

Did You Know?

Pneumonia Vaccine: One easy step to keeping well

By James Carney, M.D.

Receiving the pneumonia vaccine is a very important and easy way to stay well and prevent a major illness. While we hear a lot about the dangers of flu every year, we hear far less about pneumonia, a common and sometimes deadly flu complication.

A few important facts about the pneumonia vaccine:

- The shot is only required once for most people, so ask your doctor what is right for you
- The vaccine could save your life
- There is no cost for Medicare Part B recipients if your doctor or supplier accepts assignment for giving this shot
- People with the flu, particularly seniors, are at risk for developing pneumonia as a complication
- The vaccine can be given at any time during the year

This article is for informational purposes and you should consult your doctor or other healthcare provider for actual medical advice. Some of the information provided comes from the February 2010 report, "Adult Immunization: Shots to Save Lives" prepared by the Trust for America's Health, a non-profit, non-partisan organization, the Infectious Disease Society of America, the Robert Wood Johnson Foundation and the CDC.

About the Author



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Profile in Brief

Education:

Jefferson Medical College of the Thomas Jefferson University

Residency:

Medical Center of Delaware

Certification:

American Board of Internal Medicine

Memberships:

American College of Physicians, American College of Physician Executives

Too busy to cook?

Take advantage of prepared foods from your local grocer to cut down on preparation time for your favorite recipes or try this easy recipe:

Fast and Easy Low-Fat Chicken Salad

- 1 rotisserie chicken diced
- 1/4 cup no-fat mayonnaise
- 1/4 cup low-fat sour cream or yogurt
- 1/4 cup sliced red grapes
- 1/4 cup toasted almond slivers
- 1 tsp. chopped garlic (you can use pre-chopped garlic from a jar)
- salt and pepper to taste

Combine all of the ingredients in a large bowl. Cover with plastic wrap and chill for at least one hour. Serve on whole wheat bread with fresh tomato slices.

Carilion Clinic Medicare Health Plan Provider Network

For the most up-to-date information on which doctors are in our network, give us a call at 877-233-7055 or check CarilionMedicare.com. As the health plan grows, so does our provider network!

Would you prefer to receive your newsletter through e-mail?

Let us know your preference by going to "Contact Us" at CarilionMedicare.com or calling us at 877-335-0202 x55939.

Community Calendar

Free Blood Pressure and Blood Sugar Screening

Every Monday and Wednesday, 8 - 11 a.m.
Tanglewood Mall near the K&W Cafeteria, Roanoke

Diabetes Prevention: What is Your Plan?

Get the tools and an individualized action plan to help prevent diabetes, \$15.

May 11, 3-5 p.m.

1030 S. Jefferson St., Jefferson Plaza, Suite G101, Roanoke

*Registration required

Blood Pressure and Blood Sugar Screening

May 20, 9 – 11 a.m.

Moneta Post Office

14211 Moneta Road

Blood Pressure Screening

May 19, 9 - 11 a.m.

Ferrum Post Office

57 Fieldcrest Road

Twinges, Hinges and Other Musculoskeletal Discomforts

Presented by Robert Johnson, M.D., rheumatologist

May 27, 5:30 p.m.

Smith Mountain Lake Retirement Center

115 Retirement Drive, Hardy

*Registration required

Free Blood Pressure and Blood Sugar Screenings

May 11, 2-4 pm.

Roanoke City Downtown Library, 706 Jefferson St.

**To register for this event, or for information on other health events, call 540-266-6000 or 800-422-8482.*



Health Matters

MAY 2010

Health Matters is a publication from the Carilion Clinic Medicare Health Plan dedicated to giving members the latest information on matters affecting health and well-being.

Contact us:

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