Your Guide to
PREVENT,
TEST, AND TREAT
CHRONIC DISEASES

Learn more about Delaware’s prevention, screening, and treatment programs.
Health Insurance is available for all.

It's important to get the care you need to get and stay healthy. Health insurance can make your care affordable. There are a number of ways you can get health insurance. You may be eligible for Medicaid or for health insurance through the Health Insurance Marketplace.

Marketplace Guides can provide one-on-one guidance for the Health Insurance Marketplace.

• Visit ChooseHealthDE.com for details or scan the code below with your smartphone.
• Apply for Medicaid benefits online anytime by visiting assist.dhss.delaware.gov or calling 302-255-9500.
• Still have questions? Call the 24/7 Helpline at 800-318-2596 (TTY: 855-889-4325).

DID YOU KNOW?

Many chronic diseases are preventable and often treatable.

Don't smoke. Eat healthy. Be physically active.

This booklet contains information about making healthy choices as well as programs and services in Delaware that can help you stay healthy—and find treatment.

From cancer screenings to diabetes monitoring, you'll find it all in this brochure. Keep it in a convenient place and reference it for all your health and wellness needs.

If you ever have a question about a program, call 2-1-1 toll-free or go to HealthyDelaware.org.

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Living well is as easy as...

1. **PREVENT:**

   Find out how you can lower your risk of certain diseases and get information on ways to stay healthy, including how to enroll in a health insurance plan.
   - The Delaware Quitline
   - Healthy living tips
   - Farmers’ markets
   - Women, Infants, and Children Program (WIC)
   - Choose Health Delaware insurance program
   - Immunization programs
   - Diabetes and Heart Disease Prevention and Control Program

2. **TEST:**

   Specific tests are available to you that can find the signs of a disease early, before it becomes a major health problem. Many life-threatening diseases don’t have symptoms, so getting screened increases your odds of treating and beating most chronic diseases.
   - Cancer screening information
   - Screening Nurse Navigators
   - Radon testing

3. **TREAT:**

   Learn about the many programs that are available to you that can help you get and stay healthy:
   - Delaware Cancer Treatment Program
   - Cancer Care Coordinators
   - Emergency Medical Diabetes Fund
   - Chronic disease self-management programs
   - Diabetes management

There are lifestyle changes you can make to lower the risk of developing heart disease, cancer, chronic lower respiratory diseases, diabetes, and many other chronic diseases.
Don’t smoke or use other tobacco products. Each year, approximately 480,000 people in the United States die from tobacco use. It is the number one preventable cause of death in the country. Tobacco use is also the leading cause of lung cancer and causes heart disease, emphysema, bronchitis, diabetes, and chronic airway obstruction.

You don’t have to use tobacco to be affected by it. Exposure to secondhand smoke (SHS) can also cause heart disease, stroke, and lung cancer. Mothers who are exposed to SHS are more likely to have infants with lower birth weights. SHS is a known cause of sudden infant death syndrome (SIDS) amongst newborns. And children who are exposed to SHS are more likely to have digestive problems, ear infections, and severe asthma.

The effects of quitting smoking are immediate:

<table>
<thead>
<tr>
<th>Time</th>
<th>Effects</th>
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<tr>
<td>After 12 hours</td>
<td>Carbon monoxide in your blood drops</td>
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<tr>
<td>After 2 weeks to 3 months</td>
<td>Lung function increases</td>
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<td>After 1 to 9 months</td>
<td>Coughing and shortness of breath decrease and normal function of the lungs is regained</td>
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<tr>
<td>After 1 year</td>
<td>Excess risk of heart disease is half that of a smoker</td>
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<tr>
<td>After 5 years</td>
<td>Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half; cervical cancer risk falls to that of a nonsmoker</td>
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</table>

The Delaware Quitline can help you quit smoking.

- Get help from people trained to work with you to help you quit
- Work with a counselor on the phone or in person
- Get follow-up support, hints, and tips
- You may be offered free nicotine patches and gum or other medications

To quit smoking, call the Delaware Quitline at 866-409-1858 or visit QuitSupport.com.
Eat healthy. Add more fruits and vegetables to your meals and eat smaller portions. Avoid foods that are high in saturated fat.

Think about what you eat and drink:
- Increase consumption of whole grains, wheat bread, and brown rice, instead of highly processed grains like white breads
- Make healthier choices; replace high-fat dairy with lower-fat options, and substitute meat and poultry for seafood at some meals
- Use less salt and consume less processed sugar
- Drink alcohol only in moderation or not at all
- Reduce consumption of solid fats like butter, cream, shortening, and fats from meats; cook with healthier oils like vegetable and olive oils

Women, Infants, and Children Program (WIC)
is a supplemental nutrition program.

