Know Your Body, Trust Your Instincts

It was just a mole on the back of her leg. Although legs are the most common location for melanoma in women and Gail Berger has fair skin, freckles, and a history of sunburns and sun exposure—all skin cancer risk factors—"you never think these things will happen to you."

Berger had initially been told there was nothing to worry about, but nine months later, she noticed the mole had changed. It was peeling, so she trusted her instincts and got a second opinion. She went to see a specialist, Cedars-Sinai Medical Group dermatologist Howard Liu, MD, even though she was about to leave for vacation in Hawaii. Something told her she should.

"No one knows your body as well as you do," Berger explains. "As a registered nurse, I know that, but I guess I had been in denial." Dr. Liu examined Berger and felt the mole should be removed immediately at that visit. Despite being on vacation, she heard

continued on page 4

ELITE STATUS has once again been awarded to Cedars-Sinai Medical Group in recognition of the team’s ability to achieve the triple goals of “better technical quality, responsive patient experience and affordability.” In other words, high-quality care responsive to patient needs. This ranks Cedars-Sinai as one of 25 top physician groups in California.

The Medical Group has earned this statewide recognition each of the five years the Standards of Excellence Survey has been conducted by the California Association of Physician Groups (CAPG). The 2011 survey of patients, upon which the ranking is based, analyzed physician group infrastructure capabilities in four areas, each considered central to providing quality, consistency, responsiveness and affordability for CAPG’s estimated 12 million HMO and PPO patients.

See “A Message from the CEO” on page 2 for additional information.
A Message from the CEO

Thomas D. Gordon
Chief Executive Officer

Even with Reform, Our Health Care Priority Remains Service Quality

The Standards of Excellence Elite Status ranking from the California Association of Physician Groups (see article, page 1) is particularly gratifying to our Medical Group. It represents a personal and positive survey response from a number of our patients who indicate we are doing many things right.

Your satisfaction with our caregivers, our processes and our responsiveness to your needs is our true test of whether we are doing our job well and providing you with the highest quality care. Making a positive difference in your lives is at the heart of everything we do, so we want to hear from you when we are doing things right and also when you have concerns.

At a time when health care is evolving rapidly and change is the order of the day, we’re determined to maintain service quality as our first priority. Our goal is to work in partnership with our patients to improve our service in this new era, to broaden your access to the specialized care you need by offering you an expanded care team, improved communication and greater efficiencies. As you will read in this issue of Well-Being, our Medical Home and Case Management programs are already heading us in that direction.

To further enhance our service, we will continue to carefully monitor our clinical results and also seek your feedback and interactive dialogue about our service delivery. In addition to participating in surveys, we hope you will continue to express your thoughts, concerns, satisfaction and dissatisfaction with your care team partners. Open communication with your physicians, health coaches, educators and other caregivers helps us to better serve you and will help you better understand the care you can expect and the services available to you.

Thank you for your trust in our Medical Group. We look forward to continuing to serve you for many years to come.

With kindest regards,

Share your thoughts with us
Please e-mail us at wellbeing@csmns.org, or call our Patient Services Department at (800) 700-6424 Monday–Friday 8:00 a.m. to 5:30 p.m.

Ovarian Cancer Screening: Taking a Closer Look

Ovarian cancer is a deadly predator that often goes undetected until later stages. It would seem then that annual screenings to identify and treat the disease in its early stages would save lives.

Unfortunately, that has not proven the case for the two screenings commonly used to identify ovarian cancer—the transvaginal ultrasound and a blood test for the serum cancer antigen CA-125, a protein released by ovarian cancer cells. Based on an 18-year National Cancer Institute study of over 78,000 women age 55 to 74 who had no history of ovarian cancer, there is actually more harm than good associated with the screenings.

In the study, which was published in the Journal of the American Medical Association in June 2011, the cancer screenings did not reduce ovarian cancer mortality. In fact, roughly 3,000 of the women in the study experienced false-positive results on screening, and one third of that 3,000 were exposed to needless surgery and avoidable, sometimes major complications as part of the diagnostic evaluation.

New methods to screen for the cancer are being tested, but until a better screening test is identified, women who are not at high risk for ovarian cancer should consult their doctors if they experience any potential symptoms of the disease, including persistent bloating, abdominal pain and changes in bladder or bowel function.

Screening for High-Risk Patients
The ultrasound and CA-125 blood test screenings may still be of value for some individuals at high risk for ovarian cancer, including those with a family history of ovarian, breast or colorectal cancers and those who are carriers of the BRCA genes. Discuss your situation with your physician.

