

Healthwatch

by Steven Bailey N.D.



The new "lifeline" card being used by Blue Cross, Blue Shield of Maryland may be a great advance in today's health market, and then again it may be one more step in the selective nature of American medicine. The card, slightly larger than a standard credit card will carry up to 96 pages of information on its carrier. This information will include such things as drug sensitivities, medicine being prescribed to the carrier, and blood type. All of this will assist in quickly developing emergency services at time of admission to a hospital.

There is much to be gained in emergency situations if type and drug sensitivities can be known at time of admission. If this were the only information carried on the card and if it were available to all Americans I would jump on the band wagon hailing this as a great breakthrough. But there are a few concerns that I have for this kind of approach to hospital care.

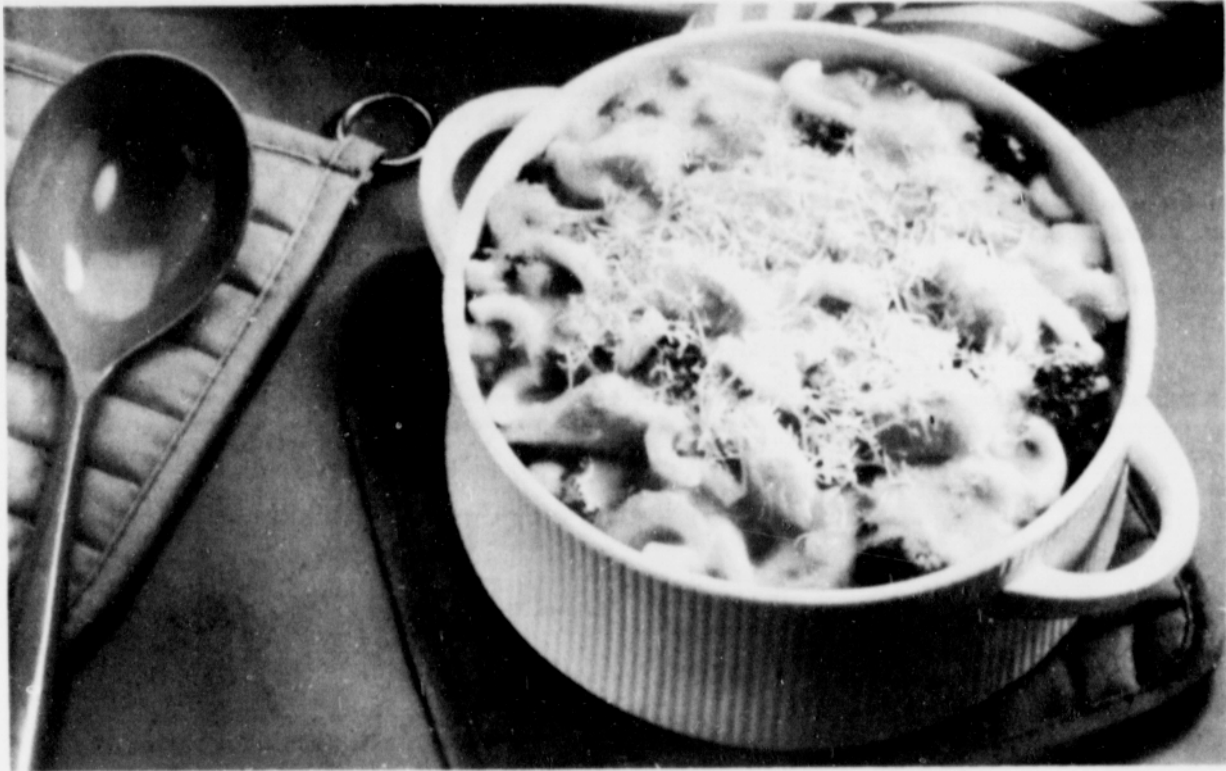
As one of the two western nations without a national health system (South Africa being the second) a great number of our citizens do not have insurance providers, and thus seek minimal health services or none

at all. Recent estimates are that close to one-fourth of our citizens do not seek medical assistance solely due to monetary reasons. If hospitals enjoy a policy that requires a "lifeline" card to establish financial responsibility, a great many of the citizens that now are forced to go through extensive paper work before admission will still face the same obstacles. This card has the potential of becoming an immediate screening mechanism to refer the poor to other state operated facilities.

