

# Healthy Workplace

Your monthly Anthem wellness newsletter

June 2018 Edition

## Don't Give Cancer a Chance

In 2017 about 190,500 cancer deaths in the US will be caused by cigarette smoking alone and an estimated 20% of all cancers diagnosed in the US are caused by a combination of excess body weight, lack of exercise, excess alcohol intake, and poor nutrition. Prevention and early detection are essential in preventing cancer. Most cancers could be prevented by:

- Eliminating tobacco use
- Maintaining a healthy weight
- Eating a healthy diet full of fresh fruits, vegetables and whole grains
- Engaging in daily exercise
- Wearing sun screen
- Avoiding risky behaviors such as unprotected sex and sharing needles
- Staying up to date with preventive screenings and exams such as wellness exams, mammography's, and colonoscopies, etc.

Screening tests can help detect malignancies in their earliest stages, but you should always be alert for symptoms of the disease. The American Cancer Society developed this simple reminder:

**C:** Change in bowel or bladder habits

**A:** A sore that does not heal

**U:** Unusual bleeding or discharge

**T:** Thickening or lump in the breast or elsewhere

**I:** Indigestion or difficulty in swallowing

**O:** Obvious change in a wart or mole

**N:** Nagging cough or hoarseness

## Men's Health

Prostate cancer is the most common non-skin cancer in American men. Fortunately it grows slowly, and most men can beat it with treatment.



### What is the prostate?

The prostate is a small gland in men that is part of the reproductive system. It's about the shape and size of a walnut. The prostate helps make semen, which carries sperm from the testicles.

### Are you at risk for prostate cancer?

A lot of men with prostate cancer don't have symptoms until their cancer gets worse. That's why you should know your risks:

- **Age** – About three out of every five prostate cancers are found in men over 65.
- **Family history** – Men whose fathers or brothers have prostate cancer are twice as likely to have it.
- **Race** – Men of African descent are more likely to get prostate cancer than men of other races.
- **Weight** – Being very overweight can lead to a delay in finding the cancer, so it has more time to grow.
- **Diet** – Men who eat a lot of red meat and high-fat dairy, and don't eat many fruits and vegetables, have a higher risk of getting prostate cancer.

### Getting checked for prostate cancer

Since most men don't have any symptoms, it is often found during a routine digital rectal exam (DRE). There is also a blood test, called the prostate specific antigen (PSA) test. It screens for raised levels of PSA, a protein made by the prostate. Because prostate cancer grows so slowly, some men choose not to have screenings, or choose not to treat their prostate cancer if they do have it. This is a decision you should make after talking with your doctor.

Article: Time Well Spent Anthem <http://timewellspent.anthem.com/images/cancer-bcbs/bcbs-promotional->

# Watermelon, Olive, Caper & Feta Salad

Check out this recipe from [EatingWell.com](http://EatingWell.com)!

This sweet-and-savory fruit salad recipe is all about the quality of the watermelon: you want its flesh to be really sweet so that all the savory ingredients—the capers, the olives, the feta—shine.”



## Ingredients

- 2 tablespoons extra-virgin olive oil plus ¼ cup, divided
- ¼ cup rinsed caper
- ⅓ cup pitted Kalamata olives, halved
- 1½ tablespoons sherry vinegar
- Ground pepper to taste
- 5 cups diced watermelon (1-inch)
- ½ cup thinly sliced fresh basil
- ½ cup thinly sliced fresh mint
- ⅔ cup coarsely crumbled feta cheese
- ¼ cup sliced almonds, lightly toasted
- Flaky sea salt for garnish

## Preparation

1. Heat 2 tablespoons oil in a small saucepan over high heat. Pat capers dry and add to the hot oil. Cook, stirring, until crisp, 1 to 3 minutes. Using a slotted spoon, transfer to a paper towel-lined plate. (Discard the oil.)
2. Whisk the remaining ¼ cup oil in a large bowl with olives, vinegar and a generous grinding of pepper. Add watermelon, basil and mint and gently toss to coat. Arrange in a large shallow serving bowl. Sprinkle with feta, almonds and the crispy capers. Garnish with sea salt, if desired.

**Nutrition:** Serving size: 1 cup  
Per serving: 260 calories; 22 g fat(5 g sat); 2 g fiber; 13 g carbohydrates; 4 g protein; 23 mcg folate; 15 mg cholesterol; 9 g sugars; 0 g added sugars; 1,294 IU vitamin A; 12 mg vitamin C; 125 mg calcium; 2 mg iron; 356 mg sodium; 228 mg potassium

# Wellness Corner

Cerina from Connecticut here! As a dietitian I hear from a lot of people that they want or need to make changes in their life to better their health and wellbeing. I can truly understand how challenging it can be to change behaviors and instill new habits. I often think about what motivates one to make a behavior change, and find there are many moving parts to make a long lasting change; such as creating a goal, making a plan, but most importantly your attitude, perception, and intention behind it play a big role in your success.

