

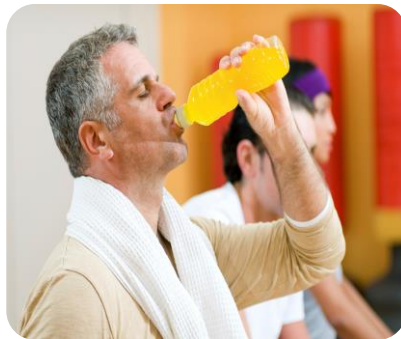
# Healthy workplace

Your monthly Anthem wellness newsletter



## National Men's Health Week, June 12 – 18

Why do men skip doctor appointments when sick and avoid screenings and checkups when well? What is it about that white coat that has some men dragging their feet?



Excuses. Excuses. Excuses. Here are four of the most popular ones; plus ways to rethink them and get yourself or the men in your life to go see a doctor:

1. **"I don't want to spend the cash."** Look at it this way, if you think a visit to a doctor's office costs too much, take a look at what a hospital stay would run you. Yearly preventive care checkups and screenings are worth it to catch issues early. And, most plans cover preventive care at 100%, so they may not cost you a thing to begin with.
2. **"There's probably nothing wrong."** Sure — that may be true. Just know that a lot of diseases like high blood pressure, high cholesterol and diabetes don't have clear symptoms. But they can have serious effects on your body. For instance, high blood pressure can cause a stroke or heart attack.
3. **"I don't have a doctor."** The first step is to use the resources available to you to find a doctor you can trust. Many health care providers have online tools that can help you find a doctor near you. It's also a good idea to ask your family

and friends to recommend one for you. Building a relationship with your doctor will help you feel much more comfortable over time.

4. **"I don't have time."** Did you know there are 8,766 hours in a year? And out of those 8,766 hours, you only need to use about two of them to visit the doctor. In the big picture, two hours is worth it, especially if it can save your life.

## Gentlemen, Rev Up Your Engines!

Guys, do you wait until you run out of oil to get an oil change? Probably not, so when it comes to fine-tuning your health, put yourself in the driver's seat. Eat right, stay active and get regular checkups, screenings and shots to make sure you stay running as smooth as your wheels.

### Choose the right fuel

Your car needs the right gas to run properly and your body needs the right fuel to stay in great shape. Eating the right foods for your body can help you keep health issues under control. Here are some easy-to-follow heart-healthy tips:

- Add more omega-3 fatty acids, which are essential fatty acids your body needs to work normally. Include them easily by consuming foods like fish, almonds and flax seeds.
- Limit your sugar intake and cut out processed foods and soft drinks.
- Eat at least 2 cups of fruit and 3 cups of vegetables daily.
- Stay active for better overall health.



# Inflammation at the Root of Most Diseases

Inflammation has been found to be associated with just about every health condition. Researchers are furiously investigating chronic inflammation's effects on health and possible preventive medical applications. It's "an emerging field," says UCLA's Dr. David Heber. "It's a new concept for medicine."



Why is it a new concept? **Because modern medicine focuses on treating symptoms, not addressing the root cause of an issue.** Arthritis is inflammation of the joints. Heart disease is inflammation of the arteries. Instead of taking a medication to reduce joint pain or lower cholesterol, we would be better served by reducing inflammation in the body.

Dr. Tanya Edwards, director of the Center for Integrative Medicine, writes that inflammation is now recognized as the "underlying basis of a significant number of diseases."

Although inflammation has long been known to play a role in allergic diseases like asthma, arthritis and Crohn's disease, Edwards says that Alzheimer's disease, cancer, cardiovascular disease, diabetes, high blood pressure, high cholesterol levels and Parkinson's disease may all be related to chronic inflammation in the body.

## What is Inflammation?

Inflammation isn't always bad, it's the body's natural defense against damaged cells, viruses, bacteria, etc. It aims to remove these harmful or foreign invaders and heal itself.

Inflammation can sometimes be mistaken for infection, but the two are not the same. Infection can, however, cause inflammation because infection is caused by harmful substances like bacteria or fungus. In fact, inflammation is the body's response to infection. In this way, inflammation is good. But not always.

There are two different types of inflammation. One type is acute inflammation, the other is chronic. While acute inflammation starts quickly and generally disappears in a few days, chronic inflammation can last for months or years as a result of failure to

eliminate the cause and minor, repeated exposure to the causal agent.

A poor diet, stress, minor food allergies, a sedentary lifestyle and more can contribute to chronic inflammation.

## What Causes Inflammation?

The causes of chronic inflammation can vary person to person, but common causes include being overweight, experiencing lots of stress and even breathing polluted air, Women's Health reported. Lifestyle choices, like smoking or lack of exercise, also play a role. "Sedentary lifestyle, lack of sleep — we have these repetitive insults that increase longer-term inflammation," says Jessica Black, N.D., author of The Anti-Inflammatory Diet and Recipe Book.

## Foods that Promote Inflammation

- Corn and soybean oils
- Pasteurized dairy
- Refined carbohydrates
- Conventional meat
- Sugars
- Trans fats



## Top 15 Anti-Inflammatory Foods

Small, gradual changes are typically more sustainable, easier for the body to adapt to and can make you less likely to go back to your old ways. So rather than emptying your pantry and sailing off to the Mediterranean, you can pursue an anti-inflammatory diet one step at a time.