WIC provides:
- Nutritious foods to supplement diets
- Information on healthy eating
- Breastfeeding support and referrals to other health care, welfare, and social services

The program is available to pregnant women, breastfeeding women, women who are not breastfeeding but who delivered a child six months prior, and children or infants who are less than five years old who:
- Reside in Delaware
- Have a nutritional risk
- Meet income guidelines

Call 800-222-2189 or 2-1-1 toll-free for more information.

Need an interactive food and fitness planner or need help making smart choices about healthy eating? Visit www.choosemyplate.gov.

Shop for fruits and vegetables.
Farmers’ markets are great places to find fresh, local produce. To find the farmers’ markets close to you, scan the code to the right or go to www.dda.delaware.gov and search for farmers’ markets.
To maintain a healthy weight, follow the recommendations of the 5-2-1-Almost None formula.

- Eat 5 or more fruits and vegetables each day. They fight disease and are full of natural energy.
- Limit screen time to no more than 2 hours of recreational screen time each day (includes TV, computer, gaming).
- Get 1 or more hours of physical activity each day.
- Drink almost no sugary beverages.

For more about these recommendations, scan the QR code at right or go to dhss.delaware.gov/dhss/dph/dpc/521almostnone.html.

Did you know Delaware State Parks offer lots of ways to be active and have fun? You can hike, bike, boat, climb rocks, or play disc golf and more. Visit our state parks. Scan the QR code to the right or go to www.destateparks.com.

Get Up and Do Something is a website that offers information on nutrition—including recipes and menu advice—fitness, motivational inspiration, and even news on the latest tools and trends to help you get and maintain a healthy body and mind. You’ll also find a list of community programs you can access along with other valuable information that can help you stay healthy.

To get recipes and nutritional advice, or to learn about fitness and community programs, scan the QR code at the right or go to www.getupanddosomething.org.
Have an annual check-up. Your doctor is a partner in your wellness. He or she will provide the guidance you need to stay well, and will help you recognize changes in your health that could mean you have developed a chronic disease that requires more medical attention.

- Find a doctor in your area
- Visit your doctor at least once a year for a check-up
- Your doctor should give you a blood pressure check and a blood test (check your blood cholesterol)
- Your doctor will weigh you to see if you have gained or lost weight, which could indicate a health problem
- Your doctor will recommend screenings that can include a mammogram, a Pap test, a colonoscopy, or a prostate screening

Get immunized. Vaccines are extremely important and are required from infancy through adulthood. Vaccines such as the hepatitis vaccine and the human papilloma virus (HPV) vaccine can prevent certain forms of cancer. Other vaccines such as the flu vaccine and the pneumonia vaccine can prevent the occurrence of complications from these illnesses in persons with certain underlying medical conditions such as diabetes, asthma, heart disease, and chronic lower respiratory disease.

Speak with your doctor about which vaccine(s) you may need.

If your doctor does not provide the HPV vaccine, contact the Adult Immunization Program.

Call 800-282-8672 or 2-1-1 toll-free for more information.

The Diabetes and Heart Disease Prevention and Control Program partners with local libraries to provide Public Library Information Assistance. This partnership allows you to find information at public libraries throughout the state about how to manage diabetes, eat healthy, and stay active.

Call 302-744-1020 or 2-1-1 toll-free for information on diabetes and heart disease prevention and control.
Find heart disease, diabetes, and chronic lower respiratory diseases early. Most chronic diseases can be detected through annual check-ups. Your doctor will take your blood pressure, and have your blood tested to learn if you have elevated glucose or abnormal cholesterol levels.

Get screened for cancer. Three of the most commonly diagnosed cancers—breast, colorectal, and prostate cancers—can be detected in their earliest stages. Routine cancer screenings can increase the chances of finding cancer early. The chart below indicates the age at which you should be screened and how often.

### Recommended Age | Screening or Vaccine | How Often
--- | --- | ---
**BREAST**
Women 18 to 39 | Clinical Breast Exam (CBE) | Annually
Women 40 and Older | Mammmogram & CBE | Annually

**CERVICAL**
Women 21 to 29 | Pap Test | Every 3 years
Women 21 to 64 | Pelvic Exam | Annually
Women 30 to 64 | Pap Test/Pelvic Exam and HPV Test | Every 5 years with co-testing or every 3 years

**COLON**
Men and Women 50 and Older | Colonoscopy | Every 10 years

**PROSTATE**
Average Risk:
Men 50 and Older | Prostate-Specific Antigen (PSA) Test with or without a Digital Rectal Exam (DRE) | Talk to your doctor to determine if prostate screening is recommended
High Risk: African-American Men 40 and Older

* Talk with your doctor about individual screening recommendations.
† Individuals 65 years of age and older who are not eligible for Medicare also may qualify for free screening.
‡ Individuals with a family history of cancer may qualify for screening at an earlier age.

