



Maternal and Child Health Access

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RESOURCES

Save The Date

Weds., Nov. 17, 2010, 9 am to 4pm

Got Milk? Hot Topics

Cool Answers

**Valley Presbyterian Medical Center
Current information on interdisciplinary clinical strategies used with mothers and babies when they are having difficulties with**

MCH Access Monthly Meeting

Thursday, November 18, 2010 10 AM - 12 noon

NOTE DIFFERENT LOCATION!

The California Endowment
(Yosemite-A Conference Room)
1000 N. Alameda Street
Los Angeles, CA 90012

MCH Access will feature our women's collective designs (aprons, hats, scarves and more!) at our November meeting. Start your holiday shopping and support our Women's Collective! Or come by MCH Access 9-5, M-F or by appointment!

Speakers and Topics:

Roundtable of recent/current events and issues.

Bring your issues and concerns for discussion!

Michelle Lilienfeld, Supervising Attorney
Health Consumer Center of Neighborhood Legal Services

"Discount" health plans - What are they? Recent court ruling and importance for your clients, friends and family

Summary of recent and important Maternal and Child Health Data

Click [HERE](#) to see agenda item for new Countywide Augmentation Proposals projects for First Five LA - see Item 7: and [HERE](#) to view the materials for Monday, Nov. 15 workgroup meeting.

Parking

Parking is free - simply let the security guard know you're there for MCH Access monthly meeting - also accessible by public transportation

breastfeeding.

[Click Here](#) to register!

**Sunday, November 21,
2010, 5-9 PM**

Fundraising Gala: The
Depot Restaurant,
Torrance
Los Angeles Perinatal
Mental Health Task Force
"Speak up when you're
down

[Click Here.](#)

*"Fly, Fly Butterfly"
"Vuela, Vuela
Mariposa"*

**Bilingual children's
book benefits MCH
Access**

Get a jump on holiday
gifts! Sales from this
beautiful bilingual
children's book will
benefit MCH Access!
The book is exquisitely
illustrated by Colombian
artists [click here](#).

**On the purchase page,
pull down on the
"Donar a/donate to:" to
indicate Maternal and
Child Health Access.
You may pay by credit
card (Pay Pal) or check.**

EMPLOYMENT

MCH Access is still
hiring for Welcome
Baby! positions -
nurse and Bachelor-
level home visitor -
see positions [HERE](#).

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October Meeting Notes - call/email for copies

- Breast Pump TAR Documentation Requirements and Code Description Updates (see October mailing)
- The California Endowment: Environmental Approach to Obesity Prevention: It Works!
- *LA Times* Oct. 20, 2010, "A dose of education for parents: Learning such basics as using digital thermometers may reduce children's visits to ERs"

Guest Speaker: Martha Dina Arguello, Executive Director,
Physicians for Social Responsibility
"Breast Cancer, Reproductive Health and the Environment"

Physicians for Social Responsibility is one of the organizations we most admire for their stand on PREVENTION of breast and other cancers by addressing environmental impacts and for their emphasis on action. During breast cancer "awareness" month, MCHA always presents a prevention message through PSR or another like-minded organization, Breast Cancer Action.

Ms. Arguello noted the release of a new publication on October 1, "The State of the Evidence" from the [Breast Cancer Fund](#) summarizing and evaluating the scientific evidence linking exposures to chemicals and radiation in our everyday environments to increased breast cancer risk. It also links the science to actions we can take to reduce the risk.

Between 1973 and 1998, breast cancer incidence rates in the United States increased by more than 40 percent. Today, a woman's lifetime risk of breast cancer is one in eight. Our detection and treatments of breast cancer are better. The risk for women of color - who are more likely to have more toxic exposures in their air - is higher. Ms. Arguello noted that the use and exposure to harmful chemicals is on the rise. An estimated 80,000 synthetic chemicals are used today in the United States; another 1,000 or more are added each year.

A majority of these chemicals have never been tested for their effects on human health - we have data for only 12% of the chemicals on the market. Many persist in the environment, accumulate in body fat and may remain in breast tissue for decades. Specific links between breast cancer and exposure to harmful chemicals exist. These chemicals act like estrogen in the body. Examples include phthalates - are mainly used as plasticizers (substances added to plastics to increase their flexibility, transparency, durability, and longevity). They are used primarily to soften polyvinyl chloride, the plastic most associated with shower curtains. Ms. Arguello showed us examples of household and personal care products that contain parabens - and how we can both call manufacturers to complain and tell them to take these toxins out, and how we can also utilize.

Bisphenol A (BPA) is also a plasticizer and ranks among the highest-volume chemicals worldwide. Many products contain BPA including toys, food and drink containers and electronics. Amazingly, infant formula and other cans use BPA in the liners. These are linked to a host of reproductive health issues, including development of prostate and breast cancer, miscarriages and altered reproductive tract development. Exposure to BPA typically comes from ingesting foods or fluids in containers or packages made from BPA.

Ms. Arguello took us through the struggle for the past several years in California to ban BPA from products that children use and in the 2009-10 legislative session through SB 797, Senator Fran Pavley's bill, The Toxics-Free Toddlers and Babies Act. While the bill had passed both an Assembly and Senate floor vote over the past year-and-a-half, heavy lobbying from industry groups and two supporting Senators being absent for serious health reasons, led to this children's health measure failing by just two votes. According the SF Chronicle, approximately \$5 million was spent on a lobbying effort to prevent passage of SB 797

The leadership and members of the Senate had an opportunity to advance SB 797 (The Toxics-Free Toddlers and Infants Act) to the Governor's desk by casting "courtesy votes" based on the medical absence of the two Senators. Shockingly, these votes were not granted by their colleagues.

