



**MetroMom**  
The key to healthy babies 

## The Truth (and Myths) About Breast-feeding

**MYTH:** I won't know if my baby gets enough to eat.

**TRUTH:** Yes, you will. The baby will let you know she's finished. During a 24-hour period, a well-fed baby usually wets six diapers and soils three.

**MYTH:** My breasts are too small to do the job.

**TRUTH:** Any size breast is the right size to breast-feed. The more your baby nurses, the more milk you make.

**MYTH:** Nursing will make me fat.

**TRUTH:** Mothers who breast-feed usually lose the weight gained in pregnancy faster than those who don't.

**MYTH:** Breast-feeding will make my breasts look awful.

**TRUTH:** Nursing doesn't affect the shape of your breasts. Age does. You can slow the process if you

wear a bra with support, especially when you are pregnant or nursing.

**MYTH:** I'll be tied down and can't leave the house.

**TRUTH:** Feed your baby right before you leave for work or go out. Feed him again right after you come home. If you can, pump breast milk and refrigerate it. The baby's caregiver can give it in a bottle.

**MYTH:** Formula is just as good as breast milk.

**TRUTH:** Breast milk is a perfect food for babies. It is easier to digest than formula. It changes as your baby grows to adjust to his needs. Breast milk helps babies avoid many illnesses. Nursing helps mom and baby bond.

If you can't breast-feed, don't panic. Your baby will do fine. But if you are able to nurse, it's the best choice for you and your baby.



### Updated Provider Directory

You can get the most recent MetroPlus Provider Directory either by mail or e-mail. If you want a copy, please call Member Services: **1-800-303-9626**.



## Carrot and Cilantro Soup

An easy, warming winter soup.

### Ingredients:

- 4 large carrots cut into 1-inch pieces
- 1/4 large onion, chopped
- 1 quart low-sodium vegetable broth
- 1/2 cup chopped fresh cilantro

- 1 Put carrots, onion, vegetable broth, and cilantro into a large saucepan. Bring to a boil.
- 2 Cook until carrots are tender, about 10 minutes.
- 3 Remove from heat and let cool slightly.
- 4 In a blender or food processor, puree the soup until smooth.
- 5 Reheat before serving.

### Nutrition Information:

Servings Per Recipe: 6  
 Calories: 44  
 Total Fat: 0.5 g  
 Cholesterol: 0 mg  
 Sodium: 325 mg  
 Total Carbs: 8.9 g  
 Dietary Fiber: 2.3 g  
 Protein: 1.3 g

## Immigrants Can Get Health Care Without Fear

If you are an immigrant, you can get the health care you need. MetroPlus will honor your right to privacy. We will not disclose your immigration status. You can go to your MetroPlus doctor, clinic, or, in an emergency, the ER. Keeping you healthy is what we care about, not your status.

## What Women Need To Know About HPV

By Qing Ding, M.D.

Dr. Ding is a MetroPlus OB/GYN. She sees patients at Bellevue and Gouverneur.



Each year, 12,000 women in the U.S. are diagnosed with cervical cancer. Some are as young as age 25. Doctors now know that human papillomavirus (HPV) is the most common cause of cervical cancer. HPV is also one of the most common sexually transmitted diseases. In many cases, HPV clears up by itself. But if you have sex or have ever had sex, you need to see a GYN every year.

A Pap test is part of a yearly GYN exam. The test checks for any changes in the cells of the cervix. If your Pap test is not normal, you can get a special test for HPV. (Remember, HPV is not the same as HIV.) MetroPlus covers your yearly GYN visit and Pap test.

Doctors think that smoking may add to your risk for cervical and other types of cancer. Smoking is bad for your overall health. If you smoke, try to quit. Your Primary Care Provider (PCP) can help you find a program that works for you.

Since HPV is spread by sex, you need to protect yourself. Each time you have sex, use a new latex condom. Remember: HPV has no “warning signs.” Only a Pap test can tell if you are infected.

Take charge of your health. Use a condom every time you have sex. See your GYN every year.

For more information, call the National HPV and Cervical Cancer Public Education hotline at [1-866-280-6605](tel:1-866-280-6605) or the American Cancer Society at [1-800-227-2345](tel:1-800-227-2345).



## Why Teens Need a Yearly Checkup

During the teen years, your body changes. To be sure you grow and develop as you should, see your doctor each year. At your visit, you have the chance to ask questions you might not want to discuss at home.

A complete exam for teens includes measuring height, weight, and body mass and having certain blood tests. Your doctor examines your heart, lungs, and other body parts to be sure everything is OK. If you are overweight, your doctor helps you make a plan to shed some pounds. If you don't weigh enough, you get the help you need.

Immunizations are also part of your yearly exam. The shots you need depend on other vaccines you have had and special factors about you.

Besides the physical exam, your doctor will talk with you about:

- Sex and how to keep yourself safe.
- Healthy eating habits.
- The dangers of smoking, drinking alcohol, and using street drugs or steroids.
- Your feelings. If you feel sad a lot or think about killing yourself, speak up.

Most teens grow and develop as they should. But if anything isn't as it should be, it is best to find and take care of it early.

If it's been a while since your last checkup, call your doctor for an appointment now. Or ask a parent to call for you. A yearly exam is one of the best things teens can do to keep healthy.

## Reminders

- Do you have a hearing problem? If so, use a TDD machine to call Member Services at [1-800-881-2812](tel:1-800-881-2812).
- Every family member needs a complete physical exam once a year. Call your PCP to make an appointment for each person *now*.
- **MetroPlus Members: Renew/Recertify to Keep Your Health Care Coverage.** Medicaid, Family Health Plus, and CHP B members: You will get a packet in the mail. For help, call MetroPlus Customer Services at [1-800-303-9626](tel:1-800-303-9626).

## Site News & Notes

**Lincoln Medical and Mental Health Center**, at 149th Street, Bronx, has new, state-of-the-art mammogram equipment. This makes the exam faster and gives doctors even better information.

**Queens Hospital Center**, 82-68 164th Street, Jamaica, runs a diabetes outreach program. The staff understands the different foods each ethnic group enjoys. This helps them work out tasty, easy-to-follow meal plans.

At **Elmhurst Hospital Center**, 79-01 Broadway, Queens, modern technology helps keep patients safe. Computers get exactly the right medicine to the right patient.



## Cold and Flu Season

Medicine can't cure either the flu or a cold. Rest and drink plenty of water. You should feel better in a few days. You don't need to call your PCP unless you have:

- High fever or a fever that lasts more than a few days.
- Ear pain.
- Trouble breathing.
- Coughing that brings up bloody, brown, or green mucus.

Help control germs: Cover your mouth when you sneeze or cough. Give each family member a personal glass and towel. Wash your hands often. Get enough sleep and eat a healthy diet. Your flu or cold will pass.

## Network Relations Expands

The MetroPlus Network Relations staff is now at Bellevue and Gouverneur. At Bellevue, we are on the first through fourth floors in the new Ambulatory Care Building. At Gouverneur, we are in the Managed Care office on the ground floor.

Network Relations staff is also at Metropolitan,

Lincoln, and Kings County hospitals, and at East New York D&TC.

Network Relations staff helps members change PCPs, confirm eligibility, get referrals for specialty care, and recertify or fix ID card problems. The Clinical Care Coordinators offer health education. Got a problem? Talk to Network Relations!

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