

BEARS BE WELL

TAKE CHARGE OF YOUR HEALTH

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WELCOME TO THE LAUNCH OF THE SHAWNEE STATE UNIVERSITY WELLNESS PROGRAM

A strong organization cannot exist without healthy employees. The everyday choices we make can help us live healthier, happier and more fulfilling lives – both at work and at home. Our focus is to promote a culture of health and well-being through initiatives based on trust, transparency, respect, and shared responsibility.

Through the Bears Be Well wellness program we will partner with employees and their families to strengthen our collective health awareness and become smarter consumers of healthcare.

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Upcoming Health Clinic Events:

10/10 (10a-12p) Tobacco Education,

10/25 (8a-10a) Breast Exams

12/5 (8a-10a) Handwashing/
Hep A Education

Preventative Health

Finding the doctor who is right for you



Whether you go to the doctor rarely or often, you should like and trust yours. After all, your primary care doctor is the one who will know you and your health best and refer you to other doctors when you need more specialized care. So having a good relationship is key. Here are a few tips to help in your search for a doctor:

Make sure your doctor is part of your plan. You'll pay less out of pocket for your visits and usually preventive care will be covered at 100% when you see a doctor in your health plan. **Find a doctor that meets your needs.** There are several different types of doctors that can act as primary care doctors.

- **Family practice** — They offer a wide range of care, from checkups to pregnancy care. This type of doctor might be a good choice if you want to keep all of your family “under one roof.” A doctor who treats everyone in a family can get a better view of each person’s health.
- **Internal medicine** — Internal medicine doctors offer a range of care, including preventive care. But they may have special knowledge about certain health problems. So if you have a long-term health concern, an internist who focuses on your problem may be a good fit for you.
- **General practice** — General practice doctors are like family practice doctors and can treat patients of any gender or age.
- **Ask for referrals.** Talk to family and friends to see if they can recommend a doctor they trust to you. Just make sure they’re part of your health plan.

Plan ahead. Do you want a doctor located close to your home or office? You may also want to think about office hours, what hospital the doctor admits patients to, the languages they speak and if they use email or the internet to communicate with patients.

GETTING READY FOR YOUR FIRST APPOINTMENT

To make the most of your visit, gather some information about your health before you go. This can help both you and your doctor. Before your visit, write down:

- Your health history and your family's
- Any medicines you take, how much you take and how often (include vitamins and over-the-counter drugs)
- Concerns you have about your health

What to expect from a preventive care visit.

Most preventive exams start with a talk about your health history and any problems. Then you'll discuss things like:

- Medicines you take
- Your current eating habits and how to improve them
- How active you are — and whether you should be more active
- Stress in your life or signs of depression } Screenings, tests or vaccines you may need based on your age and gender

Finding a good fit

It may take time to find a doctor you feel comfortable with. That's OK! You want to “click” with your doctor since regular checkups can help find problems before they start or early on, when your chances for treatment are better. If you're not happy with your first choice, you can usually change your primary care doctor anytime.



Sources:

1 WebMD website: How to Choose a Doctor (accessed March 2018): webmd.com

2 Centers for Disease Control and Prevention website: Regular Check-Ups are Important (accessed March 2018): cdc.gov/family/checkup.

Men's Health

What are TSE's?



STOP TESTICULAR CANCER EARLY

Testicular cancer is cancer that starts in the testicles. It is most often found in young men, but older men and even children can have it. Cancer of the testicles is not common, and most men survive it. But finding it early makes it easier to treat if you do have it, which is why regular self-exams are important.

Here's how to do a self-exam and what you're looking for:

1. Warm water helps relax the skin of the scrotum, so it's easier to feel anything unusual. That's why an ideal time to do your exams is after bathing or showering.
2. Use both hands to examine each testicle. Place your index and middle fingers underneath the testicle and your thumbs on top. Roll the testicle between your thumbs and fingers. (It's normal for testicles to be different in size.)
3. During the exam, you may feel a cord-like stretch of skin on top and in back of the testicle. This is the epididymis, which stores and moves sperm. It's normal and not a tumor.
4. Feel for any lumps. Lumps can be the size of a pea or larger. They are often painless. If you find a lump, contact your doctor.
5. Also, check for any change in the size, shape or texture of the testes. Again, if you find something, contact your doctor.

If you feel something strange, don't panic! Not all lumps or changes are cancerous. But to be on the safe side, make an appointment with your doctor.

Some common symptoms of testicular cancer include:

- A lump in either testicle.
- An enlarged (swollen) testicle.
- A dull ache in the lower stomach area or groin. A sudden build-up of fluid in the scrotum.
- A heavy feeling in the scrotum.

If you notice any of these things, see your doctor.

Most testicular cancers can be cured, even if they've spread.

The doctor exam

A yearly physical exam by your doctor is an important part of staying healthy. During this appointment, your doctor will ask you to describe any symptoms and review your medical history. He or she will examine your testes by feeling for lumps. You may be asked to give a blood sample.

The doctor may also do an ultrasound of the scrotum, if an abnormality is detected. This test is a painless way to let the doctor see through your body tissue. You may need other imaging tests too, if the doctor wants to check you further


What if I have it?

