

Road to **WELLfluent**TM

Embrace better health.

October is Breast Cancer Awareness Month

National Breast Cancer Awareness Month was established in 1985 to raise the awareness of breast cancer and encourage early detection.

Finding breast cancer early and getting state-of-the-art cancer treatment are the most important strategies to improve survival rates from breast cancer. Breast cancer that's found early, when it's too small to detect with an exam and has not spread, is easier to treat successfully. Getting regular screenings is the most reliable way to find breast cancer early.

Clinical breast exam and breast self-exam

According to The American Cancer Society, research has not shown a clear benefit of regular physical breast exams done by either a health professional (clinical breast exams) or by yourself (breast self-exams). Most often when breast cancer is detected because of symptoms (such as a lump), a woman discovers the symptom during usual activities such as bathing or dressing. Women should be familiar with how their breasts normally look and feel and report any changes to a health care provider right away.

Mammograms

Regular mammograms can help find breast cancer at an early stage, when treatment is most successful. A mammogram can find breast changes that could be cancerous years before physical symptoms develop. Results from many decades of research clearly show that women who have regular mammograms are more likely to find breast cancer symptoms early, are less likely to need aggressive treatments and are more likely to be cured.

It's important that women getting mammograms know what to expect and understand the benefits and limitations of screenings.

Breast cancer is the most common kind of cancer in women after skin cancer. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that most women can survive breast cancer if it's found and treated early. The age at which you start screenings and your screening frequency depends on your risk of developing breast cancer.



- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

References: www.cancer.org/breastcancer
www.healthfinder.gov/breastcancerscreening

Aging and Health: You and Your Medicines



As you get older you may be faced with more health conditions that you need to treat on a regular basis. It is important to be aware that more use of medicines and normal body changes caused by aging can increase the chance of unwanted or maybe even harmful drug interactions. The more you know about your medicines, and the more you talk with your health care professionals, the easier it is to avoid problems with medicines.

With age, comes body changes that can affect the way medicines are absorbed and used. For example, changes in the digestive system can affect how fast medicines enter the bloodstream. Changes in body weight can influence the amount of medicine you need to take and how long it stays in your body. The circulation system may slow down, which can affect how fast drugs get to the liver and kidneys. The liver and kidneys also may work more slowly affecting the way a drug breaks down and is removed from the body.

Drug-drug interactions happen when two or more medicines react with each other to cause unwanted effects. This kind of interaction can also cause one medicine to not work as well or even make one medicine stronger than it should be. For example, you should not take aspirin if you are taking a prescription blood thinner, such as Warfarin, unless you're told to do so by your doctor.

Drug-condition interactions happen when a medical condition you already have makes certain drugs potentially

harmful. For example, if you have high blood pressure or asthma, you could have an unwanted reaction if you take a nasal decongestant.

Drug-food interactions result from drugs reacting with foods or drinks. In some cases, food in the digestive track can affect how a drug is absorbed. Some medicines also may affect the way nutrients are absorbed or used in the body.

Drug-alcohol interactions can happen when the medicine you take reacts with an alcoholic drink. For instance, mixing alcohol with some medicines may cause you to feel tired and slow your reactions.

It is important to know that many medicines do not mix well with alcohol. In fact, your body may react differently to alcohol, as well as to the mix of alcohol and medicines, than it did when you were younger. Keep in mind that some problems you might think are medicine related, such as loss of coordination, memory loss or irritability, could be the result of a mix between your medicine and alcohol.

Remember that at any age, medications should be taken exactly as your doctor prescribed, that means talking to your doctor or pharmacist before making any changes to the dose, frequency or combinations of medications you take.

Source: <https://www.fda.gov/drugs/resourcesforyou/ucm163959.htm#otc>

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Let's make Halloween fun, spooky and a little healthier, too.



Afraid you'll be dealing with an excess of Halloween treats that can last through fall and into the new year? **Here are some ideas for enjoying the evening's haul responsibly and getting rid of leftover candy:**

- Let each child keep enough candy to have one or two pieces a day for one or two weeks (long enough for the excitement to wane). Throw away, donate or repurpose the rest.
- When your child asks for a piece of candy, pair it with a healthy snack: an apple, a banana, some nuts or celery with peanut butter.
- "Buy back" candy from your child with money or tokens they can trade in for a fun activity: a day at the zoo, an afternoon playing at the park, going ice skating or a day at the pool.
- Some dentists' offices have buy-back or trade-in programs, too.
- Save it for holiday baking.
- Save it to fill the piñata at the next birthday celebration or share throughout the holidays
- Don't eat it, use it in an arts and crafts project or to decorate a holiday gingerbread house.
- Donate excess candy to a homeless shelter, children's hospital or care package program for troops overseas. A familiar sweet treat from home can be comforting at the holidays.

