

Healthy workplace

Your monthly Anthem wellness newsletter



Do you have Diabetes? High Blood Pressure? Heart problems?

Your dentist and eye doctor may be able to tell you...

When you're making an appointment for a checkup with your family doctor, why not make appointments with your eye doctor and dentist at the same time? Your dentist and eye doctor can tell you a lot about your overall health.

For example, a routine dental exam may uncover problems with your bones, digestion or heart because certain warning signs live inside your mouth.

Here are four health problems your dentist can spot:

- 1. Heart problems:** Loose teeth and tender gums can be warning signs of heart disease. If you have gum disease, the bacteria in your gums could travel to your heart.
- 2. Diabetes:** Loose teeth, gum disease and bleeding gums are all signs of diabetes.
- 3. Osteoporosis:** Bone disease causes changes in the bone that supports the teeth. Loose teeth and receding gum lines can be warning signs.

- 4. Dementia:** This disorder of the brain that causes memory loss and confused thinking is often signaled by an unhealthy mouth. People with early dementia often show early signs of poor oral hygiene.

A trip to the eye doctor can save more than just your vision

Like your dentist, your eye doctor can also find health issues early on. Here are a five health problems your eye doctor can spot:

- 1. Diabetes:** Diabetes affects the capillaries in the retina of your eyes. They may leak blood or a yellowish fluid, which may be a sign of diabetes.
- 2. Cancer:** An eye exam can also help spot skin cancer. Basal cell carcinomas can live on the eyelid and could even spread to the brain through the eye.
- 3. High blood pressure:** Kinks, tears or bends in the eye's blood vessels may be a sign of high blood pressure.
- 4. Thyroid disease:** Bulging eyes or eyeballs are telltale signs of thyroid disease.
- 5. High cholesterol:** A yellow ring around the cornea can be a sign of high cholesterol.



October is Breast Cancer Awareness Month!

Are you Likely to get Breast Cancer?

It is important to know the risk factors that are linked to developing breast cancer. Research has shown that the risk for breast cancer is due to a combination of factors. Risk factors include:

- Getting older — about 66% of breast cancers are found in women at least 55 years old
- Having a family member with breast cancer/ inherited genetic factors
- Having your first child after age 35
- Starting menopause after age 55
- Having your first period before age 12
- Using birth control pills now or recently
- Not being active
- Being overweight or obese
- Drinking alcohol — women who have two five drinks a day have 1.5 times the risk of women who don't drink

Don't put it off ... get preventive breast cancer screenings

Breast cancer screenings look for cancer before you have symptoms. The size of the cancer and the stage when it's found affect treatment and survival.

Here are two important breast cancer screenings:

- Mammogram: An X-ray of the breast, this is the best way to find breast cancer early
- Clinical breast exam: Your doctor or nurse feels for lumps and examines the breast for changes.

Ask your doctor what tests you may need and how often you should have them.



15-40 connection
NewCancerConversation.org

Would you recognize a Cancer symptom?

Step 1: Remember what great feels like

It's important to know what is normal for you. Tuning into your energy level, sleep patterns, weight, skin, bathroom habits, and more can help you recognize health changes that should not be ignored.

Step 2: Use the 2-week rule

If any changes to your health last 2 weeks, it's time to call a doctor to find out why.

Step 3: Share with a doctor

You know your body best. Sharing information about any changes to your normal health helps your doctor help you. It may be difficult or embarrassing, but it can be lifesaving.

BY SHARING THE 3 STEPS TO EARLY CANCER DETECTION, YOU HAVE AN OPPORTUNITY TO SAVE AND IMPROVE LIVES

Learn more by visiting www.15-40.org

Warning Signs of Breast Cancer

- Lump, hard knot or thickening inside the breast or underarm area
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Itchy, scaly, sore, or rash on the nipple
- Inversion of the nipple and/or pain in the nipple area
- Nipple discharge other than breast milk, including blood
- Change in the size or the shape of the breast



Healthy Tips for Breast Cancer

- Eats more fresh fruits and vegetables (more than 5 cups a day)
- Keep your body weight in a healthy range
- Be more physically active
- Consume less alcohol
- Try to limit your saturated fat intake to less than 10% of your total calories per day, and limit your fat intake to about 30 grams per day.
- Eat foods high in omega-3 fatty acids.
- Avoid trans fats, processed meats, and charred or smoked foods.
- Research shows that lack of sleep at night can be a risk factor
- If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, you may be at high risk for breast cancer. Talk to your doctor about more ways to lower your risk.
- Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it does occur

Lear more from http://www.breastcancer.org/tips/nutrition/reduce_risk/foods

Make Strides Against Breast Cancer

Look for a walk near you on MakingStrides.org and create a team to join in the walk against breast cancer!

Free Cancer Support Resources



We aim to improve and measure the health of Anthem members and communities regarding cancer. The following websites help people with cancer and their loved ones understand cancer, manage their lives through treatment and recovery, and find the emotional support they need.

- **Journey Forward** is a cancer survivorship care plan; educates on preventive focus of late term effects of cancer.
- **Help for Cancer Caregivers** is an interactive web tool; educates on how to reduce distress for caregivers.
- **Cancer Survival Toolbox** includes skill building resources that helps individual navigate from beginning of cancer diagnosis and forward. <http://www.canceradvocacy.org/resources/cancer-survival-toolbox/>
- **Self-Care During Cancer Treatment** mobile app in Apple App Store and Google Play Store.
- **15-40 Connection**. 15-40 Connection is helping improve cancer survival rates for 15-40 year olds through cancer self-awareness and the advantage of earlier cancer detection.

Pumpkin Pie Protein Bars (Gluten Free)



Prep time: 3 hours

Total time: 3 hours

Serves: 8

Ingredients

- 1 cup pitted dates
- ½ cup raw cashews
- 2 Tablespoons raw pumpkin seeds
- 2 Tablespoons unsweetened shredded coconut
- ½ cup vanilla or pumpkin protein powder
- 1 teaspoon ground cinnamon
- ½ teaspoon pumpkin pie spice
- ¼ cup pure pumpkin puree

Bars Garnish:

- 2 tablespoons raw pumpkin seeds
- 2 tablespoons toasted coconut flakes
- 2 tablespoons chopped pecans

Instructions

- Combine all ingredients in a food processor and process until smooth. This may take some time, but just be patient with it - you can

always leave the mixture a little chunky if you like as well!

- In an 8x8 baking pan, place parchment paper on the bottom.
- Add in the energy bar batter from the food processor - it will be quite sticky, so it's advised to work with wet hands to prevent it sticking to your hands!
- Press down the mixture into a pan and use the back of a wet spoon to smooth the top.
- Sprinkle with 1 tablespoon of pumpkin seeds, chopped pecans, and toasted coconut flakes to garnish, press these firmly into the bar mixture.
- Freeze for 2-3 hours or until solid, and cut into 8 bars. Store in the fridge or freezer.

Notes

If you prefer the bar to be more dense and last longer at room temperature, double the protein powder to make the batter less moist! This will change the nutritional facts however.

Nutritional Information

Serving size: 1 bar Calories: 203kcal Fat: 9g
Carbohydrates: 27g Sugar: 20g Fiber: 4g Protein: 7g

Recipe by Nutritionist in the Kitch at <http://www.nutritionistinthekitch.com/vegan-pumpkin-pie-energy-bars-gluten-free-protein-addition-optional/>

