



Health Observance Calendar



July Skin Cancer Awareness

Almost everybody has skin marks such as freckles, age spots or moles. A sudden change in a spot or mole is a possible warning sign of a serious skin condition. When you notice an abnormality, see your doctor immediately. Many types of skin cancer can spread quickly to underlying tissue.

August Immunization Awareness

Ensuring your child is protected against diseases such as whooping cough (pertussis) and measles could save his or her life. These shots may be uncomfortable, but they will protect your child from life-threatening diseases. Immunizations are often required for your child to attend school.

September Cholesterol Education

Half of all Americans have high cholesterol, putting them at risk for heart disease and stroke. Lifestyle changes such as exercise and eating foods low in saturated fats can lower cholesterol. You can use choosemyplate.gov to find foods that are low in total fat, saturated fat, trans-fat and cholesterol.

myBlueWellness News

Summer 2016

Check In or Check Up

Whether you're checking in on your health or need a complete checkup, use the list below to see if you are on track with your preventive screenings.

Dental: Annually (or as directed by your doctor). Children should have their first visit by age 1.

Vision: Adults – every 2 years or as recommended by your health professional. Children's vision should be tested before the age of 5 and annually.

Pap smear: All women age 21 and older should have a pap smear every 1-3 years. Women age 30 or older may alternately choose to have a pap smear with the human papillomavirus (HPV) test every 5 years.

Mammogram: Annually for women age 40 and over.

Clinical Breast Exam: Every 1-3 years for women ages 19-39. Annually for women 40 and over.

Prostate cancer: Men over 50 and high-risk men over 45 should speak with their health professional about their prostate health.

Blood cholesterol: Periodic screenings are recommended for men age 35 and over, as well as women and younger men who are at risk for heart disease.

Diabetes: Adults with blood pressure readings above 135/80mmHg should have fasting blood glucose levels or hemoglobin A1C checked every 3 years or as directed by a doctor.

Colorectal cancer: Adults age 50 and older, or as directed by their health professional.

Osteoporosis: Women over age 65 and those with risk factors for osteoporosis.

Getting the right test at the right time can increase chances of treatment success and survival. Work closely with your doctor to find out which tests are right for you.

Notes from Dr. Schmidt

Advice from Associate Medical Director Dr. Anne Schmidt

Summer is a great time to consider a culinary vacation and try new and healthy flavors! Instead of eating a heavy meal, try making salad the centerpiece of a meal with chilled shrimp or beans added in small amounts. The combination of fresh and flavorful vegetables is not only delicious, but makes for a colorful serving. In addition to vegetables, fruits are in season during summertime. Blackberries, red cherries, nectarines and peaches make for a tasty summer dessert.

Remember to take time to focus on yourself and relax this summer. Read a good book or take an afternoon nap. This will allow you to recharge and rebuild your energy.

Best wishes for a happy summer, and don't forget your sunscreen!!

Check out our newly redesigned website by clicking the link Alabamablue.com/mybluwellness.

myBlueWellness Recipe

Fruity and Nutty Chicken Salad – makes 8 servings

Directions:

1. Add chicken, celery, green onion, apple, dried cranberries or cherries, grapes and pecans to large serving bowl and toss.
2. Combine pepper, curry powder, mayonnaise and sour cream in a small bowl and whisk together until smooth. Spoon over chicken mixture and mix well.
3. You may serve this salad immediately, or cover, chill in the refrigerator, and serve the next day.

Ingredients:

- 3 cups diced boneless, roasted chicken breast
- 1/2 cup pecan pieces, toasted
- 1/2 cup finely diced celery
- 1/8 teaspoon ground black pepper
- 1/3 cup chopped green onions (the white and green parts)
- 1/2 teaspoon curry powder
- 1 firm apple, sliced and diced
- 5 tablespoons light mayonnaise
- 1/3 cup dried cranberries or cherries
- 1/2 tablespoon fat-free sour cream
- 1 cup halved seedless green or red grapes



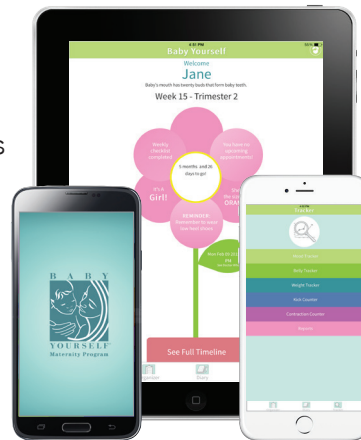
Nutritional information per serving:

Calories	232
Calories from fat	38%
Total fat	9 g
Saturated fat	1.6 g
Fiber	2 g
Protein	8 g
Carbohydrates	18 g
Cholesterol	45 mg
Sodium	128 mg

Source: WebMD®

Blue Cross and You: Baby Yourself®

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*For access to every program resource, you must be a Blue Cross and Blue Shield of Alabama customer enrolled in the Baby Yourself Maternity Program.

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Focus on Men's Health: Prostate Cancer

Prostate cancer is the second leading cause of cancer deaths in men. About 200,000 men will be diagnosed this year with this deadly disease, according to the American Cancer Society.

Prostate cancer develops within the prostate gland, a walnut-sized gland surrounding the beginning of the urethra. The disease occurs more often in men over 50 and men with a family history of prostate cancer.

With early detection through the Digital Rectal Exam (DRE) or Prostate-Specific Antigen (PSA) screening, prostate cancer can be managed and even cured. If preliminary tests raise the suspicion of cancer, a biopsy will be ordered.

The American Cancer Society recommends annual prostate cancer screenings for men age 50 and older. (Review your benefits for specific coverage information.) The earlier the diagnosis, the better the chance of curing the disease!