Another aspect of this card which may be of concern to its holders is the great number of "authorized" per-

sonnel who will have access to things as history of sexually transmitted diseases, abortions, past histories and a multitude of information that we entrust to our private doctors. It is essential that persons such as ambulance drivers, hospital staff, etc., be able to utilize the information in this card, with the holder having to trust human nature for the privacy we've established with our private physicians.

The idea of a card that can avoid the loss of time and/or life associated with drug reactions and transfusions in the emergency room is wonderful. The thought of a card that may further the financial discrimination that exists for the poor seeking hospitalization is frightening. Let us hope that Blue Cross/Blue Shield looks into these issues and acts in a manner that leads to a beneficial program that both saves time and lives as well as avoiding the problems mentioned above.



Macaroni-vegetable combination

Cooking in one form or another is a must for most consumers. Whether it is adding your special seasonings to a convenience food, combining fast food with salad or starting from scratch for that old family recipe your culinary creativity can pay off.

Mary Davis, of Philadelphia, is one homemaker who has cashed in on cooking. As the winner of a Creative Soup Cook Off, her tastes have paid off with a \$400 cash prize and enough soup for a year!

As Mom to 10 children, Davis'

recipes for Chicken Zucchini Casserole and Macaroni Vegetable Combination are chocked full of vegetables. Either of these recipes are proven answers for getting children to eat these wholesome nutritious foods.

Chicken Zucchini Casserole is flavored with condensed chicken and rice soup. Chicken thighs and a vegetable from carrots to zucchini make this chicken 'n' rice recipe a one-dish winner.

If leftovers are a problem, Macaroni Vegetable Combination can be the answer. This a quick mix dish that makes good use of leftover poultry,

vegetable and macaroni. Add condensed cream of chicken soup to put it all together in a saucy vegetable casserole.

Though you may think you're not a cooking whiz, take a lesson from Mary Davis and you may get lucky!

CHICKEN ZUCCHINI CASSEROLE

- 6 chicken thighs
- 3 tablespoons butter or margarine
- 2 cups sliced zucchini
- 1/2 cup sliced carrots
- 1/2 cup sliced celery
- 1/2 cup sliced onion
- 1/2 cup sliced fresh mushrooms
- 1 large tomato, chopped
- 2 tablespoons cornstarch
- 1/2 teaspoon salt
- 1/2 to 1 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1 can (10 3/4 ounces) condensed chicken and rice soup

1. In 2-quart covered saucepan over medium heat, in 1/2-inch hot water, steam chicken 25 - 30 minutes.
2. Meanwhile in 10-inch skillet over medium heat, in hot butter, cook vegetables until tender. Stir in cornstarch and seasonings.
3. Pour vegetable mixture into shallow baking dish. Top vegetables with chicken. Pour soup over chicken and vegetables.
4. Bake in 350 deg. oven 1 hour. makes 6 servings.

MACARONI VEGETABLE COMBINATION

- 2 tablespoons butter or margarine
- 1 package (10 ounces) frozen broccoli spears, thawed, sliced
- 1 cup sliced celery
- 1 cup chopped uncooked chicken or turkey
- 1 cup chopped carrots
- 1/4 cup chopped onions
- 1 can (10 3/4 ounces) condensed cream of chicken soup
- 1 1/2 cups water
- 2 cups macaroni, partially cooked and drained
- 1 can (8 ounces) green peas, drained
- Grated Parmesan cheese

1. In 10-inch skillet over medium heat, in hot butter, cook broccoli, celery, chicken, carrots and onions until tender.
2. In 3-quart saucepan over medium heat, combine soup and water. Heat to boiling, stirring occasionally. Stir in macaroni, cooked vegetables and peas. Pour into 2 1/2-quart casserole. Sprinkle surface with cheese. Bake at 350 deg. 25 to 30 minutes or until lightly browned. Makes 6 servings.

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