Ebm1h.dpuf)
Why are health screenings important?

- **Early detection is key** - Many serious conditions, such as heart disease and diabetes, don’t show symptoms or warning signs. Even minor health problems should be checked out in case they lead to something more threatening.
- **Cost Containment** - Preventive care is usually less expensive than treating a health problem once it has started. Annual check-ups and health screenings help people stay healthy and avoid expensive care for full-blown illnesses.
- **Avoid serious illness** - Many diseases, even serious, are preventable through a healthy lifestyle. People can learn how to eat a balanced diet, get plenty of physical activity and get help to stop smoking or moderate alcohol use.

https://www.northshorelij.com/find-care/services-we-offer/primary-care/health-screenings
### Section 1. Preventive Services Recommended by the USPSTF (continued)

<table>
<thead>
<tr>
<th>Recommendation</th>
<th>Adults</th>
<th>Special Populations</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men</td>
<td>Women</td>
</tr>
<tr>
<td>Foetrial Cell Supplementation to Prevent Neural Tube Defects, Preventive Medication</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>SENTENTIAL DYSPLASIA, Screening</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>GENITOURINARY TRACT INFECTION, Preventive Medication</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>SYMPTOMATIC, Screening</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>HEARING LOSS IN NEWBORN, Screening</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>HEPATITIS B VIRUS INFECTION IN PREGNANT WOMEN, Screening</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>HEPATITIS A VIRUS INFECTION IN ADULTS, Screening</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE IN ADULTS, Screening</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>HIV INFECTION, Screening</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>INTIMATE PARTNER VIOLENCE AND ELDER ABUSE, Screening</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>IRON DEFICIENCY ANEMIA, PREVENTION</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>INTIMATE PARTNER VIOLENCE, Screening</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>LYMPHATIC DISEASE IN ADULTS, Screening</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>LUNG CANCER, Screening</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>MAJOR DEPRESSIVE DISORDER IN CHILDREN AND ADOLESCENTS, Screening</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>OBESITY IN ADULTS, Screening</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>OBESITY IN CHILDREN AND ADOLESCENTS, Screening</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>OSTEOPOROSIS, Screening</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>PHENYLKETONURIA (PKU), Screening</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>SEXUALLY TRANSMITTED INFECTIONS, COUNSELING</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>SICKLE CELL DISEASE IN NEWBORNS, Screening</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>SKIN CANCER, COUNSELING</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>SYDROME INFECTION (PREGNANT WOMEN), Screening</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>TOBACCO USE IN ADULTS, COUNSELING AND INTERVENTIONS</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>TOBACCO USE IN CHILDREN AND ADOLESCENTS, PRIMARY CARE INTERVENTIONS</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>VISUAL IMPAIRMENT IN CHILDREN AGES 1 TO 5, Screening</td>
<td>/</td>
<td>/</td>
</tr>
</tbody>
</table>
Screenings

- Screening tests look for diseases before one has symptoms. They can identify diseases early, when they are easier to treat.
- Screenings should include:
  - High blood pressure
  - Diabetes
  - High cholesterol
  - Risk for cardiovascular disease
  - Overweight and obesity
  - Osteoporosis
  - Colorectal cancer
  - Breast and cervical cancer
  - Prostate cancer

Preventive & screening services?

Medicare Part B (Medical Insurance) covers:

- Abdominal aortic aneurysm screening
- Alcohol misuse screening and counseling
- Cardiovascular disease screening and behavioral therapy
- Cervical and vaginal cancer screening
- Depression screening
- Diabetic screening and management training
- Glaucoma test
- Hepatitis C screening
- HIV screening
- Mammograms screening
- Nutrition therapy services
- Obesity screening and counseling
- Prostate cancer screenings
- Sexually transmitted infections screening and counseling
- Tobacco use cessation counseling
- Yearly “Wellness” visit
- Shots
  - Flu shot
  - Hepatitis B
  - Pneumococcal
- Annual Skin Assessments

Hey honey, I need this mole checked. What's the doctor's number?

It's not always that obvious.

- Annual Eye and Vision Exams

Milton cheats on his eye exam.
"We don’t offer dental in our healthcare plan. Nobody around here does much smiling."

"As for your hearing test, you can hear neither diddy nor squat."
Should we care?

- MSHCPs embrace the concepts of prevention and wellness
- A healthy MS patient with less co-morbid conditions is easier to treat
- Primary care is an important intervention for those with Progressive MS-(Patricia Coyle CMSC 2014)
- And to all with MS- (MK Fink CMSC 2015)

Take a minute and ask

- Do you have a PCP?
- Have you had an annual exam, recently?
- Are your vaccines up to date? Flu shot?
- Have you had a pap/mammogram recently?
- PSA for males?
- Have you had a bone density?
- Have you had a colonoscopy?
- Skin exam?
- Vision and eye exam?
- Dental Screening?
- Hearing Exams?
Possible alternative to colonoscopy

- **Stool DNA Testing for Colon Cancer**
  - The FDA approved the DNA stool test, called Cologuard, in August 2014, and the Centers for Medicare & Medicaid Services (CMS) decided in October 2014 to cover it.
  - No special diet or bowel preparation (no laxatives or enemas) are required for a stool DNA test. However, if the Cologuard test does indicate cancer or pre-cancer, the patient would then need a colonoscopy to confirm it, and possibly to remove any polyps.
Take a minute and counsel

- Importance of healthy diet
  - Ideal body weight
  - Fruit, fiber, and fluids
  - Calcium
  - Vit D
  - Omega 3 fatty acids
  - Avoid saturated fats
  - Limit alcohol consumption
  - Lower sodium intake

“Cut down on sodium! I’m taking that with a pinch of salt.”

