

vantagePoint

VANTAGE HEALTH PLAN NEWSLETTER

SPRING/SUMMER 2009



Vantage's Special Guest

(L to R): Dr. Gary Jones (Vantage President/CEO), Senator Francis Thompson (D-Delhi), and Representative Frank Hoffmann (R-West Monroe) speak with Louisiana's Department of Health and Hospitals Secretary Alan Levine (far right).

Secretary of Health and Hospitals, Alan Levine, spoke to a group of physicians, health care professionals, and hospital administrators at a luncheon in February in Monroe. The state health and hospital budget and health reform were the topics of Secretary Levine's speech. On the budget, he said federal dollars will be about 1.1 billion for the state budget rather than the estimated 1.6 billion previously forecasted. The federal funds available are less than the estimated cost of health care. A difference in the forecasted budget and estimated cost of health care has resulted in discussions on the funding of health care.

He also stated that the Medicaid waiver requested by the State of Louisiana will not be acted on until a new federal Secretary is named, so it will probably be later this summer before we know that outcome.

Secretary Levine stated that citizens need more choices in order to select the best value and then plans should be monitored to see which produce the best results. As people weigh their health care choices and find some options to be better than others, consumers will gravitate to the best value for health insurance coverage. By publicizing the choices of consumers, the public's transition to more efficient and effective health care will be apparent.

Rather than the traditional approach to Medicaid, Secretary Levine discussed changing Medicaid to offer coordinated care networks using the 'medical home model.' The key to a coordinated care network is that it is directed by physicians who are committed to monitoring patient progress and preventative health care. The Medical Home Model takes a proactive approach through the use of a primary care physician and a team of specialists who are committed to preventative health, rather than retroactive care when illness becomes an issue. Through a network of providers, patients are provided better and more affordable care from physicians who are committed to maintaining health and preventing serious medical problems.

Secretary Levine said he was pleased to see that Vantage is already on the forefront of healthcare reform. Senator Francis Thompson of Delhi commented, "I was so glad Secretary Levine recognized Vantage as being on the forefront of health care reform. Vantage is doing what the rest of the state should be doing to produce better health outcomes."

Secretary Levine said he was pleased that Vantage is utilizing the medical home model and offers a coordinated care network. He also invited Dr. Gary Jones, Vantage's President/CEO, to come to Baton Rouge and participate in the health care reform process.

Louisiana Strawberries

Good for you and the economy

This year Louisiana strawberry growers have had a jump on success with an earlier-than-usual season.

Regina Bracy, LSU AgCenter professor and research coordinator of the Hammond Research Station, said there are several reasons why this season's crop was earlier. "Farmers are planting earlier, and they're using what we call floating row covers to minimize damage," she said. Rather than bare-root transplants, growers are planting earlier using plants grown in cell packs, which allow plants to get started faster and help suppress diseases, Bracy said.



Bracy said the number of Louisiana strawberry growers has remained steady for the past few years at about 50. Because of improved techniques, growers are getting higher yields on fewer acres.

Louisiana strawberries taste better because the berries are sun-ripened and delivered from field to consumer in one day or less. "By being locally grown, this means less shipping time, and we know that shipping reduces berry quality," Bracy said. "Locally grown means farmers can pick the fruit riper and sweeter."

Strawberries are one of the healthier fruits to eat, said Beth Reames, LSU AgCenter nutritionist. They are low in fat and calories and naturally high in fiber, vitamin C, folate, potassium and antioxidants.

Louisiana strawberry season peaks in March and April and lasts into May.

Strawberry-Banana Smoothie Recipe

Ingredients:

1/2 banana
1/2 cup fresh or frozen strawberries
1 cup milk, low fat
1/4 cup cold water
Honey to taste

Instructions:

Peel banana and cut into small pieces. Rinse and cut strawberries into cubes. Place all ingredients in a blender. Blend and serve.

Top Family Weekends

Ideas for fun-filled family activities

Do you have trouble finding activities that the whole family can enjoy? These activities make perfect family outings for weekends when your gang needs to get out of the house!

The Zoo- Visit each creature's exhibit and test your kids' animal knowledge. Little kids love to stop by the petting zoo and older kids will enjoy a lecture by a zoologist.

