



June is Migraine and Headache Awareness Month

Headaches are one of the most common health problems doctors and other health care professionals treat. Although many people describe all moderate to severe headaches as “migraine,” there are specific criteria used to identify migraine, tension, and other less-common headache varieties. Doctors and other health professionals consider most headaches as painful, annoying, or even transiently debilitating but cause little risk.

- Tension-Type Headache (TTH)
- Migraine
- Cluster Headache (CH)
- Medication Overuse Headache (MOH)

Each of these can range in severity and occurrence from mild and infrequent, lasting only a few hours, to severe and frequent, lasting several days and accompanied by nausea, vomiting and dizziness. The only similarity between a migraine and a headache is that both cause pain. The pain may come on gradually or suddenly. Migraine is different from other headaches because it may cause symptoms including:

- Nausea or vomiting
- Sensitivity to light, sound or smells
- Worsening of headache with slight physical exertion

Tension-type headaches may be associated with tenderness of the muscles of the head, neck and shoulders.

It is important to recognize the early signs and symptoms of not only an impending migraine or headache but also conditions that look like migraine but can signal another serious illness:

- **Facial Pain** – More facial pain than usual or facial pain in addition to pain behind the eyes and ears may be a sign of giant cell arteritis (inflammation of facial arteries) that can be a precursor to stroke.
- **Any changes in the nature of the migraine** – Pain that is worse than normal or any additional symptoms such as increased heart rate or chest pain may be a sign of something other than just a migraine.
- **Migraine accompanied by fever, rash, or a stiff neck** – this can be a sign of meningitis, a disease that can be fatal if not treated.
- **Neurological symptoms** – Blurred vision, weakness on one side of the body, difficulty speaking, or difficulty breathing may be signs of stroke.

Migraine headache and tension-type headaches can occur frequently, even daily. If you have a headache for at least 15 days each month, your doctor or other medical healthcare professional may recommend daily medication. These may include:

- Antidepressants
- Anti-seizure medications
- Certain types of muscle relaxants, depending on the underlying headache
- Preventative Migraine medications – Aimovig, Emgality
- Botox injections for people with chronic migraine headache

If you are experiencing frequent headache or head pain, it is important to seek appropriate evaluation and treatment. Doctors trained in identifying different types of headaches, for example, internal medicine specialists, neurologists, or allergists, can help diagnose the cause of your headaches.

Live Better Louisiana

Earn your 2019 premium credit in just one step: by completing your preventive health checkup. Blue Cross works with an industry leader, Catapult Health, to bring preventive checkups to a **site near you**. You can schedule a free checkup with a licensed nurse practitioner and health technician through the online scheduler. You'll get **lab-accurate diagnostic tests** and receive a full **Personal Health Report** with checkup results and recommendations.

What do you do? Schedule your appointment online at www.TimeConfirm.com/OGB or call **1-877-841-3058**. Complete your clinic to get the credit. If you are not able to go to a clinic, have your doctor fax a completed Primary Care Provider form, found at info.groupbenefits.org, to Catapult Health.

Upcoming Clinics

Below is a list of clinics scheduled throughout the state. Remember, you have until **August 31, 2019** to get your preventive health checkup in order to be eligible for the 2019 wellness credit!