Take a minute and counsel

- About the benefits of exercise and activity
- Smoking Cessation
- Illicit drug use
- Risk taking behaviors - including sexual behaviors
- Screen for depression and other mental health disorders
- Abuse and neglect
“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

“‘I’m the Workout Fairy. I’m here to tighten your abs!’

“The handle on your recliner does not qualify as an exercise machine.”
The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.

Mark Twain

Resources

- Screening tools
  - Institution
  - EMR/ Meaningful use
  - AHRQ/US Preventive Service Task Force
    - Mobile tools
    - Referral Base
    - Colleagues
  - IOMSN
  - Community Agencies

- Resource for patients
  - Community Agencies
  - Healthcare Centers
FamilyDoctor.org

Preventive Services for Healthy Living

Preventive Services for Healthy Living

How can my doctor help me stay healthy?

In addition to treating you when you are sick, your doctor can follow a program designed to help you stay healthy. This program includes the services you need depending on your age, medical history and family history.

What is a "preventive service"?

A preventive service might be a test, or it might be advice from your doctor. Preventive services can screen for disease or risk factors or other health problems. Preventive services can include:

- Tests (also called screenings) to check your general health or the health of certain parts of your body
- Regular measurements of your weight and height
- Tobacco use screened
- Traffic safety
- Immunizations (shots) for both children and adults
- Special tests at certain times in your life, such as during pregnancy or beginning of age 65

Will my doctor tell me which preventive services I need?

Yes. Follow your doctor’s advice about whether you should undergo these preventive services and discuss the risks and benefits with your doctor. Preventive services are sometimes affected by your medical history, family history, and other factors that may relate to your health. You may need to see your doctor more often or less often than the average person.

Who pays for preventive services?

Beginning in 2010, the Affordable Care Act (ACA) will require most health plans to cover all preventive services that are recommended by the U.S. Preventive Services Task Force (USPSTF). Preventive services are services recommended by the USPSTF to prevent disease and deaths. Your health plan must include all preventive services recommended by the USPSTF. For more information, visit the USPSTF Web site at USPSTF.org.

Some preventive services covered under the ACA include the following services:

- Blood pressure monitoring
- Blood glucose testing
- Cholesterol screening
- Family planning services
- HIV screening
- Breast cancer screening
- Colon cancer screening
- Cervical cancer screening
- Menstrual bleeding
- Mammography
- Pap smear
- Pap test
- Quadrivalent human papillomavirus vaccine (HPV 4)
- Screening mammography
- Tuberculosis
- Uterine cancer screening

A list of preventive services covered by ACA can be found at ACA.gov.

You can also find a complete list of preventive services covered by ACA under each ACA plan in your state at ACA.gov.

What preventive services do women need?

Women need many preventive services to stay healthy. Women should have a visit to a doctor who can perform a pelvic exam and breast exam at least once a year. Women should also have a mammogram every 2 years starting at age 30. Women should also get a Pap smear at least once every 3 years, or more frequently if they have a history of abnormal test results.

What preventive services do men need?

Men need many preventive services to stay healthy. Men should have a visit to a doctor who can perform a pelvic exam and breast exam at least once a year. Men also need a test of their thyroid hormone levels, a test of their prostate levels, and a test of their PSA levels every 2 years starting at age 50.

What preventive services do children need?

Children need many preventive services to stay healthy. Children should have a visit to a doctor who can perform a pelvic exam and breast exam at least once a year. Children also need a test of their thyroid hormone levels, a test of their prostate levels, and a test of their PSA levels every 2 years starting at age 50.

What preventive services do older adults need?

Older adults need many preventive services to stay healthy. Older adults should have a visit to a doctor who can perform a pelvic exam and breast exam at least once a year. Older adults also need a test of their thyroid hormone levels, a test of their prostate levels, and a test of their PSA levels every 2 years starting at age 50.

Are medications included in preventive services?

No. Medications are not preventive services. Medications are drugs that are taken to help treat a disease or condition. Preventive services are services that are designed to prevent disease or death. For example, a medication to treat high blood pressure is not a preventive service, but taking a medication to prevent high blood pressure is a preventive service.
What can I do to keep myself healthy?

The choices you make about the way you live are important to your health. Here are some choices you can make to help yourself stay healthy:

- Don't eat any form of tobacco.
- Eat a healthy diet.
- Exercise regularly.
- Don't use alcohol or moderate, if at all.
- Don't use illegal drugs.
- Use seat belts (and car seats for children) when riding in a car or truck.
- See your doctor regularly for preventive care.

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“I forgot to make a back-up copy of my brain, so everything I learned last semester was lost.”

“An ounce of prevention is worth a pound of cure.”

– Benjamin Franklin
The aim of medicine is to prevent disease and prolong life, the ideal of medicine is to eliminate the need of a physician.
- William J. Mayo

An apple a day keeps the doctor away!

"There are no stupid questions, so let's also agree there are no stupid answers."
THANKS FOR LISTENING