Science Museum- If you live near a large city, there is probably a science or children's museum nearby. Satisfy your child's inquisitive side by exploring the exhibits. Catch a demonstration for an in-depth look at fascinating subjects from marine life to astrology.

Live Sports Event- Take me out to the ball game! Support your favorite team with a family outing to the ballpark or stadium. Grab hot dogs and peanuts and root your team on to a win.

Park/Hiking Trail- Enjoy the great outdoors and get some exercise with a stroll or hike on a nature trail. Read up on native flowers, trees, and birds and give an informal nature lesson. If hiking isn't your thing, pack a picnic and enjoy the sunshine!

Camping- Grab the bug spray, pitch a tent, and tell stories around the campfire while roasting marshmallows and hot dogs. If a campground isn't an option, have a camping night in the backyard.

Kids' Concert/Show- The next time a children's concert or show is in town, get tickets! Another option may be plays by young acting troupes.

Bowling- Don't forget the bowling alley on rainy days. Throw on the goofy shoes and have a competition with your kids. For young children, ask for bumpers to avoid gutter balls.



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Cleaning Solutions

Eco- and budget-friendly formulas for your family

The cost of commercial, chemical-based products can be high -- long term health concerns for the family, and environmental pollution caused by their manufacture and disposal. Combinations of basic products can provide less harmful substitutions and in most cases, they're also less expensive. Here are some formulas for safe, alternative home care products:

Make sure to keep all home-made formulas well-labeled, and out of the reach of children.

All-Purpose Cleaner: Mix 1/2 cup vinegar and 1/4 cup baking soda (or 2 teaspoons borax) into 1/2 gallon water. Use for removal of water deposit stains on shower stalls, bathroom fixtures, windows, bathroom mirrors, etc.

Carpet stains: Mix equal parts white vinegar and water in a spray bottle. Spray directly on stain, let sit for several minutes, and clean with a brush and warm soapy water. For a heavy stains, mix 1/4 cup each of salt, borax and vinegar. Rub paste into carpet and leave for a few hours. Vacuum.

Deodorize:

- Plastic storage containers - soak overnight in warm water and baking soda
- Garbage disposal units - grind up lemon or orange peel in the unit
- Carpets - sprinkle baking soda several hours before vacuuming

Disinfectant: Mix 2 teaspoons borax, 4 tablespoons vinegar and 3 cups hot water. For stronger cleaning power add 1/4 teaspoon liquid castile soap. Wipe on with dampened cloth or use spray bottle. To disinfect kitchen sponges, put them in the dishwasher when running a load.

Furniture Polish: For varnished wood, add a few drops of lemon oil into a 1/2 cup warm water. Mix well and spray onto a soft cotton cloth. Wipe furniture with the cloth, and finish by wiping once more using a dry soft cotton cloth. For unvarnished wood, mix two tps each of olive oil and lemon juice and apply a small amount to a soft cotton cloth. Apply to the furniture using wide strokes.



Mold and Mildew: Use white vinegar or lemon juice full strength. Apply with a sponge or scrubber.

Scouring Powder: On stove tops, refrigerators and surfaces that should not be scratched, use baking soda. Apply baking soda directly with a damp sponge.

Oven Cleaner: Moisten oven surfaces with sponge and water. Use 3/4 cup baking soda, 1/4 cup salt and 1/4 cup water to make a thick paste, and spread throughout oven interior. (Avoid bare metal and any openings.) Let sit overnight. Wipe clean. Rub gently with fine steel wool for tough spots.

Toilet Bowl Cleaner: Mix 1/4 cup baking soda and 1 cup vinegar, pour into basin and let set for a few minutes. Scrub with brush and rinse.

Tub and Tile Cleaner: Rub in baking soda with a damp sponge and rinse with fresh water. For tougher jobs, wipe surfaces with vinegar (use sparingly) first and follow with baking soda.

Window Cleaner: Mix 2 teaspoons of white vinegar with 1 quart warm water. Use crumpled newspaper or cotton cloth to clean. Don't clean windows if the sun is on them, or if they are warm, or streaks will show on drying.

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Shreveport, LA 71106

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e-mail your questions to: marketing@vhpla.com.



