

Road to **WELLfluent**™

Embrace better health.

September is World Alzheimer's Month

Facts About Alzheimer's Disease

- Alzheimer's disease is the most common form of dementia. Dementia is a brain condition that affects parts of the brain that control thought, memory and language.
- Alzheimer's disease and related dementias can seriously affect a person's ability to carry out daily activities.
- The risk of developing Alzheimer's disease increases with age, but Alzheimer's disease is not a normal part of aging.
- Most people living with Alzheimer's disease are older than 65 years. However, people younger than age 65 can develop Alzheimer's disease but it is not common.
- Scientists do not know what causes Alzheimer's disease. However, like other chronic conditions, it is probably a result of multiple factors.
- Controlling high blood pressure, exercising regularly and quitting smoking may reduce your risk of Alzheimer's disease

When is memory loss more than forgetfulness?

Although everyone's brain changes as they age, it's important to understand that Alzheimer's disease is not a normal part of aging. Memory loss is typically one of the



first warning signs of Alzheimer's disease, but occasionally forgetting words or names does not mean a person has Alzheimer's. There are other signs that someone in the early stages of Alzheimer's disease may experience in addition to memory problems, these can include:

- Getting lost in familiar places.
- Having trouble handling money and paying bills.
- Repeating questions.
- Taking longer to complete normal daily tasks.
- Displaying poor judgment.
- Losing things or misplacing them in odd places.
- Displaying mood and personality changes

Alzheimer's disease-related deaths have increased over the past 16 years in every race, sex and ethnicity category, and will most likely continue to increase as the population continues to age.

MMWR Study: Deaths from Alzheimer's disease — United States, 1999-2014

Source: <https://www.cdc.gov/features/worldalzheimersday/index.html>



PROSTATE CANCER AWARENESS

Prostate cancer is the most common non-skin cancer among American men. Prostate cancers usually grow slowly. Most men with prostate cancer are older than 65 years and do not die from the disease. Finding and treating prostate cancer before symptoms occur may not improve your health or help you live longer. Learn more and talk to your doctor before you decide to get screened or treated for prostate cancer.

Symptoms

Men can have different symptoms for prostate cancer. Some men do not have symptoms at all. Some symptoms of prostate cancer are difficulty starting urination, frequent urination (especially at night), weak or interrupted flow of urine and blood in the urine or semen.

Risk Factors

There is no way to know for sure if you will get prostate cancer. The older a man is, the greater his risk for getting prostate cancer. Men also have a greater chance of getting prostate cancer if they are African-American or have a father, brother or son who has had prostate cancer.

Screening Tests

Two tests are commonly used to screen for prostate cancer—

Digital rectal exam (DRE): A doctor or nurse inserts a

gloved, lubricated finger into the rectum to estimate the size of the prostate and feel for lumps or other abnormalities.

Prostate specific antigen (PSA) test: Measures the level of PSA in the blood. PSA is a substance made by the prostate. The levels of PSA in the blood can be higher in men who have prostate cancer. The PSA level may also be elevated in other conditions that affect the prostate.

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 currently 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/prostate/index.htm>

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National Suicide Prevention Week

Sept 9, 2018 – Sept 15, 2018

Magellan, AvMed's behavior health partner, uses a 'population health' approach in our effort to reduce the impact of suicide by increasing awareness, implementing prevention and intervention best practices and creating a supporting environment for individuals and the community. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones and best practices for professionals: 1-800-273-8255

INDIVIDUALS:

- Every 13 minutes someone dies by suicide
- 22 veterans commit suicide each day
- Over 90% of victims have a mental illness at the time of suicide

FAMILIES:

- For every 1 suicide 6 people are directly impacted
- Families coping with suicide are at risk for depression, anxiety and suicide themselves
- 7% of suicide re-attempts will succeed

COMMUNITIES:

- 5 million survivors are living today
- Half of the people who commit suicide visited their PCP within the last 30 days

ECONOMIC:

- 1 suicide costs \$1 million dollars in lost productivity
- Suicide costs \$34 billion in medical and other costs annually

Suicide is a serious public health problem that takes an enormous toll on individuals, families, friends, classmates, co-workers, communities and military personnel and veterans.

Sources: www.ncbi.nlm.nih.gov/pubmed/12204,922; www.CDC.gov; www.afsp.org/understandingsuicide/facts-and-figures; www.workingminds.org; www.save.org; www.nimh.nih.gov; www.suicide.org; www.mifellowship.org

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WHY DO WE CELEBRATE GRANDPARENTS DAY?

History of Grandparents Day: Marian McQuade hoped to establish a national day that would honor grandparents, and in 1970 she began a campaign to do so. McQuade raised awareness about senior citizens throughout the 1970s. In 1978, President Jimmy Carter declared the first Sunday after Labor Day to be National Grandparents Day. Each year, the president issues a proclamation to keep the tradition going. Grandparents Day has both an official flower and song. The official flower is the forget-me-not, and the song is Johnny Prill's "A Song for Grandma and Grandpa." Both were chosen by the National Grandparents Day Council. Most grandparents don't care what activity they do—they just want to spend time with their grandchildren. On **Sunday, September 9, 2018** let's all show our appreciation for the joy and wisdom that grandparents bring to our lives!



SEPTEMBER EVENTS

Date	Time	Event	Location	Description
Saturday September, 8, 2018	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. The race still starts and ends at the City of Coral Gables Historic City Hall at a festive post-race party at Merrick Park. The park is across the street from City Hall at the intersection of Le Jeune Road and Miracle Mile. http://teamfootworks.org/the-ups-5k/
Sunday September, 9, 2018	6:30 am	Mack Cycle Key Biscayne Trilogy	Marine Stadium, Key Biscayne, Miami, Florida	Be a part of the oldest triathlon series in South Florida, the 15th annual Mack Cycle Trilogy Sprint Triathlon/Duathlon and International Distance Triathlon. The Mack Cycle Trilogy Series will be taking part at the newly renovated Miami Marine Stadium. All of the swimmers out there will be thrilled to hear that we will be featuring an Atlantic Ocean swim that is also protected. The bike course features the Rickenbacker Causeway bridge. Make sure you begin incorporating some incline training into your workouts to get ready for this challenge. The run course will feature a flat course, just make sure you are paying attention to your nutrition as we are more than likely to be racing in temperatures in the mid 80's. http://www.triathlontrilogy.com/general-info
Saturday September, 22, 2018	7 am	St. Jude Walk/Run to End Childhood Cancer	Fair Expo Center - Tamiami Park 10901 SW 24 Street Miami, FL 33165	Let's end childhood cancer. Together. Register, form a team and invite your friends and family to join. Or, join an existing team. Then, be a fearless fundraiser for the kids of St. Jude. http://fundraising.stjude.org/site/TR/Walk/Walk?pg=entry&fr_id=89704

*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.



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