

Road to **WELLfluent**™

Embrace better health.

How to sneak in healthy physical activity during a sedentary work day

By American Heart Association News

National Wear Red Day is February 1st - to raise awareness about cardiovascular disease and save lives. This annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke. Because when we come together, there's nothing we can't do.

Too much sitting around can bring heart health risks, but when your job has you sitting all day, what do you do? "Sit less, move more," is the simple advice from Deborah Rohm Young, chair of the panel that wrote a 2016 American Heart Association (AHA) advisory published in the journal *Circulation*. The AHA recommends adults get at least 150 minutes of physical activity a week. "Take those smaller breaks throughout the day so you're not sitting all at once."

In all, U.S. adults spend an average of six to eight hours a day sitting. But whether it's based at home or at the office, the work must get done. So Young, a director of behavioral research at Kaiser Permanente Southern California, suggests as a reminder set a timer to alert you it is time to get up and moving around for five minutes every hour, or 10 minutes every two hours.

Here are other ways to introduce movement:

- Walk during breaks, and use longer breaks to stroll outdoors, whether down the street or laps around the building.
- A midday walk during a lunch break can help the mind to focus on the work ahead.
- Stand during meetings.



- Take the stairs instead of the elevator.
- Walk over to speak with a co-worker in person rather than using the phone or electronic messaging.
- Take public transportation to work instead of driving. It likely involves walking to and from the transit stop.
- Use standing or adjustable height desks to avoid sitting while on the phone or at the computer.
- Exercise at your desk, with squats or jumping jacks.

Even simple ankle and arm flexes or stretching occasionally while sitting at a desk gets muscles active, Young said. To learn more, visit <https://www.heart.org/en/news/2019/01/04/how-to-sneak-in-healthy-physical-activity-during-a-sedentary-work-day>

American Cancer Society Guidelines for the Early Detection of Cancer

The American Cancer Society recommends these cancer screening guidelines for most adults. Screening tests are used to find cancer before a person may begin to notice any symptoms. World Cancer Day is February 4th, a day to reflect on what you can do and take action.

Breast cancer

- Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms (x-rays of the breast), if they wish to do so.
- Women age 45 to 54 should get mammograms every year.
- Women 55 and older should switch to mammograms every 2 years, or can continue yearly screening.
- Women should also know how their breasts normally look and feel and report any breast changes to a healthcare provider right away.

Some women – because of their family history, a genetic tendency, or certain other factors – may need additional screening in addition to a mammogram. Talk with a healthcare provider about your risk for breast cancer and the best screening plan for you.

Colon and rectal cancer and polyps

For people at average risk for colorectal cancer, the American Cancer Society recommends starting regular screening at age 45. This can be done either with a sensitive test that looks for signs of cancer in a person's stool (a stool-based test, such as the *Quest Insure home test kit), or with an exam that looks at the colon and rectum (a visual exam). Talk to your healthcare provider about which tests might be good options for you. No matter which test you choose, the most important thing is to get screened. (*Make sure any home test kit uses a participating lab, such as Quest to avoid the need for prior authorization or out of pocket expenses)

If you're in good health, you should continue regular screening through age 75.

For people ages 76 through 85, talk with your healthcare provider about whether continuing to get screened is right for you. When deciding, take into account your own preferences, overall health, and past screening history. People over 85 should no longer get colorectal cancer screening.

If you choose to be screened with a test other than colonoscopy, any abnormal test result needs to be followed up with a colonoscopy.



Cervical cancer

Cervical cancer testing should start at age 21. Women under age 21 should not be tested. Women between the ages of 21 and 29 should have a Pap test done every three years. HPV testing should not be used in this age group unless it's needed after an abnormal Pap test result.

Women between the ages of 30 and 65 should have a Pap test plus an HPV test (called "co-testing") done every five years. This is the preferred approach, but it's OK to have a Pap test alone every three years.

Women over age 65 who have had regular cervical cancer testing in the past 10 years with normal results should not be tested for cervical cancer. Once testing is stopped, it should not be started again. Women with a history of a serious cervical pre-cancer should continue to be tested for at least 20 years after that diagnosis, even if testing goes past age 65. All women who have been vaccinated against HPV should still follow the screening recommendations for their age groups.

Endometrial cancer

The American Cancer Society recommends that at the time of menopause, all women should be told about the risks and symptoms of endometrial cancer. Women should report any unexpected vaginal bleeding or spotting to their doctors.

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Some women – because of their history – may need to consider having a yearly endometrial biopsy. Please talk with a healthcare provider about your history.

Lung cancer

The American Cancer Society recommends yearly lung cancer screening with a low-dose CT scan (LDCT) (prior authorization is required) for certain people at higher risk for lung cancer who meet the following conditions:

Are aged 55 to 74 years and in fairly good health and currently smoke or have quit smoking in the past 15 years and have at least a 30 pack-year smoking history. (A pack-year is one pack of cigarettes per day per year. One pack per day for 30 years or two packs per day for 15 years would both be 30 pack-years.)

