

Healthcare Insights

Quarterly Newsletter for Employee Wellness
Fall 2014, Volume 5, Issue 4

20/20
Healthcare Vision



Did you know?

- Your physician can help you determine what type of screenings are appropriate for your risk factors and age group.
- Dietary guidelines for cancer prevention include: INCREASE consumption of whole grains, fruits and vegetables, but LIMIT intake of processed and red meat.

Wellness at Work

Enjoy the cooler temperature and bring wellness to work!

Use a portion of your lunch break to take a walk. Put on your sneakers and invite a co-worker for good conversation. The workday stress will melt away and so could the pounds if you regularly walk 30+ minutes at least 3 times a week.

National 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 states that breast cancer is a 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 risks 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.

No matter your age, 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. Visit www.nationalbreastcancer.org for more information about National Breast Cancer Awareness Month.

Monthly Tips & Health Reminders

■ **October:** Screenings allow for the early detection of pre-cancer or cancer before symptoms occur. Early detection improves survival rates because treatment options are most effective when cancer is localized. Talk to your physician about your risk for developing certain types of cancer.

■ **November:** This month recognizes Diabetes Awareness. People with diabetes are more likely to have problems with their eyes and feet. If you have diabetes, ask your physician when you should see a specialist. Diabetics should

be monitored by an ophthalmologist or optometrist for retinopathy through an annual dilated eye exam, and podiatrists should perform annual comprehensive foot exams to check circulation, sensation, and the presence of lesions. Also, consider getting your annual flu vaccine. Staying healthy will help you enjoy the holiday season. Prevent the flu by washing your hands often.

■ **December:** Yummy holiday treats can add on extra pounds that are hard to take off. The key is to find ways to make your favorite nibbles healthier. Use skim milk in

your mashed potatoes. Opt for low-fat whipped cream on your dessert. Omit the crust from your pumpkin pie.

Enjoy treats in moderation, and do not forget that exercise can help balance your increased caloric consumption and keep those extra pounds at bay.

Holiday Tips: Lace up your walking shoes and hit the mall for holiday shopping instead of ordering on-line. You could also move the holiday parties outside for physical activity and bonding time, such as a touch football game. Or take a stroll to enjoy holiday displays.

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