Did you know...

Medications and Disease Make You Vulnerable to Insect Stings

Insect stings and bug bites account for more than half a million trips to the ER each year, according to the American College of Allergy, Asthma and Immunology. For some, a sting can be life-threatening.

Individuals at high risk for serious reactions include:
- Those who have had serious allergic reactions to prior stings
- Patients who suffer from heart disease, high blood pressure, asthma or pulmonary disease
- Individuals taking certain medications, including beta blockers or ACE inhibitors
- Those who have frequent exposure to stinging insects

Symptoms of a severe reaction may include hives; itching; swelling of the nose, lips, tongue and throat and/or dizziness; tightness in the chest and difficulty breathing; fainting or loss of consciousness. Seek immediate medical attention if any of these symptoms occur.
Ambulatory Case Managers Help Navigate the System

The Medical Group’s Ambulatory Case Management team includes, left to right, Cassandra Walls-Ward, MSW, ambulatory case manager and medical social worker; Diane Winfield, case management coordinator; Patricia Verma, RN, ambulatory case manager; Kelley Hart, director, Utilization/Case Management; and Jeffrey Alcala, LVN, ambulatory case manager.

The Cedars-Sinai Medical Group Ambulatory Case Management program matter-of-factly describes its purpose: to provide well-coordinated and cost-effective care for patients and allow for continuity of care between the outpatient, inpatient and home care environment... working collaboratively with the patient and the patient’s family, primary care physician and health plan manager to identify care options that are acceptable to the patient.

True, that is what the five members of the case management team do, and it’s a service available to Medical Group patients who need it. Their service is comprehensive. They do assessments, identify barriers to care and listen to concerns; help patients and families understand the disease process, formulate treatment plans, navigate the health care system and maximize their medical benefits; help patients get the best care in the most appropriate setting; and even help families with transportation assistance and community housing resources when necessary.

But how does that play out in a real life situation?

A Captain, Coach and Team Players Improve Care for Patients

I’m a primary care doctor, and I’ve been practicing medicine for 30 years. Like most of us with that level of experience, I thought I had it all figured out. It wasn’t until I began this Medical Home initiative with 10 of my colleagues that I accepted the fact that health care is actually a team sport.

To provide the best care for our patients, it takes our entire care team working with our patients and their families. As the captain of my team, I appreciate the unique positions the rest of our team plays and the value they bring to us and our patients.

The care coordination improvements we’ve experienced since implementing our medical home are noticeable. We have a daily huddle where patient information is reviewed prior to their appointments. My back office staff also does thorough chart reviews for each patient the day prior to his or her appointment. They are able to identify lab test results that have come in, immunizations and screenings that are due and more. As a result, my patients are getting more preventative health care than ever before.

When I’m in an exam room with a patient, I may realize the benefit for him or her to spend some time with our health coach, a licensed clinical pharmacist who has special expertise and additional time to talk with the patient about medications and their benefits and risks. Our ambulatory case manager has been very helpful with patients who can use extra support coordinating transportation, navigating the health care system and various appointments, and scheduling community resources like Meals on Wheels.

The future holds even more for the growth and evolution of the medical home we are providing for our patients, and we’re very excited about it. Health care at our Medical Group is being reformed, and we’re seeing that it’s to the benefit of all involved.

Supporting One Family’s Happy Ending

Shlomo Korobkin is a typical, active eight-year-old boy, except for the fact that he had a brain tumor removed two years ago and has had multiple surgeries in his short life. Since the diagnosis, his parents, Rabbi Daniel and Karen Korobkin, have focused all their attention on their son’s health and recuperation. Had it not been for Ambulatory Case Manager and Medical Social Worker Cassandra Walls-Ward, however, Korobkin says much of their time would have necessarily been spent doing paperwork, wading through red tape and aggressively pushing to get services approved.

“We call Cassandra our angel for helping us through this process,” Korobkin says. “She has been extremely compassionate and sensitive throughout this ordeal, and always professional.”

The complexity of Shlomo’s case came as a result of coordination of care and health insurance coverage between multiple physicians and two hospitals. That slows down the process, but the disease treatment called for swift action.

“We were able to get the care we needed for Shlomo—the best care—because of Cassandra’s ability to maneuver through the system. She greased the wheels and made things happen faster,” Korobkin recalls. “The clouds parted and we were able to get through the system. For Cassandra to take that responsibility off our shoulders meant we could focus our time and energy on our son. We are really grateful that Cedars-Sinai has this service."