Ms. Arguello noted that their second annual "Toxies" award to "bad actors" will this year coincide more with the Academy Awards and urged everyone to join in in late December, 2010.

People with Pre-existing Conditions likened to an old house - join us in a group photo response at our meeting!

(From "Stand up for Health Care" - a project of Families, USA) - Did you know that if you've got an old a sports-related injury, suffer from hay fever or allergies, have migraines, have had a c-section, or are a cancer survivor, that you are basically the same as a burned down house?

At least, that's what opponents of our health law think. For them, covering people with pre-existing conditions is the same thing as selling fire insurance for a house that already burnt down in a fire. Talk about outrageous! **People with pre-existing conditions aren't lost causes**, they're mothers, fathers, sisters, brothers, friends, and neighbors who are just **trying to live full and healthy lives**.

Here's what was said by Former Arkansas Governor Mike Huckabee:

"It sounds so good, and it's such a warm message to say we're not gonna deny anyone from a pre-existing condition. Look, I think that sounds terrific, but I want to ask you something from a common sense perspective. Suppose we applied that principle [to] our property insurance. And you can call your insurance agent and say, "I'd like to buy some insurance for my house." He'd say, "Tell me about your house." "Well sir, it burned down yesterday, but I'd like to insure it today." And he'll say "I'm sorry, but we can't insure it after it's already burned." Well, no pre-existing conditions." Mike Huckabee

Families USA is posting photos on their website of people with preexisting conditions to show they are not the same as a house that has burned down. See their site, [HERE](#) and join us at the end of the meeting for a (voluntary) group picture (if interested).

On September 23, key provisions of our health care law went into effect. The law prevents insurance companies from denying coverage to children with pre-existing conditions. And in 2014, insurers will be required to offer adults - regardless of pre-existing conditions, health status, age, or gender - the high-quality

coverage they need. Americans of all ages will finally have more insurance options and protections available to them.

Cancer Detection Programs: Every Woman Counts (CDP: EWC)

CDP: EWC plans to offer open enrollment for breast cancer screening as soon as possible (targeting December 1, 2010) for eligible women aged 40 and older. In addition, women age 40 and over who are already enrolled are eligible for CDP: EWC breast cancer screening services. **The website has been updated to reflect this change.** Additionally, you can check the Cancer Detection Section website [HERE](#) for more information and updates.

Sick Californians May Be Foregoing Care Because Health Deductible Is Too High, Study Says - *L.A. Times* October 28, 2010

Three million Californians are enrolled in high-deductible health insurance plans because they can't afford to pay high premiums. But the often excessive out-of-pocket costs could be causing some to delay seeking care, while jeopardizing the financial well-being of others, a new report from the UCLA Center for Health Policy Research has found. The report profiles California's nearly 32 million insured residents and is based on data from the California Health Interview Survey, conducted from 2003 to 2007, the largest statewide health survey conducted in the United States, according to the university health policy research center. According to the report, high-deductible health plans are particularly prevalent among members of preferred-provider organizations, or PPOs, where 28% of participants reported being responsible for out-of-pocket expenses of more than \$1,000. But costs can run as high as \$2,000 or more for families and can exceed \$5,000, the report found. Meanwhile, 14% of members of health maintenance organization plans, or HMOs, are enrolled in high-deductible plans, the report shows. Low-income residents were more likely to have health plans with excessive out-of-pocket costs - as were 32% of low-income earners enrolled in PPOs, the report found. And some 38% of those individually insured, with no employer-based healthcare coverage, were also members of high-deductible healthcare plans.

Researchers also uncovered a connection between high out-of-pocket expenses and a reluctance to seek care. The majority of participants in high-deductible plans, for example 80% of Kaiser HMO members, reported that they did not have any savings account for medical expenses, according to the report.

NIH Alerts Caregivers To An Increase In SIDS Risk During Cold Weather

Extra blankets, warm clothes, may lead to dangerous overheating

Parents and caregivers can take steps to reduce the risks of Sudden Infant Death Syndrome (SIDS) during the colder months, when infants are at higher risk, according to the National Institutes of Health.

These include avoiding overheating an infant during nap or sleep time; placing the infant on his or her back to sleep; placing infants to sleep on a firm, safety approved mattress; keeping toys, blankets, and other loose objects out of the crib, and never smoking around an infant.

In cold weather, parents and caregivers often place extra blankets or clothes on infants, to keep them warm. But over bundling may cause infants to overheat, increasing their risk for SIDS, according to the National Institutes of Health.

"Parents and caregivers should dress infants in light clothing for sleep and keep rooms at a temperature comfortable for adults," said Alan E. Guttmacher, M.D., director of the NIH's Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD). "They should also know that the single most effective way to reduce the risk of SIDS is to always place infants to sleep on their backs, for naps and at night."

Infants are sensitive to extremes in temperature and cannot regulate their body temperatures well. Studies have shown that multiple layers or heavy clothing, heavy blankets, and warm room temperatures increase SIDS risk. Infants who are in danger of overheating feel hot to the touch.

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