- |                           |                 |
|---------------------------|-----------------|
| 1. Green Leafy Vegetables | 8. Salmon       |
| 2. Bok Choy               | 9. Bone broth   |
| 3. Celery                 | 10. Walnuts     |
| 4. Beets                  | 11. Coconut oil |
| 5. Broccoli               | 12. Chia seeds  |
| 6. Blueberries            | 13. Flaxseeds   |
| 7. Pineapple              | 14. Turmeric    |
|                           | 15. Ginger      |

## Tips to Reduce Inflammation

For now, anti-inflammatory diet guidelines are simply suggestions. More research is needed to truly understand the relationship between diet and inflammation and, in turn, disease, WebMD reported.

1. Maintain a healthy weight
2. Begin an exercise routine you enjoy
3. Get enough sleep
4. Eliminate all sources of inflammation from your diet. This includes rancid oils, sugars, conventional meats, pasteurized dairy, trans fats and sugars.
5. Begin incorporating one new anti-inflammatory food to your diet each day. Don't be afraid to try new things.
6. Eat a good source of omega-3 fatty acids, such as fish or fish oil supplements and walnuts

Source: <https://draxe.com/inflammation-at-the-root-of-most-diseases/>  
<http://www.webmd.com/food-recipes/features/anti-inflammatory-diet-road-to-good-health#1>

## DocTalk Webinars: Save the Dates

### Log on. Listen in. Ask questions.

The more you know, the better you can take care of your health. That's why Anthem offers DocTalk. It's a series of webinars about important health topics. DocTalk is online so it's easy to access — and it's free for our members

### Upcoming Webinar:

**Zika: Everything You Need to Know**  
**Tuesday, June 13<sup>th</sup> at 12pm and 3pm**

Scientists have known about the Zika virus for decades, but it's only been a public-health concern in recent years. Zika is of particular concern to pregnant women due to birth defects, yet the virus can be serious—and in rare cases, deadly—for children and adults, too. Find out what you need to do to protect yourself and your family and what precautions to take while traveling to possible "Zika zones."

[Click here to register or go to www.webinars.on24.com/doctalk/register.](http://www.webinars.on24.com/doctalk/register)

### Don't Forget! 24/7 NurseLine

Need health care right away? A nurse can help you decide where to go if your doctor isn't available. Going to the right place can save you time and money, and you can access better care, too. Add this number to your smart phone 800-711-5947.

## 8 Steps for Summer Healthy Living



In the warmer, longer, lazier days of summer, the living may not be easy, but your life

probably feels

less chaotic. Even adults tend to adopt a "school's out!" attitude in summer. That's why this is a perfect time to improve your health in a fashion so seasonally laid back you'll barely notice the effort.

To get you started, WebMD went to eight health experts in fields such as diet, fitness, stress, vision, and oral health. We asked them this: If you could only suggest one simple change this season to boost personal health, what would it be? Here are their top eight tips.

### 1. Give Your Diet a Berry Boost

If you do one thing this summer to improve your diet, have a cup of mixed fresh berries -- blackberries, blueberries, or strawberries -- every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich.



**A big bonus:** Berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers.

### 2. Get Dirty -- and Stress Less

To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots -- indoors or out.

Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.

### 3. Floss Daily

You know you need to, now it's time to start: floss every single day. Do it at the beach (in a secluded spot), while reading on your patio, or when watching TV -- and the task will breeze by.

Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has



more resources to fight bacteria elsewhere. Floss daily and you're doing better than at least 85% of people.

#### 4. Get Outside to Exercise

Pick one outdoor activity -- going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading, or swimming -- to shed that cooped-up feeling of gym workouts. And remember, the family that plays together not only gets fit together -- it's also a great way to create bonding time.

#### 5. Be Good to Your Eyes

To protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes. And when playing sports or doing tasks such as mowing the lawn, wear protective eyewear. Ask your eye doctor about the best type; some are sport-specific.



#### 6. Vacation Time!

Improve your heart health: take advantage of summer's slower schedule by using your vacation time to unwind. Vacations have multiple benefits: They can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.

#### 7. Alcohol: Go Lite

Summer's a great time to skip drinks with hard alcohol and choose a light, chilled alcoholic beverage (unless you are pregnant or should not drink for health or other reasons).

A sangria (table wine diluted with juice), a cold beer, or a wine spritzer are all refreshing but light. In moderation -- defined as one to two drinks daily -- alcohol can protect against heart disease.

#### 8. Sleep Well

Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule and not drinking alcohol within three hours of bedtime. It's also a good idea to avoid naps during the day unless you take them every day at the same time, for the same amount of time.



Source: WebMD: <http://www.webmd.com/women/features/8-summer-steps-for-healthy-living#2> By [Kathleen Doherty](#)

## Avocado Grilled Cheese



**Total time:** 15 minutes

**Serves:** Makes 2-3 sandwiches

#### Did You Know

Avocados are considered a healthy fat, loaded with fiber, and contain more potassium than a banana?

### Ingredients

- 2 ripe avocados
- 2 garlic cloves, smashed and peeled
- 1 teaspoon lemon juice
- 1/3 feta cheese crumbles
- 6-7 chicken tenders, cooked & shredded
- 3 ounces shaved Pecorino Romano cheese
- 1 medium tomato, sliced
- 4 slices of gluten free bread or whole wheat bread
- 1-2 tablespoon of butter

### Directions

1. Heat a large skillet over medium heat
2. In a mixing bowl, add avocados, garlic and lemon juice, mixing until well combined
3. Add butter to skillet and once melted, add bread
4. Build sandwich on skillet, on one side add feta and chicken, on the other side, add tomatoes and shaved pecorino
5. Remove each sandwich half to a plate after 3-5 minutes, once bread is golden brown on bottom.
6. Place avocado spread on one side of grilled cheese. Carefully and quickly bring two sandwiches halves together to form your grilled cheese.

Source: Recipe from DrAxe.com: <https://draxe.com/recipe/avocado-grilled-cheese/>