Big sister Mindy Korobkin and her brother Shlomo are all smiles as a result of a happy ending to Shlomo’s frightening health ordeal.
“Pay attention to the risks, take precautions and convince your loved ones to do the same.”

from Dr. Liu as soon as the biopsy results came in.

“He called me at night in Hawaii to tell me the biopsy confirmed melanoma and that he would arrange for surgery right away,” she recalls. “That’s the kind of person he is. He’s a really good man and doctor, and he goes the extra mile for you.”

“Having experienced serious illness with my own family, I understand,” Dr. Liu explains. “People want information right away, whether they’re on vacation or not. No one wants to wait for results any longer than necessary. When I receive the information, it’s my job to communicate it to my patient immediately.”

Berger returned to the mainland quickly and Dr. Liu got the wheels in motion for outpatient surgery and later, reconstructive surgery. “He walked me through the process and referred me to great surgeons he works with regularly. He was thorough and conscientious throughout and always gave me his full attention. That meant a lot and helped to lessen my fears.”

Because Berger trusted her instincts and Dr. Liu acted swiftly, four years later she still goes on vacations in sunny climates and enjoys the outdoors with the horses she loves to ride. But now she does it safely, with sunscreen, protective clothing, and regular check-ups.

“It was an eye-opening experience,” Berger admits. “You take things for granted, thinking it can’t happen to you.” But it does, so both Berger and Dr. Liu caution everyone to pay attention to the risks, take precautions and convince your loved ones to do the same.

Don’t Play Russian Roulette with the Sun

Even though survival odds are improving because of early detection, the incidence of melanoma continues to increase, according to Dr. Howard Liu, board-certified dermatologist at Cedars-Sinai Medical Group. Ultraviolet rays (UV) from the sun are the primary culprit, and although prevention products have improved, people are still using tanning beds and don’t use sun protection. “They’re playing Russian Roulette with their lives when it comes to melanoma. One bad mutation caused by the UV rays, and it could be serious trouble.” He suggests a few simple steps to reduce your risk.

Sun Safety Tips

- **Use broad spectrum sunscreen, always.** Choose a sunscreen that protects against both UVA and UVB rays. And remember, the sun’s rays can be absorbed any time, even under cloud cover and in winter.
- **Use SPF 30.** Anything over an SPF of 30 doesn’t provide significantly more protection, but SPF 30 should be the minimum.
- **Re-apply sunscreen often.** Apply it generously and evenly and reapply it regularly according to label directions, usually every two hours, but more often if you’re in water or sweating.
- **Avoid mid-day sun.** The sun’s rays are strongest between 10 a.m. and 4 p.m.
- **Wear protective clothing.** If you can see light through a fabric, UV rays will get through. UV blocking fabrics are available. Dark colors protect more than light and dry clothes more than wet.
- **Wear a hat and sunglasses.** A three-inch hat brim protects the scalp, ears, face and eyes. UV rays are a known cause of cataracts as well as skin cancer.
- **Don’t use tanning beds.**
- **Check your skin regularly.** Look for new growths or changes in moles, freckles, bumps and birthmarks. Any area of the body is susceptible, including your feet and scalp.
- **Get regular medical checkups.** Report anything you find to your doctor and have your dermatologist do a thorough exam annually.

Patients Get Help With Diabetes Management

As the number of adults and children with diabetes skyrockets, Cedars-Sinai Medical Group continues to provide comprehensive, up-to-date education, monitoring and support for those who suffer from diabetes. Medical Group patients have access to a team of specialists, including clinical pharmacists, nurse practitioners and registered dietitians, who can help with everything from prevention techniques to management of all types of diabetes.

Education is the key to management of this challenging disease. Control begins with lifestyle—weight, diet, exercise and rest. In addition, patients have to learn how to take their medications and how to keep their glucose levels in check.

Several clinical trials have demonstrated that tight glucose control decreases complications. For those who require insulin, there are new sensors that provide continuous monitoring. Insulin pumps, an alternative to multiple daily injections of insulin by syringe or insulin pen, are becoming “smarter” as well. Radio frequency communication links continuous monitors with an insulin pump system, and data uploads to Medical Group electronic medical records allow the team to help patients achieve more consistency in their levels.

If you or a family member is a diabetic, talk with your physician about referral to the comprehensive diabetes program.