I personally found a method that works for me when I want to create a new habit using a method called Habit Stacking.

## Habit Stacking

The phrase 'habit stacking' was created by best-selling author S.J Scott. His 2014 book “Habit Stacking: 97 Small Life Changes that Take Five Minutes or Less” states “You build routines around habits that don't require effort because small wins build momentum and because they're easy to remember and complete.” It is known that your brain builds a strong network of neurons to support your current behaviors. The more you do something, the stronger and more efficient the connection becomes. Habit stacking uses those strong connections to create new habits. The idea is to stack a new habit on top of a current habit. The current habit is strongly wired into your brain already, and you can add a new habit into this efficient network of neurons more quickly, than if you tried to build a new pathway from scratch.



***After/Before [Current Habit], I will [New Habit]***

Here is an example of what I did to incorporate a meditation practice : **After I brush my teeth, I meditate for 10 minutes. OR** try—Drinking more water habit: **Before I brush my teeth, I drink 8 oz of water.**

# Wellness Bites for your Quick Wellness Needs!

## Changing Your Behavior Means Changing Your Brain



Your life literally shapes your brain. The more often you perform an action or behave a certain way, the more it gets physically wired into your brain. This amazing adaptive quality of your brain is known as neuroplasticity. Neuroplasticity is the ability of the brain to change its physical structure and function based on input from your experiences, behaviors, emotions, and even thoughts.

Your brain forms neuronal connections based on what you do repeatedly in your life – both good and bad. Worrying about every little thing. Picking at your fingernails. Hitting the gym. Meditating. Your repeated mental states, responses, and behaviors become neural traits.

Changing your behavior isn't easy, but it can be done, and your brain can help you. Here's how:

**Know Your Triggers** – Determine what causes the anticipatory dopamine release to motivate you towards a behavior or habit and avoid it. If at all possible, remove the triggers from your life. This could mean changing your environment completely or in small ways. If you want to make a change, whether it's breaking a bad habit or creating a healthy one, you need to make sure your environment supports it.

**Find Ways To Reduce Stress** – Bad habits or unwanted behaviors are usually coping mechanisms. If you don't engage in them, you'll stay stressed and will get even more stressed because you can't release it in your usual way. You will benefit by finding alternate ways to blow off steam such as exercise, yoga, meditation, mindfulness, gratitude, sleep and social interactions.

**Making or breaking a habit involves neuroplastic change in your brain.**

**Pay Attention** – You'll modify your behavior more easily if you engage your prefrontal cortex by actively paying attention. Your brain has limited resources. When you stop paying attention because you're distracted or stressed, your brain reverts back to old patterns, and you end up eating a pint of ice cream. Every time you perform the new behavior or override an urge, you're making the old habit weaker in your brain.

**Start Small** – Changing your behavior requires willpower, which uses serotonin. Willpower is a lot like a muscle. It gets tired and depleted. Start out making small changes one at a time that don't need much willpower. Instead of drastically overhauling your diet all at once, just cut out one thing. A couple of weeks later when the first change is established, make another modification for the better.

**Increase Your Serotonin** – Increasing serotonin helps your prefrontal cortex function properly and increases your willpower. There are many ways to raise serotonin levels naturally, including getting more sunlight, getting a massage, exercising, and recalling happy memories.

**Enlist Your Thinking Brain** – Cultivating awareness will help your prefrontal cortex override default patterns. Consciously think about how your life would improve by changing your behavior. Remind and motivate yourself with affirmations, visualization, and positive self-talk. Science shows that using positive self-reflection helps significantly in establishing new habits.

**Celebrate The Small Victories** – Focusing on minor achievements and accomplishments along the way keeps the dopamine flowing and helps you stay motivated. In fact, science shows that shifting your attention away from the long-term goal and just focusing on showing up and getting your new habit done every single day is more successful.

**Surround Yourself With The Right People** – Research shows that behavior and feelings are contagious in our relationships up to three degrees. This was first found to be true with obesity and then with loneliness and happiness. Whatever behavioral change you want to make or break, it will be easier for you to do if you find people who encourage you and want to change too.

Article Source: <https://www.thebestbrainpossible.com/the-neuroscience-of-changing-your-behavior/>

National June Health Observances	Website for More Information
Men's Health Month	<a href="http://www.Menshealthmonth.org/">www.Menshealthmonth.org/</a>
Self-Care During Cancer Treatment	Mobile app in Apple App Store and Google
Journey Forward	<a href="http://www.JourneyForward.org">www.JourneyForward.org</a>
15-40 Connection	<a href="http://www.15-40.org/">www.15-40.org/</a>