Live Better Louisiana Clinics	
Date (Week)	Location
06/03 – 07/2019	Louisiana Dept. of Environmental Quality - Galvez Building (Baton Rouge) Bienville Building (Baton Rouge) St. Bernard Parish School Board - Admin Building (Chalmette) Central Office - Jefferson Parish School Board (Harvey) Livingston PSB - Central Office (Livingston) Eastern Louisiana Mental Health System - Main Compound ASSA (Jackson) Dixon Correctional Institute (Jackson) State Treasurer's Office (Baton Rouge) Court of Appeals 2nd Circuit (Shreveport)
06/10 – 14/2019	Pierre Part Middle/Primary School - Assumption Parish (Pierre Part) DOTD District 05 (Monroe) Capital Area Human Services District (Baton Rouge) Denham Springs Junior High - Livingston PSB (Denham Springs) Pinecrest Supports and Services Center (Pineville) Louisiana Correctional Institute for Women (Baton Rouge) Bogalusa City School System - Central Office (Bogalusa) LA Delta Community College (Ruston) McNeese State University (Lake Charles) University of New Orleans (New Orleans) Harvey State Office Building (Harvey)
06/17 - 21/2019	Jefferson Parish School Board Emenes Building (Harahan) Richland Parish - Central Office (Rayville) DOTD District 08 (Alexandria) St. Landry Parish School Board - Resource Center (Opelousas) Ville Platte High School - Evangeline PSB (Ville Platte) LA Delta Community College (West Monroe) Rayburn Correctional Center (Angie) Louisiana State Penitentiary (Angola) Northwest Louisiana Human Services District (Shreveport)
06/24 – 29/2019	Probation and Parole (Alexandria) St. Landry Parish School Board - Resource Center (Opelousas) Ville Platte High School - Evangeline PSB (Ville Platte) Claiborne Building (Baton Rouge) Office of Attorney General (Baton Rouge) Supreme Court of LA (New Orleans) Eastern Louisiana Mental Health System (Jackson) South Central LA Human Services Authority -Admin Office (Houma)

Live Better Louisiana Health Capsule

Mental health affects physical health and overall well-being, and is a common concern among people who are struggling with serious health issues.

Blue Cross social workers and health coaches work with members to offer support and encouragement, find healthcare providers or cope with any diagnosis. They also connect members with local support groups and community resources to assist them.

The Blue Cross social workers want you to be aware of the signs and symptoms of depression.



Social workers are part of the Blue Cross in-house clinical team, which supports members dealing with long-term health needs, serious illnesses or acute injuries to help them be STRONGER THAN any disease or diagnosis. The clinical team, which also includes nurses and dietitians, offers health coaching, personalized education and assistance in setting and reaching wellness goals.

To learn more about Care Management programs and services or to sign up for health coaching, visit www.bcbsla.com/Stronger. There is no cost for members to work with a health coach.

Beat the Heat

Heat related deaths and illnesses are preventable. Despite this, around 618 people in the United States are killed by extreme heat every year. Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs.

Some factors that might increase your risk of developing a heat-related illness include:

- High levels of humidity
- Obesity
- Dehydration
- Prescription drug use
- Heart disease
- Poor circulation
- Sunburn
- Alcohol use

There are ways to avoid heat-related illnesses:

- **Stay Hydrated** - Drink water! Avoid sugary beverages and alcohol.
- **Stay Cool** – Plan outdoor activities for early mornings or evenings, avoiding the hottest times of the day. Stay indoors in an air conditioned area during the mid-day, when temperatures are at their peak.
- **Dress to Stay Cool** – Wear lightweight, light-colored, loose-fitting clothes.

Lightened-Up Creamy Broccoli Salad



Switch out the potato salad for a light and tasty broccoli salad.

Ingredients:

- 2 strips low-sodium bacon
- ½ c ice cubes
- ½ medium red onion, thinly sliced
- ½ c buttermilk
- 1/3 c reduced-fat sour cream
- ¼ tsp finely grated lemon zest
- 1 tbsp. Lemon juice
- Kosher salt and black pepper
- 6 ½ c broccoli florets (about 1 lb.), cut into bite-sized pieces
- 1/3 c golden raisins
- 2 tbsp. salted roasted sunflower seeds

Directions:

1. Combine the ice cubes, onions and 1 cup of water in a small bowl. Let the onions soak for 10 minutes while preparing the rest of the salad, then drain and pat dry.
2. Cook the bacon in a small nonstick skillet over medium-low heat until crispy, about 8 minutes. Transfer to a paper-towel-lined plate to drain, reserving 1 tsp of drippings for the dressing. Finely chop the bacon strips and reserve.
3. Whisk the buttermilk, sour cream, lemon zest and juice, reserved bacon drippings, ¾ tsp salt and pepper to taste. Add the broccoli, onions and golden raisins to the dressing. Toss well, cover and chill for at least 1 hour and up to 4 hours.
4. Before serving, toss well and season with additional salt and pepper. Transfer to a serving dish and top with the chopped bacon and sunflower seeds.

For more information, visit us at www.bcbsla.com/ogb

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