Prostate cancer

The American Cancer Society recommends that men make an informed decision with a healthcare provider about whether to be tested for prostate cancer. Research has not yet proven that the potential benefits of testing

outweigh the harm of testing and treatment. Men should not be tested without first learning about what is known and not yet known about the risks and possible benefits of testing and treatment.

Starting at age 50, men should talk to a healthcare provider about the pros and cons of testing so they can decide if testing is the right choice for them.

If you are African American or have a father or brother who had prostate cancer before age 65, you should have this talk with a healthcare provider starting at age 45.

If you decide to be tested, you should get a PSA blood test with or without a rectal exam. How often you're tested will depend on your PSA level.

For more on what you can do to help reduce your cancer risk and other questions about cancer, please visit www.cancer.org, or call anytime, day or night, at 1-800-227-2345.

Source: <https://www.cancer.org/healthy/find-cancer-early/cancer-screening-guidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html>

Get Recommended Vision Screenings to Preserve Your Eyesight

Acute macular degeneration (AMD) is the leading cause of vision loss for adults over age 60 in the U.S. Having AMD can make daily tasks that require sharp vision, such as driving, reading, and even recognizing faces difficult.

Acute macular degeneration (AMD) is a disease that causes damage to the central part of the retina called the macula. The macula is responsible for central vision. Symptoms with AMD include:

- Difficulty seeing in the center of your vision
- Trouble seeing in dim light
- Straight lines start to appear wavy, blurry or missing
- Fading and/or changes in the appearance of colors
- Dark, blurry areas or whiteout in the center of vision
- Diabetic persons should get a comprehensive dilated eye exam once a year. People with diabetic retinopathy may need eye exams more frequently to avoid Diabetic macular edema (DME). A consequence of diabetic retinopathy,

What can you do to reduce your risk of AMD? Avoid smoking, eat a healthy diet low in saturated fats and high in green, leafy vegetables, stay physically active, monitor blood pressure, and avoid excessive UV rays. In addition, have your eyes checked every year to two years by an optometrist or ophthalmologist.

Source: <https://www.friendsforsight.org/resources/eye-health-awareness/item/115-age-related-macular-degeneration> and <https://nei.nih.gov/health/diabetic/retinopathy>

Random Acts of Kindness Day 2019

Celebrated on February 17th, National Random Acts of Kindness Day has grown in popularity each year. It is celebrated by individuals, groups and organizations, nationwide, to encourage acts of kindness. When you see someone almost every day, it can be easy to get caught in the motions of familiar conversation. Make an effort to learn something new about a coworker. Send an encouraging email, a sweet and simple way to boost someone's spirits is by sending good vibes to someone's inbox. For ideas on acts of kindness visit <https://www.randomactsofkindness.org/kindness-ideas#>.

FEBRUARY EVENTS

Date	Time	Event	Location	Description
February 8 – 10, 2019	Various	The 12th Annual DONNA Marathon Weekend	NEPTUNE BEACH, FLORIDA and Beaches Town Center	Held annually, during the second weekend of February, DONNA Marathon Weekend (5k, 10k, Relay, Half Marathon, Marathon, Ultramarathon and Event Challenges) fills the City of Jacksonville and its Beaches in Northeast Florida with over 10,000 runners from all 50 states and 20 countries. https://breastcancermarathon.com/
Sunday, February 17, 2019	6 am	PUBLIX 2019 FORT LAUDERDALE A1A MARATHON, HALF MARATHON, 5K	401 SW 2nd 2nd St., Fort Lauderdale, FL 33312	Our Marathon course features 26.2 miles of signature South Florida beauty, loaded with miles of unobstructed ocean views. The fast, flat course is ideal for those looking to achieve Boston qualifying times. If you're searching for the ideal winter destination running event, then look no further! Run Fort Lauderdale... Where the Ocean is Your Finish Line! https://a1amarathon.com/
February 21-24, 2019	5:30 am	Disney Princess 5K presented by Children's Miracle Network Hospitals	Walt Disney World® Epcot®	Enjoy a Royal Race Weekend! It's an enchanting occasion for princesses and princes of all ages, featuring events for all skill levels, coveted regal medals and Disney entertainment! Meet some of your favorite Disney Princesses, pose for photos and make your way to the finish that ends happily ever after! https://www.rundisney.com/events/disneyworld/disney-princess-half-marathon-weekend/
Saturday February 23 – Sunday February 24, 2019	Various	Publix Gasparilla 2019 Distance Classic	Tampa, Florida	Come out to Tampa Bay and test your endurance at the Gasparilla Distance Classic. Surrounded by the area's beautiful weather (yep, it's paradise), every stride you make at the race benefits charitable youth organizations across the Tampa Bay area. https://rungasparilla.com/
Saturday February 23, 2019	8 am	Live Like Bella 5K	Zoo Miami 12400 SW 152 St., Miami FL, 33177	ON YOUR MARK, GET SET, GO! Grab your capes and get ready for the Fifth Annual Bean Automotive Group Live Like Bella® Superhero 5K Run/Walk on Saturday, February 23, 2019 at Zoo Miami to support Childhood Cancer Foundation. http://livelikebella5k.everydayhero.do/

A Wellness Newsletter for AvMed Members



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