

Road to **WELLfluent**TM

Embrace better health.

Childhood Obesity-What You Do Now Matters

Obesity is a serious problem in the U.S. putting your child at risk for health complications, such as cardiovascular disease (CVD), high cholesterol, high blood pressure, and abnormal glucose tolerance. In a population-based sample of 5 to 17 year-olds, almost 60% of overweight children had at least one CVD risk factor, while 25 percent of overweight children had two or more CVD risk factors. The Centers for Disease Control (CDC) states there are over 12 million children and adolescents who are affected by obesity. Your child's routine and well-child care visits are as important as a sick visit. During a well-child visit, your pediatrician can address key points, such as administered immunizations, gauge developmental milestones, nutrition, physical activity levels and safety. You and your child will benefit from the opportunity to discuss issues about obesity and ways to support your child's development, behavior and learning. We encourage you to schedule your child's well-child visits annually, at minimum, and be sure to discuss with your pediatrician your child's Body Mass Index (BMI), including BMI percentile, nutrition and physical activity. Together, you and your pediatrician can build a strong foundation for your child's healthy future and combat obesity.



Source: <https://www.cdc.gov/obesity/data/childhood.html>

PROSTATE CANCER AWARENESS



Should You Get Screened?

CDC and other federal agencies follow the prostate cancer screening recommendations set forth by the U.S. Preventive Services Task Force, which recommends against prostate specific antigen (PSA)-based screening for men who do not have symptoms. Other organizations may have other recommendations.

A PSA test can find prostate cancer earlier than no screening at all. However, the PSA test may have false positive or false negative results. This can mean that men without cancer may have abnormal results and get tests that are not necessary. It could also mean that the test could miss cancer in men who may need to be treated. Talk to your doctor about the right decision for you.

Source: <https://www.cdc.gov/cancer/dcpc/resources/features/prostatecancer/index.htm>

WHEN IS THE RIGHT TIME to think about Cholesterol?

It's never the wrong time! Elevated levels of cholesterol can lead to several serious health conditions, such as heart disease, high blood pressure, diabetes, and obesity.

September is Cholesterol Education Month. Take the time to visit your primary care provider and find out how you can lower your cholesterol through better nutrition, more exercise, and stress management.

AvMed also has tools that can help you lower your cholesterol. So what are you waiting for? Visit **AvMed.org**.

Parents, how to stay on track during Back to School

Did someone say "back to school"?

Unfortunately it's that time of year again, and although it's great to get the kids out of the house and back into the classroom, it's also potentially time for schedule overload and afterschool activities. It is recommended by the American Heart Association that kids get a minimum of 60 minutes of physical activity each day while adults get at least 30 minutes. This may sound overwhelming at first, but with some planning and a positive mindset you will be well on your way to a happy, healthy and less stressful school year!

SEPTEMBER EVENTS

| Date | Time | Event | Location | Description |
|-----------------|---------|---|---|--|
| Sat. 9/9/17 | 7:30 am | UPS 5K | Coral Gables City Hall, 405 Biltmore Way, Miami | The UPS 5K Benefiting the United Way of Miami-Dade takes participants through the beautiful city of Coral Gables and will run on our new scenic course. http://teamfootworks.org/the-ups-5k/ |
| Sun. 9/10/17 | 8:00 am | 9/11 Heroes Run | Sea Walk Pavilion, 1st St. N Jacksonville, 32250 | Uniting communities internationally to NEVER FORGET the sacrifices of the heroes of Sept. 11, and those who have fought for our country since then. http://www.travismanion.org/tmf_911run_race/jacksonville-911-heroes-run/ |
| Sat. 9/23/17 | 7:00 am | St. Jude Walk/Run to End Childhood Cancer | Fun Spot America, 5700 Fun Spot Way, Orlando, 32819 | Let's end childhood cancer. Together. Help as a fearless fundraiser for the kids of St. Jude and explore the cool gear you can earn. http://tinyurl.com/ya5lscjw |
| Sun. 9/24/17 | 8:00 am | Run 4 Life | Charnow Park, 300 Connecticut St. Hollywood, 33019 | 5th annual Run 4 Life is for runners and walkers to Honor the lives of organ, eye and tissue donors. 3.1 miles around the Hollywood Beach strip starting and ending at Charnow Park. http://tinyurl.com/yb954yp8 |

*Note the CDC suggests staying cool and making simple changes in your fluid intake, activities, and clothing during hot weather can help you remain safe and healthy.



A Wellness Newsletter for AvMed Members Road to **WELLfluent**™

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