Per Screening for Life guidelines dated April 4, 2014.

For more information, call 302-744-1040 or 2-1-1 toll-free and ask for Screening for Life.
Detect dangerous radon gas in your home. Radon is a radioactive gas that you can’t see or smell. It is the second-leading cause of lung cancer in the U.S. Radon can seep into homes through cracks in the floors and foundations. A simple test can find it.

- Test kits may be available to Delaware residents while supplies last. Or you can buy a test kit at most hardware stores for $20.
- If radon is found, it can be removed by installing a mitigation system that moves the gas from around your home’s foundation, preventing radon gas from entering your home.

Call 302-744-4546 or visit DelawareHealthyHomes.org for more information.

Screening for Life offers free screenings for breast, prostate, cervical, and colon cancer.

You may be eligible if you:
- Are a Delaware resident
- Have health insurance that doesn’t cover screenings
- Are age 18 to 64 and not eligible for Medicaid
- Are 65 years of age or older and do not qualify for Medicare
- Meet income guidelines
- Are not eligible for health insurance

Call 302-744-1040 or 2-1-1 toll-free for more information.

Screening Nurse Navigators can schedule a screening for you—whether you have insurance or not.

- Bayhealth Medical Center: 302-430-5064
- Beebe Medical Center: 302-645-3169
- Christiana Care Health System: 302-623-4651
- Nanticoke Health Services: 302-629-6611, ext. 3765
- Saint Francis Hospital: 302-421-4970
Cancer treatment from the Delaware Cancer Treatment Program. If you’ve been diagnosed with cancer and don’t have insurance, you may be eligible for assistance with covering cancer treatment costs. The program is available to Delaware residents who:

- Were residents of Delaware when diagnosed with cancer
- Were diagnosed with cancer on or after July 1, 2004
- Have no comprehensive health insurance
- Do not receive benefits through the Medicaid breast and cervical cancer treatment program
- Meet income guidelines (up to 650% of the Federal Poverty Level)
- Are not eligible for health insurance

Call **800-996-9969** to apply or call **2-1-1** toll-free for more information.

Ask a Cancer Care Coordinator to help you through all the stages of treatment. This specially trained health professional can give you practical help, lend emotional support, and locate services you need to fight cancer. Services are free to Delaware residents.

- A.I. duPont Hospital: 302-651-5754
- Bayhealth Medical Center: 302-430-5324
- Beebe Medical Center: 302-645-3087
- Christiana Care Health System: 302-623-4500
- Nanticoke Health Services: 302-629-6615, ext. 2577
- Saint Francis Hospital: 302-421-4970
- Veterans Affairs Medical Center: 302-994-2511, ext. 4702
**The Emergency Medical Diabetes Fund** can help you get the care you need. This statewide service provides medications, supplies, and other services to alleviate an emergency condition.

You may be eligible to receive help with diabetes medications, services, or supplies. Contact your local state service center (or call 302-744-1020) and ask to talk to someone about emergency medical services, and tell them you are calling to apply for the Emergency Medical Diabetes Fund. Additional funds are available for women who are pregnant; ask for the Emergency Medical Gestational Diabetes Fund.

**Call 302-744-1020 or 2-1-1** toll-free for more information.

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**Manage your diabetes.** If you suffer from diabetes, it’s important to be sure you follow your doctor’s advice to control your diabetes and help you have a better quality of life. It’s important that you:

- Maintain a healthy blood glucose level
- Maintain a healthy body weight
- Maintain a healthy blood pressure
- Maintain a healthy cholesterol level
- Keep physically active
- If you smoke—quit
- Have an annual flu shot
- Have your feet checked every doctor’s visit
- Have a dilated eye exam annually
- Get a blood test (quarterly as needed)

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**Chronic Disease Self-Management programs** are available for those who have chronic diseases.

Sign up for a free chronic disease or diabetes education program. The classes are 2½ hours once a week for six weeks in a community setting. The programs are designed to help people gain self-confidence with their ability to control their chronic disease or diabetes, and live a healthy lifestyle.