Diane McWhorter, a family nurse practitioner and certified diabetes educator (right), helps a patient understand new monitor and pump devices for diabetes.
Dermatology Adds Physicians, Expands Cosmetic Services

In just three years, the Dermatology Department at Cedars-Sinai Medical Group has undergone its own facility facelift and doubled the size of the clinical team serving its patients.

Today the department includes four board-certified dermatologists, all of whom have experience as faculty at academic centers. In addition, the team includes a nurse practitioner and a physician assistant, both of whom are specialty trained in dermatology and support the physicians in offering a wide array of treatments and procedures for all ages.

The team has the expertise to meet the needs of the whole family, medically and cosmetically. They treat everyone, from newborns with severe rashes and young children with birthmarks, to pregnant women with hormonal skin issues and adults with skin cancer.

The cosmetic dermatology services offered have also been expanded. Patients receive these services from qualified medical professionals in a safe environment. A wide range of procedures is available in one location, from dermal fillers for rejuvenation to fractional laser resurfacing and intense pulsed light photo-rejuvenation, to more advanced procedures, such as fat grafting and upper eyelid surgery. These services can be used to treat wrinkles, remove sunspots, revise scars, remove unwanted hair and much more.

In addition to the primary cosmetic dermatology services, a menu of aesthetic services is also available, including Silkpeel microdermabrasion and Cosmelan mask treatment, as well as medical-grade skin care products that are only distributed to physicians. A UVA/narrowband UVB light therapy machine is also being added. This light therapy will be a primary treatment option for patients suffering from psoriasis, vitiligo and other skin ailments.

Susan Rabizadeh, MD, (photo, far right) and her colleagues provide a wide range of cosmetic dermatology services and procedures, including laser resurfacing. Team members include (photo immediately right), left to right, Dr. Rabizadeh; Maryam Ahmadian, NP; Joyce Fox, MD, and Rachel Abuav, MD. Also part of the team but not pictured are Howard Liu, MD, and Celia Kong, PA-C.

To schedule a consultation, please contact the Dermatology office, located in Suite 202 at 200 N. Robertson Blvd. in Beverly Hills. Call (310) 385-3300 for an appointment.

Medicare Open Enrollment Dates Have Changed

Dates for open enrollment have changed for 2011 if you want to choose and join a Medicare health or prescription drug plan. Be sure to review your current plan to ensure it will still meet your needs, as this is the only time during the year you can change plans unless you have a specific life event that qualifies for a Medicare Special Election Period change.

SEPTEMBER

Compare your coverage with other available options to see if there’s a better choice for you. Find out if costs and coverage have changed on your current plan. If you decide not to change plans, you don’t need to do anything further.

OCTOBER 15 – DECEMBER 7, 2011

Fall Open Enrollment Period: you can change your Medicare Advantage health or prescription drug coverage for 2012. For most, this is the only time during the year you can change plans.

JANUARY 1, 2012

New coverage begins if you switched or joined a plan. New costs and coverage changes begin if you kept your existing coverage.

Free Medicare Sign-up Support

Martha Burdekin is available to all Cedars-Sinai Medical Group patients to help you understand your Medicare options with Parts A (hospital insurance) and B (medical insurance), and to enroll in a Medicare Advantage (Part C), Medicare Supplement and/or Medicare Part D Prescription Drug plan. There is no cost for Burdekin’s help, whether you’re just turning 65 or changing your selections during the annual open enrollment period.

Meet with her one-on-one in her office or a location of your choice, or join one of her group meetings. Call Burdekin at (310) 733-7100 or email her at martha.burdekin@olympiamc.com.
Meet Our New Physicians

Cedars-Sinai Medical Group continues to expand to provide services responsive to the needs of our patients. Some exceptional individuals have joined our care team and we’d like to introduce them to you.

David Austin, MD
Internal Medicine

Dr. Austin was drawn to medicine by a fascination with the many ways diseases present themselves and the challenge of diagnosis associated with that. It’s the person touched by illness that sustains his passion, however. "I continue to be inspired and guided by the words of the famous internist, William Osler, who observed that ‘the good physician treats the disease; the great physician treats the patient who has the disease.’” He takes the pulse, Dr. Austin suggests, but holds the hand.

