

# Healthy workplace

Your monthly Anthem wellness newsletter



## Common Myths and Facts about Colon Cancer

From the American Cancer Society

### Myth: Colorectal cancer is a man's disease

**Truth:** Colorectal cancer is almost as common among women as men. Each year in the US, about 71,000 men and 64,000 women are diagnosed with colorectal cancer.

### Myth: Colorectal cancer cannot be prevented.

**Truth:** In many cases, colorectal cancer can be prevented. Colorectal cancer almost always starts with a small growth called a polyp. If the polyp is found early, it can be removed – stopping colorectal cancer before it starts.

These tests can find polyps: colonoscopy, flexible sigmoidoscopy, double-contrast barium enema, or CT colonography (virtual colonoscopy). Talk to your health care provider about which test is best for you.

### Other ways to help lower your chances of getting colorectal cancer:

- Get to and stay at a healthy weight throughout life; stay lean without being underweight.
- Be physically active; limit the time you spend sitting, lying down, watching TV, etc.
- Eat at least 2½ cups of vegetables and fruits each day.

March is  
Colon Cancer  
Awareness  
Month

- Choose whole grains over refined grain products.
- Limit the amount of red meat and processed meat you eat.
- If you drink alcohol, limit the amount to 1 drink per day for women, 2 per day for men.
- Don't use tobacco in any form.

### Myth: Age doesn't matter when it comes to getting colorectal cancer.

**Truth:** Most colorectal cancers are found in people age 50 and older. For this reason, the American Cancer Society recommends you start getting checked for this cancer when you're 50.

People who are at a higher risk for colorectal cancer – such as those who have colon or rectal cancer in their families – may need to start testing when they are younger. Ask your provider when you should start getting tested and how often you should be tested.

### Myth: It's better not to get tested for colorectal cancer because it's deadly anyway.

**Truth:** Colorectal cancer is often highly treatable. If it's found and treated early (while it's small and before it has spread), the 5-year relative survival rate is about 90%. But because many people are not getting tested the way they should, only about 4 out of 10 are diagnosed at this early stage when treatment is most likely to be successful.



# Ten 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, consider 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. 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.

## 3. 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.

## 4. 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.

## 5. 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?

## 6. Rethink Dessert

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

## 7. Keep Protein Lean

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

## 8. 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.

## 9. 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.

## 10. 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.



## Winter Blues? Try LiveHealth Online Psychology

Now you have the option to see a therapist or psychologist from home, usually in four days or less.

If you're feeling stressed, worried or having a tough time, you can talk to a licensed psychologist or therapist using LiveHealth Online Psychology.

Make your first appointment — when it's easy for you:

Use our free app or go to [Livehealthonline.com](https://www.livehealthonline.com) and log in. Select LiveHealth Online Psychology and choose a therapist.

Or, call 1-844-784-8409 from 7 a.m. to 11 p.m.

Depending on your coverage, the cost of an online therapy visit may be similar to what you would pay for an office visit, considering benefits, copay or coinsurance. You must be at least 18 years old to see a therapist online.

# Tips to Reduce Screen Time

## Talk to Your Family

Explain to your kids that it's important to sit less and move more in order to stay at a healthy weight. Tell them they'll also have more energy, and it will help them develop and/or perfect new skills, such as riding a bike or shooting hoops, which could lead to more fun with friends. Tell them you'll do the same.

## Set a Good Example

You need to be a good role model and limit your screen time to no more than two hours per day, too. If your kids see you following your own rules, they'll be more likely to do the same.

## Log Screen Time vs. Active Time

Start tracking how much time your family spends in front of a screen, including things like TV- and DVD-watching, playing video games, and using the computer for something other than school or work. Then take a look at how much physical activity they get. That way you'll get a sense of what changes need to be made. Use the Screen Time Chartpdf document icon (141 KB) to do it.

## Make Screen Time = Active Time

When you spend time in front of the screen, do something active. Stretch, do yoga and/or lift weights. Or, challenge the family to see who can do the most push-ups, jumping jacks, or leg lifts during TV commercial breaks.

## Set Screen Time Limits

Create a house rule that limits screen time to two hours every day. More importantly, enforce the rule.

## Create Screen-free Bedrooms

Don't put a TV or computer in your child's bedroom. Kids who have TVs in their room tend to watch about 1.5 hours more TV a day than those that don't. Plus, it keeps them in their room instead of spending time with the rest of the family.

## Make Meal Time = Family Time

Turn off the TV during meals. Better yet, remove the TV from the eating area if you have one there. Family meals are a good time to talk to each other. Research shows that families who eat together tend to eat more nutritious meals. Make eating together a priority and schedule family meals at least two to three times a week.



## Provide Other Options

Watching TV can become a habit, making it easy to forget what else is out there. Give your kids ideas and/or alternatives, such as playing outside, getting a new hobby, or learning a sport. See more tips for getting physically active.

## Don't Use TV Time as Reward or Punishment

Practices like this make TV seem even more important to children.

## Understand TV Ads & Placements

Seeing snack foods, candy, soda, and fast food on television affects all of us, especially kids. Help your child understand that because it's on TV—or your favorite TV characters/actors eat or drink it—doesn't mean a food or drink is good for you. Get your kids to think about why their favorite cartoon character is trying to get them to eat a certain brand of breakfast cereal.

From the National Heart Lung and Blood Institute

<https://www.nhlbi.nih.gov/health/educational/wecan/reduce-screen-time/tips-to-reduce-screen-time.htm>

# Turkey Lunch Wraps



*"These Turkey Lunch Wraps are something quick you can make your family for lunch. You can also prepare this the night before for your work lunch or your kids' lunches. The best thing about it is that it supports colon health by providing things like fiber, magnesium and selenium."*

Recipe from <http://www.stopcoloncancer.com/>

## Ingredients

\*\*Makes two servings

- 2 whole wheat tortillas (about 7 inches wide)
- 1 tbsp of your favorite hummus (You can use Mediterranean Herb for its lemon flavor)
- 2 small handfuls of spinach
- 1/3 cup turkey, chopped into big pieces
- Half an avocado, sliced or diced
- Fresh parsley
- About 4 to 5 thin slices of green apple
- 1 to 2 tsps white balsamic reduction

## Preparation

Lay out two tortillas. Spread the hummus on the first tortilla. Place spinach, chopped turkey and avocado across the middle of the tortilla.

Sprinkle a little parsley on the filling. Roll up the tortilla and cut in half. Hold in place by sticking a toothpick through each half.

On the second tortilla, place spinach, apple slices, and turkey across the middle of it.

Drizzle some white balsamic reduction across those ingredients. (Keep in mind that liquids can make a tortilla soggy, so if you're saving this wrap for later, you might want to go light on the reduction. If you're eating it right now, drizzle away my friend!)

Then add a little more spinach on top of that, roll up the tortilla and cut in half. Hold in place by sticking a toothpick through each half.

Serve immediately, or to save for the next day's lunch, tightly wrap each with plastic wrap and refrigerate.

## Tips & Notes

Extra prep tip: Any leftover ingredients, such as half of an apple or half of an avocado, can be wrapped tightly in plastic wrap and saved to make more wraps the next day! Preserve the remaining avocado half by keeping the pit intact. This way, the avocado won't brown as quickly. Place extra apple slices in a sandwich bag and drizzle a little lemon juice on them to keep them from getting too brown.