**Call 302-744-1020** to schedule a class today.
RESOURCES

Adult Immunization Program
800-282-8672

Cancer Prevention and Control Program
302-744-1020

Cancer Care Coordinators
A.I. duPont Hospital
302-651-5754
Bayhealth Medical Center
302-430-5324
Beebe Medical Center
302-645-3087
Christiana Care Health System
302-623-4500
Nanticoke Health Services
302-629-6615, ext. 2577
Saint Francis Hospital
302-421-4970
Veterans Affairs Medical Center
302-994-2511, ext. 4702

Cancer Screening Nurse Navigators
Bayhealth Medical Center
302-430-5064
Beebe Medical Center
302-645-3169
Christiana Care Health System
302-623-4651
Nanticoke Health Services
302-629-6611, ext. 3765
Saint Francis Hospital
302-421-4970

Choose Health Delaware
ChooseHealthDE.com
24/7 Helpline: 800-318-2596
TTY: 855-889-4325

Community Healthcare Access Program (CHAP)
302-744-1040

Delaware Cancer Treatment Program
800-996-9969

Delaware Quitline
866-409-1858

Diabetes Prevention and Control Program
302-744-1020

Physical Activity and Nutrition Program
302-744-1010

Radon Program
302-744-4546

Screening for Life
302-744-1040

Tobacco Prevention and Control Program
302-744-1010

Women, Infants, and Children Program (WIC)
800-222-2189

For Health Promotion and Disease Prevention program information, call 2-1-1 toll-free, go to http://dhss.delaware.gov/dhss/dph/dpc/dpcsection.html or scan this code with your smartphone.

For more information about health programs and to create a healthy checklist, visit HealthyDelaware.org or scan this code with your smartphone.

To enroll in health insurance, visit ChooseHealthDE.com or call the 24/7 helpline: 800-318-2596 or TTY: 855-889-4325

3 ways to get started now:
Questions to ask your doctor

1. Given my age, what screening tests are appropriate?
2. What is my overall risk for heart disease?
3. How is my blood pressure?
4. How is my cholesterol level?
5. Am I at a healthy weight?
6. What are my risk factors for getting cancer?
7. Does my lifestyle put me at a health risk for any chronic conditions?
8. Are all of my current medications still necessary, and am I taking the correct dose?
9. What can I do besides take medication to improve my health?
10. What can I do to stay healthy?

Physicians

Doctor ___________________________________________ Phone # __________________________
Address ____________________________________________________________________________

Doctor ___________________________________________ Phone # __________________________
Address ____________________________________________________________________________

Doctor ___________________________________________ Phone # __________________________
Address ____________________________________________________________________________

Doctor ___________________________________________ Phone # __________________________
Address ____________________________________________________________________________

Doctor ___________________________________________ Phone # __________________________
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Medications

Family Member ___________________________________________ Illness ____________________________
Prescription _________________________________________________

Family Member ___________________________________________ Illness ____________________________
Prescription _________________________________________________

Family Member ___________________________________________ Illness ____________________________
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Family Member ___________________________________________ Illness ____________________________
Prescription _________________________________________________

Allergies

Family Member ___________________________________________ Allergy _____________________________
Reaction ______________________________________________________

Family Member ___________________________________________ Allergy _____________________________
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Family Member ___________________________________________ Allergy _____________________________
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Family Member ___________________________________________ Allergy _____________________________
Reaction ______________________________________________________
Keep track of your numbers here. Variations in your blood pressure, cholesterol, and weight can be the sign of a health problem. It's important to track your numbers and share them with your health care provider. Use the chart below.

<table>
<thead>
<tr>
<th>Test</th>
<th>Date</th>
<th>Result</th>
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<td>Blood Pressure</td>
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<td>Triglycerides</td>
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<td>Glucose</td>
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<td>Weight**</td>
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<td>Pulse Rate</td>
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*For people with diabetes.
**If known, you can substitute % of body fat or waist measurement, for weight.

Health History

Family Member ___________________________ Date __________
Test Result ___________________________

Family Member ___________________________ Date __________
Test Result ___________________________

Family Member ___________________________ Date __________
Test Result ___________________________

Family Member ___________________________ Date __________
Test Result ___________________________

Family Member ___________________________ Date __________
Test Result ___________________________

Family Member ___________________________ Date __________
Test Result ___________________________

Family Member ___________________________ Date __________
Test Result ___________________________
Call 2-1-1 toll-free or go to HealthyDelaware.org for more information.

Learn more about health insurance options at ChooseHealthDE.com.