**Location:** 250 N. Robertson Blvd., Suite 501
Beverly Hills, CA 90211
(310) 385-2960

**Board Certification:** Internal Medicine

**Medical Degree:** Indiana University School of Medicine, Indianapolis, Indiana

**Medical Education:** Residency and Internship, Internal Medicine, Harbor-UCLA Medical Center, Los Angeles, California

Dorrie Chang, MD, FACS
Internal Medicine

For Dr. Chang, pursuing a career in medicine came from a desire to help people during a difficult time in their lives. "I love taking care of patients and listening to and helping them with their health concerns." Before joining Cedars-Sinai, Dr. Chang was an attending physician at Venice Family Clinic and Santa Monica UCLA Internal Medicine Practice and served as a preceptor for UCLA School of Medicine. Dr. Chang speaks Mandarin Chinese and Spanish, and cares for patients at the Cedars-Sinai Medical Group Urgent Care Center.

**Location:** 8501 Wilshire Blvd., Suite 150
Beverly Hills, CA 90211
(310) 248-7090

**Board Certification:** Internal Medicine

**Medical Degree:** University of Southern California, Keck School of Medicine, Los Angeles, California

**Medical Education:** Chief Resident, Residency and Internship, Internal Medicine, UCLA, Los Angeles, California

Richa Lal, MD
Pediatrics

Dr. Lal provides care for children and adults at the Cedars-Sinai Medical Group Urgent Care Center. Before joining the Medical Group, Dr. Lal worked in a variety of settings, pursuing her passion and providing her special brand of care to children in underserved areas, including Phoenix, Arizona and Orange, California. She was most recently responsible for admission and discharge of newborns across several high-volume hospitals. In addition to English, Dr. Lal speaks Spanish and Hindi.

**Location:** 8501 Wilshire Blvd, Suite 150
Beverly Hills, CA 90211
(310) 248-7090

**Board Certification:** Pediatrics

**Medical Degree:** Ross School of Medicine, Dominica, West Indies

**Medical Education:** Residency, Pediatrics, New York Methodist Hospital, New York, New York

In the Spotlight

Cedars-Sinai Health System
President’s Award Winner

Jennifer Paulk
Senior Administrative Assistant to the CEO

Good work doesn’t go unnoticed at Cedars-Sinai Medical Group. A two-week temporary assignment turned into a 16-year career for March 2011 President’s Award winner Jennifer Paulk. Hired on in a full-time capacity in 1995 as lead front office medical secretary for reconstructive surgery, she made the office work smoothly and efficiently behind the scenes.

Today, as senior administrative assistant to the Medical Group’s Chief Executive Officer Tom Gordon, Paulk is still supervising office staff and ensuring smooth operations that make a difference in the lives of the Medical Group’s physicians, staff and patients.

“I always approach the day in a positive manner,” she explains. “I do whatever is needed to see that the office runs efficiently to support Tom and to maintain the excellent reputation of Cedars-Sinai.” That “whatever is needed” can include varied responsibilities throughout each day, including fielding patient calls. “When patients call the CEO’s office, they expect resolution for their question or concern,” Paulk says. “If I can’t solve the problem or answer the question, I will stay with the caller until I find someone who can. I try to end every call with a totally satisfied patient.”

The commitment to customer service comes directly from Gordon himself, according to Paulk. “He always has a positive, respectful attitude and that sets an example for us all. We work to make a difference in our patients’ lives. For me, that provides a real sense of accomplishment. Making their day makes mine.”

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We work to make a difference in our patients’ lives. Making their day makes mine.”

Physician Excellence Honored

Board-certified Pediatrician Gerald Whitman, MD, was recently inducted into the Cedars-Sinai Medical Center Benjamin Kagan Society. The award, created in 2010 by the Cedars-Sinai Department of Pediatrics, recognizes the contributions of extraordinary physicians. Dr. Whitman was honored for his dedication to patients and his clinical excellence and strong leadership in the field of pediatrics. He is currently Medical Director of Pediatric Medical Management for the Medical Care Foundation and holds numerous other positions.
Same-Day Care for Your Urgent Needs

Cedars-Sinai Medical Group’s Urgent Care Center is designed to help you meet your unexpected medical needs when your primary care doctor or pediatrician is not available. The Center’s internal medicine and family practice physicians, pediatricians and urgent care-trained physician assistants are members of the Cedars-Sinai Medical Group and provide the same standard of excellence in patient care to diagnose and treat your flu, cold, fever or any illness that needs immediate attention.

Same-day and after-hours care are available at the Center, in Suite 150 at 8501 Wilshire Boulevard in Beverly Hills, Monday through Friday, 9:00 a.m. to 9:00 p.m. and Saturday through Sunday, 9:00 a.m. to 1:00 p.m. Of course, if you have a serious health problem, call 911 or go to the Cedars-Sinai Medical Center emergency department.