If you have testicular cancer, your testicle will have to be removed. Though this may seem very scary, the good news is that you can still have sex and become a father with just one testicle. The remaining testicle will continue to make sperm and testosterone. If you don't like the feeling or appearance of having one testicle, talk to your doctor about a prosthetic implant.

Can testicular cancer be cured?

Yes! Most testicular cancers can be cured, even if they've spread.

Checking your testicles for lumps or other changes each month is a good way to find cancer early. Problems are always easier to treat when found promptly.



Helpful Resources: For health tools and more visit WebMD at WebMD.com and search for testicular cancer. Or visit the testicular cancer society at testicularcancersociety.org

Women's Health

Breast Exams & Mammograms



It's too easy to put off your health screenings when you're busy. But breast exams should be a part of every woman's wellness plan — even if you don't have a family history of breast cancer.¹ Regular checks can help find breast cancer early, when it is easier to treat — and beat.

Protect yourself

- **Be aware of the signs and symptoms.** A lump, swelling, pain, discharge, or skin changes are signs that should be checked by a doctor.³
- **Talk with your doctor.** Ask when to start having mammograms and how often you should have one based on your health history. A mammogram is an X-ray of the breast tissue, using very low levels of radiation.

Have you had a mammogram recently?

A mammogram is a low-dose X-ray picture of the breast. The amount of radiation used during the test is very low, so the risk of any harm is extremely small.

This test is very important because it can help your doctor find breast cancer at an early stage when it can best be treated.

What happens during a mammogram?

- A technician uses a machine to take a few pictures of your breasts by placing each breast between two X-ray panels.
- The panels will push your breast closer between the panels to get a clear picture.
- Each X-ray picture takes less than one minute.

Staying on top of your health game

Regular preventative breast exams can spot problems early and save lives

Who should get one?

It's important to know that 70-80% of breast cancers occur in women who have no family history of breast cancer. And the chance of getting it is greater as you age. So discuss your family history with your health care professional. You might need to get a mammogram at an earlier age if you have a family history or personal history of breast cancer or other breast problems. Your health care professional can help you figure out when you should start having yours.

Get screened

Survival rates for breast cancer are very high — especially when it's caught early. The five-year survival rate for breast cancer in stages 0, 1 or 2 is between 93% and 100%.²

Sources

American Cancer Society website, cancer.org, unless otherwise stated.

1 National Breast Cancer Foundation: Myths (accessed June 2018); nationalbreastcancer.org. 2

American Cancer Society: Breast cancer survival rates (accessed June 2018); cancer.org.

3 American Cancer Society: Breast cancer signs and symptoms (accessed June 2018); cancer.org.

Healthy Eating & Recipes

10 TIPS FOR BUILDING HEALTHIER MEALS



Eating healthy isn't hard, and making healthier meals only means making small adjustments to how you shop and prepare food. To get you started, check out these ten tips.

1. 50% VEGGIES AND FRUIT

When you're planning a meal, make sure half of what you're eating is either a vegetable or a fruit.

2. KEEP PROTEIN LEAN

Not all protein is created equally — make sure you focus on proteins like lean beef, pork, chicken and turkey. For a vegetarian option, opt for beans or tofu.

3. GO WITH WHOLE GRAINS

Whole grains provide more nutrients, like fiber, than refined grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label.

4. ADD SOME DAIRY

Pair your meal with a cup of fat-free or low-fat milk or yogurt to get the calcium and other essential nutrients as whole milk, but with less fat and fewer calories.

5. SAY "NO" TO SAUCES

Using heavy gravies or sauces adds fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce.

6. SLOW DOWN

It takes about 20 minutes for your body's "full sensor" to kick in once you've started eating. When you eat slowly, you give your body time to tell you you're full before you overeat.

7. USE A SMALLER PLATE

The bigger the plate, the more food we tend to put on it. Using a smaller plate is a great way to control your portion size.

8. CUT OUT THE TAKE OUT

Restaurant portions tend to be too big and high in calories. Preparing more of your food at home gives you better control over what you're eating. And when you do eat out, opt for healthier choices — grilled instead of fried, for example.



9. MIX IN SOME VARIETY

There are many healthy fruits, vegetables and grains to try so eating healthy never has to get boring. Why not trade tasty, healthy recipes with friends and coworkers?

10. RETHINK DESSERT

It's OK to indulge your sweet tooth — just do it with a healthy choice like fresh fruit.

All you have to do is make small changes to the foods you already enjoy to make more nutritious and more delicious meals.

Instead of this	Try this
White flour pasta lower in fiber and higher in sugars	Whole wheat pasta or other healthier whole grain noodle for added fiber
Meat sauce with ground beef has more saturated fat, which is linked to heart disease and high cholesterol	Lean ground turkey with tomato sauce and lots of veggies less fat, more nutrients and vitamins A, C and K
Lots of cheese added fat and cholesterol	Sprinkle of Parmesan cheese enjoy richer foods as long as you practice portion control

Visit Anthem.com for more ways to get healthy- and stay fit!

