

Healthcare Insights

Quarterly Newsletter for Employee Wellness
Fall 2010, Volume 1, Issue 1

20/20 Healthcare Vision

Have you met Alfie?



Alfie is providing consumer health advice on Youtube! search: **MedVisionLLC**

ENTER TO WIN!

Win a "Taking Care of You" Spa Gift Basket
Valued at \$100

Simply get your mammogram during the month of **October** and enter to win. Recruit your co-workers to do the same and your name will be re-entered, increasing your chances to win!

Drawing will be held Nov. 15.
See your on-site Wellness Professional for details.

Spotlight: Breast Cancer Awareness

October is National Breast Cancer Awareness Month and time to be proactive about breast health. The facts are clear about breast cancer: a woman has a 12% chance of developing invasive breast cancer during her lifetime according to The American Cancer Society. It seems like a small percentage, but it's a big deal when it affects you and your family.

The National Breast Cancer Awareness Month site (www.nbcam.org) states that breast cancer is the second leading cause of cancer death in women. It is also the most common form of cancer in American women according to Centers for Disease Control and Prevention.

Knowing these facts is one thing; doing something to protect yourself is another. The first step is to "KNOW YOUR RISKS" for cancer. Some risk factors are beyond your control and, though you cannot change these factors, you can discuss appropriate action with your healthcare team. Risk factors you can change are lifestyle related.

In 2009, the American Cancer Society stated the challenge is that while the medical and scientific communities have been able to nail down definite risk factors, it is still unclear how these factors cause cancer. Your best protection besides proactive lifestyle changes is preventive screenings that find cancer early enough to save your life through treatment.

Mammogram frequency recommendations have recently been questioned, but the American Cancer Society is adamant that "women age 40 and older should have a screening mammogram every year." Similarly, The Mayo Clinic offers recommendations for the first mammogram to begin at age 40. The recommendation for women in their 20's and 30's is to receive a clinical breast exam at least every three years. All women should learn how to do self breast exams so they know what feels normal and what does not. This provides the earliest detection and the best self-care protection. Making the time to get screened could be a life saver.

Monthly Tips & Health Reminders

■ **September:** This month kicks off National Cholesterol Education, which means it's time to get your cholesterol levels checked. Check to see if your LDL's are below 100, or if your HDL's are above 50. Knowing your cholesterol levels is the first step in taking care of yourself. Remember, your health impacts everyone and everything in your life! Call your healthcare provider today to know your numbers.

■ **October:** Is there something stopping you from getting preventive screenings? Talk with your healthcare providers, insurance company, or your benefits manager at work to see what is

available to you in your benefits package. These resources can help you to take care of yourself before a major cancer incident happens.

■ **November:** Observe National Diabetes month by scheduling a fasting glucose level screening. Learn more at www.diabetes.org. It is also Diabetic Eye Disease month, so it's time to schedule a retinal eye exam. Visit www.preventblindness.org to learn more. In order to keep moving, also be sure to also schedule a foot exam. Contact the American Podiatric Medical Association for more information about keeping your feet on track!

■ **December:** If you let the holiday celebrations tip the scale in the wrong direction, you know you'll regret it in January. Enjoying your favorite foods and beverages in moderation and adding physical activity to counterbalance the additional calories will eliminate a need for any New Year's weight loss resolutions.

Holiday Tip: An 8oz. glass of eggnog contains 250-350 calories, which would take a 150 lb person approximately 60 minutes to burn off by walking. Cut the portion to 4oz. and walk 30 minutes sometime during the day to burn off this extra calorie treat.

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