Voice of the Customer Program: WE CARE

Our goal is to provide you with high-quality medical care, excellent customer service and a strong mix of programs and services responsive to your needs. Our team of physicians, caregivers and support staff are all focused on serving you.

In order to achieve our quality care and service goals, we need to hear from you. Your concerns, suggestions and general feedback about the quality of care and services you receive will help to make us even better at what we do.

Should you have any issues at any time, our care team meets bi-weekly to investigate and resolve your concerns and to fine-tune our policies and procedures to better serve you.

Please call our Patient Services Department at (800) 700-6424 Monday through Friday, 8:00 a.m. to 5:30 p.m., with any issues you may wish to discuss.

Learn More about Us

At Cedars-Sinai Medical Group, your good health is our first priority. We view ourselves as your partner, there to support you in your wellness and preventive efforts, as well as to treat and care for you when illness or injury occurs.

To learn more about any of our Cedars-Sinai Medical Group physicians, specialty services, wellness classes, physician office locations and phone numbers, please visit our website at www.Cedars-SinaiMedicalGroup.org. Or, call our Patient Services Department at (800) 700-6424, Monday through Friday from 8:00 a.m. to 5:30 p.m.
Well-Being
A QUARTERLY NEWSLETTER FROM YOUR PARTNERS IN GOOD HEALTH

What’s in Store…
In this issue of Well-Being, get the latest from your partners in good health.

Patients’ Praises Provided
Patients rank Cedars-Sinai Medical Group among the top California physician groups.
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Navigating the Network
Ambulatory case managers support one family’s happy ending.
See page 3

Sun Safety Syllabus
Don’t play Russian Roulette with skin cancer.
See page 4

Sign-up Support
Know new Medicare annual election dates and get free help understanding your options.
See page 5

Cedars-Sinai Medical Group Wants You to Know…

A Better Alternative to the Sheep?
For many, especially the elderly, neither nightly counting of sheep nor medical treatment will bring sleep. A study from Italy holds promise for a simple and safe solution. In a study of 43 residents of a long-term care facility in Italy, the patients who received a nightly supplement of melatonin (5 mg), zinc (11.25 mg) and magnesium (225 mg) exhibited highly significant improvement in sleep compared to the placebo group.

Prenatal Vitamins Do it for D
Routine vitamin D screening for pregnant women is not necessary, according to new guidelines from the American College of Obstetricians and Gynecologists. Most can get enough of this vitamin, which plays a role in fetal bone development, through sun exposure and their daily prenatal vitamins. Those at high-risk for the deficiency should still be tested during pregnancy.

Portable Pools’ Potential Problems
Have fun in the water this summer, but be sure to take the same precautions for kiddie pools and other inflatable pools as you do for full-size, in-ground pools. According to a recent study, they pose a similar risk of drowning for young children. Closely supervise children around all pools, limit their access to pools and know CPR.

Mom Was Right—Eat Your Broccoli
No surprise here. A new long-term study of 134,796 adults in China indicates that if you eat more fruit and vegetables, you may live longer and healthier. The study, published in the American Journal of Clinical Nutrition, encourages people to eat more produce, especially cruciferous vegetables like broccoli, cabbage, arugula and cauliflower—just like Mom recommended.

The Plate Replaces the Pyramid
The U.S. Department of Agriculture has replaced its 20-year-old food pyramid icon with a new, easier to understand dinner plate. The MyPlate icon helps young and old alike visualize how to incorporate portion control and serving size into an actual meal. It shows that a main meal plate should ideally include one-half vegetables and fruit, one-fourth grains and one-fourth protein, with a little low-fat dairy on the side.

Avoid Allergy Symptoms in Hotels
For the 40 million Americans who have allergies, traveling can be difficult. More hotels are offering hypo-allergenic rooms, but if that’s not available, request a room on the highest floor and farthest from the swimming pool where mold is less likely to grow. You can also ask that no room-freshening scents be used prior to your arrival.

Get School-Ready This Summer
It’s already time to prepare for the new school year. Visit your pediatrician to update vaccinations, have an annual physical exam and developmental assessment, as well as prepare any special instructions for the school nurse, including medications and allergy restrictions. Remember, this year many schools will require written proof of tetanus, diphtheria and pertussis (whooping cough) vaccination for those children entering the seventh grade or higher.