

live well, work well

Health and wellness tips for your work, home and life—brought to you by the insurance and healthcare specialists at M3.

Women: Stay Healthy at Any Age

Establishing and maintaining good health is an ongoing process that you need to take charge of. It is important that you are proactive in managing your health to avoid preventable illnesses and catch other medical conditions early.

Get the Screenings You Need

Screenings look for diseases before you have symptoms. Examples include blood pressure checks and mammograms. You can get some screenings, such as blood pressure readings, in your doctor's office. Others, such as a mammogram, will require you to visit a specialist or hospital. After a screening, ask when you will see the results and who to talk to about them. Here are common screenings you should get:

Breast cancer. Ask your doctor whether a mammogram is right for you based on your age, family history, overall health and personal concerns.

Cervical cancer. Have a Pap smear every one to three years if you are 21 to 65 years old and have been sexually active. If you are older than 65 and recent Pap smears were normal, you do not need a Pap smear. If you have had a hysterectomy for a reason

other than cancer, you do not need a Pap smear.

Chlamydia and other sexually transmitted diseases (STDs). STDs can make it hard to get pregnant and can cause other health problems.

- Have a screening for Chlamydia if you are 24 or younger and sexually active. If you are older than 24, talk to your doctor about being screened for Chlamydia.
- Ask your doctor whether you should be screened for other STDs.

Colorectal cancer. Have a screening for colorectal cancer starting at age 50 (or earlier if you have a family history of colorectal cancer). Several different tests can detect this cancer. Talk to your doctor to decide which is best for you.

Depression. Your emotional health is as important as your physical health. Talk to your doctor or nurse about being screened for depression, especially if recently:

- You have felt down, sad or hopeless.
- You have had little interest or pleasure in doing things you once enjoyed.

Diabetes. Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medication for high blood pressure. Diabetes (high blood sugar) can cause problems with your heart, brain, eyes, feet, kidneys, nerves and other body parts.

High blood pressure. Starting at age 18, have your blood pressure checked at least every two years. High blood pressure is 140/90 or higher, and can cause strokes, heart attacks, kidney and eye problems, and heart failure.

High cholesterol. Starting at age 20, have your cholesterol checked regularly if:

- You use tobacco or are obese.
- You have diabetes or high blood pressure.
- You have a personal history of heart attack or blocked arteries.
- A man in your family had a heart attack before age 50 or a woman before age 60.

HIV. Talk with your doctor about HIV screening if any of these apply to you:

- You have had unprotected sex with multiple partners.
- You use or have used injected drugs.
- You have or had a sex partner who is HIV-infected, bisexual or injects drugs.
- You are being treated for an STD.
- You had a blood transfusion between 1978 and 1985.
- You have any other concerns.

Osteoporosis (bone thinning). Have a screening at age 65 to make sure your bones are strong. If you are younger than 65, talk to your doctor about whether you should be tested.

JUNE HEALTH OBSERVANCE

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Overweight and Obesity. The best way to learn if you are overweight or obese is to find your body mass index (BMI). You can find this using a BMI calculator, such as the one found here:

www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm. If you are overweight or obese, ask your doctor for help changing your behaviors to lose weight, as it lead to diabetes and cardiovascular disease.

Take Preventive Medicines if you Need Them

Aspirin. If you are 55 or older, ask your doctor if you should take aspirin to prevent strokes.

Breast cancer drugs. If your mother, sister or daughter has had breast cancer, talk to your doctor about whether you should take medicines to prevent breast cancer.

Estrogen for menopause (hormone replacement therapy). Do not use estrogen to prevent heart disease or other diseases. If you need relief from symptoms of menopause, talk to your doctor.

Immunizations.

- Get a flu shot every year.
- If you are 65 or older, get a pneumonia shot.
- Depending on your health conditions, you may need a pneumonia shot at a younger age or need shots to prevent diseases like whooping cough or shingles.

- Talk with your doctor or nurse about whether you need vaccinations. You can also find which ones you need here: www.cdc.gov/vaccines/schedules/easy-to-read/adult.html.

Take Steps to Good Health

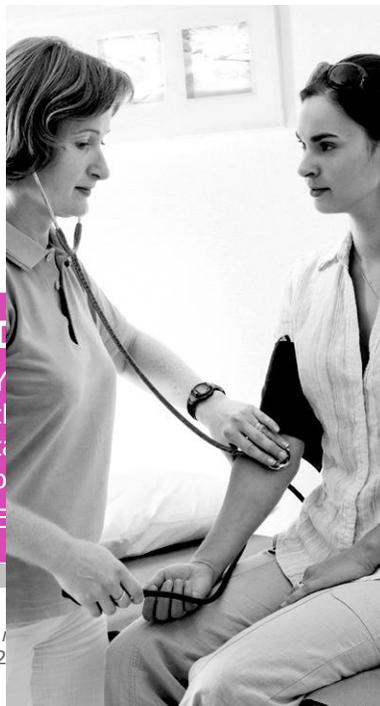
- Be physically active and make healthy food choices. Learn how at www.healthfinder.gov/HealthTopics/Category/everyday-healthy-living.
- Get to a healthy weight and stay there. Balance the calories you take in from food and drink with the calories you burn off by your activities.
- Be tobacco free. For tips on how to quit, go to smokefree.gov. To talk to someone about how to quit, call the National Quitline: 800-QUITNOW (784-8669).
- If you drink alcohol, have no more than two drinks per day if you are 65 or younger. If you are older than 65, have no

more than one drink a day.

You know your body better than anyone else. Always tell your doctor or nurse about changes in your health, including your vision and hearing. Ask them about being checked for any

condition you are concerned about (such as prostate or skin cancer), not just the ones listed here.

Source: The U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality



Work towards and maintain good health includes getting regular health screenings, as well as necessary and taking other steps for

Good health is an ongoing process.