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Minimally Invasive Procedure "MIP" — Know Your Surgery Options

Today's surgical options offer Quicker Recovery Time, Less Pain, and Less Scarring than traditional open procedures.

Similar to the development of arthroscopic surgery for knee disorders, Minimally Invasive Procedure "MIP" techniques are now offering a tremendous breakthrough in the treatment of a number of conditions including colon cancer and colon disease, appendicitis, ventral hernia, hemorrhoids, endometriosis, uterine cancer and acid reflux (GERD). MIP techniques are even used in diagnostic testing for breast cancer and weight loss surgery. Traditional open surgery has been the most common treatment option for many patients with these conditions. However, with an MIP, patients who undergo laparoscopic surgery may feel better sooner and experience several other benefits over conventional "open" surgery including less recovery time, less time in the hospital, less pain, and less scarring.

"People need to be educated and informed about their surgical options so they can choose the best treatment for them and their lifestyle," says Dr. Bruce Kerner, MD, FACS and FASCRS. MIP allows patients to return to their jobs and normal activities much sooner. During a MIP, the surgeon makes a series of three to five small, dime-sized incisions in the patient's abdomen. Carbon dioxide gas is used to inflate the abdomen and create a working space between the internal organs and the skin. A small video camera, or scope, then is placed in one of the incisions, providing the surgeon with a magnified view of the patient's internal organs on a television monitor in the operating room.

As with any surgical procedure, MIP may present risks. Individual patient results may vary and are not indicative of all outcomes. Patients should consult their physician to determine if MIP is right for them. For more information, visit www.MIPInfo.com.



Important Information to Improve Your Health

November is American Diabetes Month

PLEASE REMEMBER THAT ANY PARTICIPANT IN ANY ICUBA MEDICAL/PRESCRIPTION DRUG PLAN with a physician prescription QUALIFIES FOR A FREE OneTouch® diabetes meter and test strips, lancets, and NovoFine® insulin needles at any one of 60,000 pharmacies in the ICUBA Pharmacy Network. More information is available 24 hours a day at 1-800-207-2568, on the web at www.mywhi.com or at <http://icubabenefits.org>

DURING NOVEMBER, RECEIVE FREE blood glucose and A1C testing PLUS pharmacist consultation at participating Walgreens®. Walgreens will donate \$1 to the American Diabetes Association for every test performed. To find an event near you, call 1-877-W-and-YOU (1-877-926-3968) or go to Walgreens.com and click on Diabetes Health Shop.



EMERGENCY ROOM vs. URGENT CARE

Did you know.....YOU will pay less out of pocket for care at Urgent Care Centers than at an Emergency Room “ER”? Find a Local Network Urgent Care Center by logging onto <http://www.bcbsfl.com>

According to some estimates, more than three-quarters of the people who visit an Emergency Room “ER” do not need to be there. Many of these patients are likely better candidates for a visit to an Urgent Care Center.

Do You Really Need the ER?

Emergency rooms are located in hospitals and are staffed by medical doctors who use sophisticated equipment to handle life-threatening injuries and illnesses, and other serious medical conditions such as difficulty breathing or sudden severe pain. Patients at the emergency room are sorted, or triaged, according to the seriousness of their condition. For example, a patient with severe injuries from a car accident would be seen before a child with an ear infection, even if the child was brought in first. People who go to the ER with relatively minor ailments often have to wait to be seen.

If you experience an emergency that may cause loss of life or permanent or severe disability, you should go directly to the nearest emergency room. For example, you have:

- Chest pain
- Shortness of breath
- Severe abdominal pain following an injury
- Uncontrollable bleeding
- Confusion or loss of consciousness, especially after a head injury
- Poisoning or suspected poisoning
- Serious burns, cuts, or infections
- Inability to swallow
- Seizures
- Paralysis
- Broken bones

Using Urgent Care Instead

An Urgent Care Center is more cost-effective than an ER for non-life threatening, less severe conditions. Some examples of conditions that require urgent care are ear infections, cuts, bruises, sprains, urinary tract infections, vomiting, and high fever.