

EDUCATIONAL SERIES

PACKET #5

live well, work well

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

Women's Health: Preventive Screenings

Part One

Bone Density Test

This test measures the density of your bones (your lower back, hip region, wrist, and heel) to help determine your risk of developing osteoporosis, a disease characterized by a loss of bone mass, which makes bones more fragile and likely to break. The U.S. Preventive Services Task Force (USPSTF) recommends that women age 65 and older be routinely screened. The USPSTF also suggests that routine screenings begin at age 60 for women with an increased risk.

Dental Exam

The American Dental Association recommends regular dental check-ups in which your dentist examines your teeth and gums. Regular dental exams will help detect tooth decay and oral cancer. In addition, your dentist can evaluate your bite, as well as determine problems such as grinding your teeth or problems with your jaw joint.

Eye Exam

Eye examinations can determine whether you need glasses or contact lenses, and can identify new vision problems such as glaucoma, macular degeneration, and

cataracts. The American Academy of Ophthalmology (AAO) recommends the following screening schedule:

- At least once between ages 20 and 39.
- Every two to four years between ages 40 and 45.
- Every one to two years beginning at age 65.

Hearing Test

A hearing test determines if you have hearing loss. The American Speech-Language-Hearing Association recommends screening at least every 10 years through age 50, and every 3 years after age 50.

Skin Exam

To check for skin cancer, your doctor will examine your skin from head to toe, looking for moles that are irregularly shaped, have varied colors, are asymmetric, are greater than the size of a pencil eraser, or have grown or changed since your last visit.

The ACS recommends you have a skin exam every 3 years between the ages of 20 and 40, and every year after age 40. It is also important to check your own skin once a month.

Blood Pressure Screenings

Healthy women with normal blood pressure (119/79 or below) should receive blood pressure screenings at least every 2 years. Preventive screening of blood pressure can lead to early detection of high blood pressure.



Did you know...?

Preventive care, including regular doctor visits, is important for everyone. Women in particular should visit their doctors regularly in order to talk about their overall health, ask questions, establish a relationship with their doctor, and above all get the recommended preventive health screenings.

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Women's Health: Preventive Screenings

Part Two

Mammograms

Early detection is an important factor in the success of treating breast cancer. Screenings can lead to finding and treating a lump in your breast one to three years before you would have felt or noticed it.

Both the American Cancer Society (ACS) and the National Cancer Institute (NCI) recommend that women start having mammogram screenings every one to two years starting at age 40. Regardless of age, high risk women should talk to their doctors about whether to have mammograms before age 40 and how often.

Pap Smears

A Pap smear looks for changes in the cells within the cervix. These changes can predict cervical cancer or conditions that could eventually develop into cancer. The ACS's recommendations for yearly Pap smears are: at age 18, three years after having sexual relations or at age 21 if you haven't been sexually active. After age 21 the ACS suggests the following screening schedule:

- Age 21 to 29 – at least every two years.
- Age 31 to 69 – every two to three years if you've had three normal tests in a row.

- Age 70 and older – you may stop having Pap tests if you've had three normal Pap tests in a row and for the last 10 years.

Pelvic Exams

A pelvic exam allows doctors to look for signs of illness within the organs inside a woman's body. The exam is used to look at a woman's uterus, cervix, fallopian tubes, ovaries, bladder, and rectum. Current guidelines recommend that women who are or who have been sexually active should have a pelvic exam every 1 to 3 years after having 3 consecutive normal exams.

Cholesterol Screenings

Undesirable levels of cholesterol raise your risk of heart attack and stroke. Women aged 20 or older should have their cholesterol tested every 5 years, or more frequently if your doctor recommends it. A simple blood test will evaluate your total cholesterol, LDL cholesterol, HDL cholesterol,

and triglycerides.

Colorectal Cancer Screening

Colorectal cancer screening tests detect cancerous cells and growths (polyps) that may become cancerous on the inside wall of your colon. Not everyone needs to be tested for colon cancer; your need for screening depends on your risk level.

Three major factors influence your risk for colon cancer:

- You are age 50 or older.
- You have a family or personal history of colorectal cancer or adenomatous polyps.
- You have a personal history of inflammatory bowel disease.



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Getting a Colonoscopy

Defenses to promote colon health

Even though it is one of the most undesirable medical screening tools, a colonoscopy is a useful and effective way of allowing a doctor to view the colon and rectum for abnormalities. This procedure is used to screen for colon and rectal cancer and investigate recurring issues such as blood in the stool, constipation, diarrhea and lower belly pain.

Who Needs a Colonoscopy?

At age 50, everyone should have a colonoscopy even if they have *no* risk factors. However, if you have a history of colon or rectal cancer in your family or had previous instances of polyps in your colon, you should begin having a colonoscopy at age 40.

Preparation

It is imperative that the colon is prepared before a colonoscopy can take place. Generally, 24 hours prior to the test, you will be required to do the following:

- Stop taking medications containing iron as it can alter the color of the colon lining
- Take laxatives and/or enemas to clean out the colon
- Drink clear, nonalcoholic liquids and eat only soft foods that are not red in color

- Take five-minute walks every 10 minutes while taking the laxatives

On the day of the exam, a doctor will ask you to fast or only drink clear liquids up to six hours prior to the exam. Then, you may not be able to ingest anything until it is over.

The Procedure

Before the procedure, you will be given a mild sedative to relax and an opiate pain medication to lessen any discomfort. Then, you will lie on your left side and the doctor will insert a colonoscope into your rectum. This tool contains a light, camera and channel which allow the doctor to see inside your colon and pump air to get a better view. In addition, your doctor can insert instruments through the colonoscope to remove polyps or biopsy suspect tissue.