Welcome New Providers

SPRING/SUMMER 2009

Physicians

- Adeosun, Anthony K., MD
Family Practice, Lake Charles
- Adhvaryu, Dhaval, MD
General Surgery, Baton Rouge,
Plaquemine
- Allie, David E., MD
Cardiology, Lafayette
- Ardoin, Brent C., MD
Geriatric, Mamou
- Atkins, Steven T., MD
Neurology, Marrero
- Bessent, Richard, MD
Ophthalmology, Covington
- Blue, Kenneth M. III, MD
Urology, Baton Rouge
- Boyd, Molly, MD
Hospitalist, Shreveport
- Boykin, Kevin, MD
Pediatric Surgery, Shreveport
- Braedt, Gary, MD
Internal Medicine, New Orleans
- Breaux, Jeryl F., MD
Family Practice, Livonia
- Bridges, Charlie H., MD
Urology, Baton Rouge
- Brogue, Brian, MD
Urology, LaPlace
- Broussard, Emile D., MD
Ophthalmology, Abbeville
- Byrd, Lori, MD
Dermatology, Baton Rouge
- Capps, Stephen J., MD
Ophthalmology, Covington
- Caskey, David M., Jr., MD
Cardiology, West Monroe
- Coburn, David A., MD
Hospitalist, Monroe
- Colon, Elsie M., MD
Physical Medicine/Rehabilitation,
Baton Rouge
- Colvin, Meda K., MD
Physical Medicine/Rehabilitation,
Marrero
- Davis, Wesley W., MD
Cardiology, Alexandria
- Fiore, Ronald C. Jr., MD
Neurology, New Orleans
- Fontenot, James B., MD
Internal Medicine, Ville Platte
- Freiberg, John L., Jr., MD
Neurology, Marrero
- Frengell, Nilgun C., MD
Hospitalist, Monroe
- Fuller, Jeffrey, MD
Ophthalmology, Baton Rouge
- Ghanta, M.R., MD
Pediatrics, Oakdale
- Guidry, Gerard, MD
Ophthalmology, Baton Rouge
- Gurwara, Dharam P., MD
Neuro-Rehabilitation, Shreveport
- Hauck, Erin R., MD
Pediatrics, Baton Rouge
- Heroman, Gregory, M., MD
OB/GYN, Baton Rouge
- Holloway, R. Ashton, MD
Ophthalmology, Baton Rouge
- Hubbard, William J., MD
Orthopedic Surgery, Baton Rouge
- Ingram, Johnny P., MD
Family Practice, Vidalia
- Kampert, Amanda, MD
Hospitalist, Shreveport
- Kokemore, John J., MD
Internal Medicine, New Orleans
- Kramm, Paul, MD
Physical Medicine/Rehabilitation,
Baton Rouge
- Krupkin, Robert J., MD
Emergency Medicine, Monroe
- Kubricht, William S., III, MD
Urology, Baton Rouge
- Laique, Firdous, MD
Critical Care, Baton Rouge
- Landreneau, Joseph W., MD
Cardiology, Alexandria
- Lord, Gregory, MD
Family Practice, Leesville
- Markowitz, Ira, MD
Vascular Surgery, New Orleans
- Maxwell, Stephen, MD
Hospitalist, Shreveport
- McCarthy, Paul J., MD
Hospitalist, Monroe
- Meyer, JoAnn, MD
Ophthalmology, Ruston
- Morehouse, Janet, MD
Family Practice, Leesville
- Morris, James S., MD
Urology, Baton Rouge
- Moss, Janet, MD
Family Practice, Leesville
- Moukarzel, Robert N., MD
Orthopedic Surgery, Baton Rouge
- Nelson, Scott K., MD
Ophthalmology, Baton Rouge
- Njoku, Patrick O., MD
Infectious Disease, Baton Rouge
- Nunnally, Richard M., MD
Pathology, Baton Rouge
- Oliver, Victor, MD
Ophthalmology, Baton Rouge
- Pandya, Mahesh R. MD
Hematology/Oncology, DeRidder
- Parris, Cordel Y., MD
Cardiology, Baton Rouge
- Peavy, Donald R., MD
Ophthalmology, Baton Rouge
- Perkowski, Paul E., MD
Vascular Surgery, Baton Rouge
- Portacci, Mark A., MD
Family Practice, Oak Grove
- Puente, Michael A., MD
Vascular Surgery, Baton Rouge
- Puyau, Michael K., MD
General Surgery, Baton Rouge
- Rowden, Phillip, MD
Psychiatry, Olla
- Rynick, Stephen, MD
Physical Medicine/Rehabilitation,
Marrero
- Saraswat, Shantanu, MD
Hospitalist, Shreveport
- Sarrat, Stephanie, MD
Internal Medicine, New Orleans
- Singh, Krishna R., MD
Internal Medicine, Shreveport
- Slocki, Lawrence, MD
OB/GYN, Picayune, MS
- Spady, Malik C., MD
Rheumatology, Hammond
- Stell, Gerald M., MD
Family Practice, Minden
- Thomas, Marykutty J., MD
Family Practice, Baton Rouge
- Thomas, Sherine J., MD
Hospitalist, Shreveport
- Truax, Walter D., MD
Neurology, Marrero
- Valcourt, Karl M., MD
Hospitalist, Shreveport