Have no fear – you got this!

Reference: <http://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/how-to-have-a-healthy-halloween>



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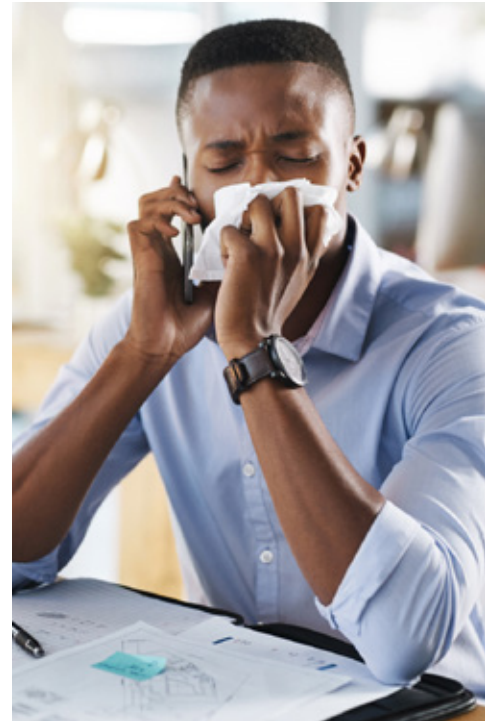
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Preventing the Flu: Good Health Habits Can Help Stop Germs

The single best way to prevent seasonal flu is to get vaccinated each year. In fact research shows that getting vaccinated can reduce your risk of catching the flu, reduce your symptoms and complications if you do get the flu and reduce the chance of spreading the flu to others. However, good health habits like covering your mouth when you cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses as well. If you should catch the flu, there are flu antiviral drugs that can be used to treat flu, but you need to take them as soon after developing symptoms as is possible for maximum effectiveness. The tips and resources below will help you learn how you can take steps to protect yourself and others from flu and help stop the spread of germs.

1. Avoid close contact with people who are sick
2. Stay home when you are sick
3. Cover your mouth and nose with a tissue when coughing or sneezing
4. Clean your hands, washing your hands often will help protect you from germs
5. Avoid touching your eyes, nose or mouth
6. Practice other good health habits
7. If you do develop a fever and flu-like symptoms contact your doctor as soon as possible

Reference <https://www.cdc.gov/flu/protect/habits/index.htm>



OCTOBER EVENTS

Date	Time	Event	Location	Description
Saturday 10/6/18	7:30 am	Burger King Beach 10k/5K	Lummus Park 901 Ocean Dr., Miami Beach, FL 33139-5013	Runners begin with a unique course along beautiful South Beach and finish on the sand for a beach party. A Family Fun Zone, music, a BURGER KING®-themed sandcastle design and more will keep the beach party going while the Hydration Station will refuel everyone after a day of fun in the sun. The real plus? All proceeds benefit local high school seniors through the BURGER KING® Scholars program http://teamfootworks.org/burger-king-beach-run/
Saturday 10/6/18	7:30 am	ZooRun 5K and ZooKids Dash	Zoo Miami 12400 SW 152 Street, Miami FL, 33177	Join us for the 6th annual ZooRun5K & Kidz Medical Services ZooKidsDash benefiting West Kendall Baptist Hospital and the Zoo Miami Foundation - Come for a race, stay for a zoo adventure! Event proceeds will go towards improving community and environmental health. Show your WILD side- animal costumes are encouraged! https://www.zoomiami.org/Run
Saturday 10/13/18	6:30 am	2018 Komen Miami/ Ft. Lauderdale More than Pink Walk®	Bayfront Park - Downtown Miami 301 Biscayne Blvd., Miami, FL 33132	This important annual event raises significant funds for the breast cancer movement, thanks to supporters and survivors around the world who step up and take action by fundraising for the cause. https://komenmiami.org/event/walk/

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