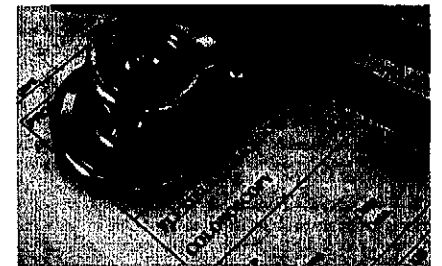
Once the exam is over, you will need to rest for about an hour in the office until the sedative wears off slightly. Then, you should go home and rest for the remainder of the day.

After the procedure, you may feel

bloated and pass gas for several hours. To reduce pressure in your gut, walking usually helps. In addition, you may notice a minimal amount of blood in your first stool after the procedure. Both of these side effects are normal, but excessive pain and/or blood in your stool is cause for concern. Consult your doctor if any of these occur.

Results

If your results are good and no abnormal polyps are found, you can typically wait several years before having the exam again. Should your colonoscopy reveal problems, though, you may have to repeat the test more frequently depending on the exact results. Beyond that, any polyps that were not removed during the procedure may have to be surgically removed later.



Did you know...?

Colon cancer is the second leading cause of cancer-related death in men and women. Yet, cancer detected early through a colonoscopy is treated most successfully as opposed to those that do not take preventative measures.

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Self Care: Relaxation Techniques

We all have instances of pain and stress in our lives that can result in physical, mental or emotional issues. Often these symptoms are recognized by us as physical or emotional pain that can significantly impact our health, happiness and overall quality of life.

The Pain Cycle

Perhaps the first step to healing ourselves is learning to better understand how our body reacts and deals with stress and pain. Once pain occurs, whether from an injury or other source, your psychological reaction to it can have a strong effect on its intensity and duration. For some people, pain can become a vicious cycle: pain causes anxiety and tension, and anxiety and tension cause more pain. Many common health disorders, such as migraines, involve tension as a contributing source of the initial pain. By utilizing relaxation techniques, one can release tension and greatly reduce certain types of pain and actually prevent them from occurring. Relaxation techniques, such as meditation or breathing exercises, are simple methods you can use yourself to relax and break your pain cycle.

Meditation as Medicine

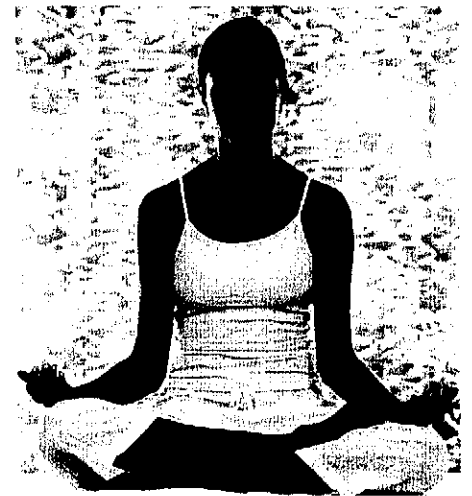
Meditation is an activity that can calm your mind and keep you focused on the present. In a

meditative state, you can clear your mind of cluttered thoughts or memories. Studies even show meditation is effective in controlling anxiety, enhancing the immune system and reducing conditions such as high blood pressure, substance abuse and chronic pain. There are numerous kinds of meditative techniques – concentrative, mindful and transcendental are the three most common. During *concentrative meditation* you focus your attention on a single sound, object or breath to bring about a calm, tranquil mind. During *mindful meditation*, you keep your mind aware, but you do not react to sensations, feelings or images going on around you. During *transcendental meditation*, you put your body at full rest but keep your mind fully alert, bringing about a deep state of relaxation.

Benefits of Better Breathing

Breathing is not only an important part of the meditative process, but used independently, it can be another effective self-help technique. Shallow or poor breathing can contribute to many health disorders as well. Even though breathing is an automatic

response, there are times when mentally adjusting the way we breathe can benefit our health and sense of well-being. For example, learning to breathe deeply from your abdomen rather than your chest will increase your oxygen intake. Shallow breathing inhibits the release of carbon dioxide from your body, creating an imbalance that can contribute to poor health. By practicing proper breathing technique, you can increase lung capacity and energy levels, speed the healing process of many disorders and relieve anxiety, asthma symptoms, insomnia and stress.



Mind over Matter...

Think there is no time to stop and meditate? Meditation actually makes your mind calmer and more focused. A simple 10 or 15 minutes of meditation can help you overcome stress and find some inner peace and balance.

EDUCATIONAL SERIES FOR CITY OF FINDLAY FITNESS STIPEND – PACKET #5

LIVE WELL, WORK WELL INFORMATION INCLUDED IN THIS QUESTIONNAIRE:

- Women's Health: Preventive Screenings Part One
- Women's Health: Preventive Screenings Part Two
- Getting a Colonoscopy
- Self-Care: Relaxation Techniques

Please rate the statements below as either true or false

Circle One

- | | | | |
|----|---|------|-------|
| 1. | It is important to check your own skin for irregular moles once a month. | True | False |
| 2. | Mammogram screenings can lead to finding a lump in your breast one to three years before you would have noticed it. | True | False |
| 3. | At age 50, everyone should have a colonoscopy even if they have no risk factors. | True | False |
| 4. | Shallow or poor breathing can lead to many health disorders. | True | False |

I have read the four Live Well, Work Well publications listed above.

Participant's Signature

Date