Continued 
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New Providers cont.

Vick, Stephen, MD
Urology, Baton Rouge

Walker, Joan, MD
Family Practice, Livonia

Warner, Naysha M., MD
Family Practice, Baton Rouge

Williams, Leon D., MD
Family Practice, Innis

Williams, Baron J., MD
Ophthalmology, Baton Rouge

Wills, Thomas E., MD
Urology, Baton Rouge

Young, III, Robert J., MD
Ophthalmology, Abbeville

Ancillary Providers

Cavanaugh, Michael R., DC
Chiropractor, Lafayette

Coullard, Glenn, OD
Optometry, Baton Rouge

Ford, Patrick, DC
Chiropractor, Metairie

Grimsley, Connie, DC
Chiropractor, Lafayette

Hall, Otto Christian, DPM
Podiatry, Baton Rouge

Hoefler, Janet, RN, CDE
Diabetes & Nutrition, Shreveport

Kilgore, Meda, LCSW
Substance Abuse/Psych, Ruston

Lamendola, Eva L., OD
Optometry, Gonzales

Menard, Keith, OD
Optometry, Lake Charles

Moss, Joseph, OD
Optometry, Monroe

Nolan, Charles, OD
Optometry, Baton Rouge

Roth, Richie, DC
Chiropractor, Denham Springs

Saleem, Amir, CRNA
Anesthesia, Baton Rouge

Silbernagel, Jeffrey S., OD
Optometry, Covington

Stansburg, Lisa, MS, LDN, RD, CDE
Diabetes & Nutrition, Shreveport

Thomas, Charles, OD
Optometry, Hammond

Turk, Joe E., DC
Chiropractor, Eunice

Ancillary Facilities

A & A Home Health Equipment
DME, Greenville, MS

Bayou State Therapy
Physical Therapy, Shreveport

CardioSom of Houma
DME, Houma

Central Louisiana Home Health
Home Health, Alexandria

Diabetes Management & Supplies
DME, New Orleans

Eye Care Surgery Center
Ambulatory Surgery Center,
Baton Rouge

Liberty Medical Supply
DME/Diabetic Supplies,
Salem, VA

Medical Technologies
DME, Lake Charles

Reliant Healthcare
DME/Infusion, Monroe

The Scooter Store
DME, Baton Rouge, Shreveport

Hospitals

Bienville Medical Center, LLC
Hospital, Arcadia

Termed Providers

("Termed Providers" are providers that are no longer in the Vantage Health Plan network.)

Physicians

Barwick, Loring, MD
Family Practice, Arcadia

Bravo, Julio, MD
Rheumatology, Metairie

Bruce, Jinnie, MD
General Surgery, Alexandria

Chan, Roscoe, MD
Oncology, Shreveport

Gordon, Robert, MD
Ophthalmology, New Orleans

Grayson, Patrick, MD
Hospitalist, Many

Holy, Michael, MD
Ophthalmology, Shreveport

Johnson, J. Bradley, MD
Urology, Monroe

LaNasa, Joseph, MD
Urology, Monroe

Nakhlawi, Yasser, MD
Pediatrician, Alexandria

Parmar, Vikram S., MD
Orthopedic, Opelousas

Scheuermann, Christian A., MD
Radiology, Alexandria

Texada, David, MD
OB/GYN, Alexandria

Yates, William T., MD
Anesthesia, Ruston

Zeller, Stacy H., MD
Family Practice, Ferriday

Ancillary Facilities

Union General Home Health
Home Health, Farmerville