

Healthy Minute



Take a Minute for Your Health

Prepared for you by



October 2020

Know the Factors & Help Reduce Your Cancer Risk



It is usually not possible to know exactly why one person develops cancer and another doesn't. But research has shown that certain risk factors may increase a person's chances of developing cancer. Cancer risk factors include exposure to chemicals or other substances, as well as certain behaviors. They also include things people cannot control, like age and family history.

You can reduce your risk of cancer by making healthy choices like eating right, staying active, and not smoking. It is also very important to follow recommended screening guidelines, which can help detect certain cancers early.

Review the spotlight to learn more about cancer risk factors and complete the monthly quiz for a chance to win a \$25 gift card at: www.JHMBHealthconnect.com/health-spotlights.

Monthly Webinar Saving for the Future

Available Anytime, All Month

Presented by: *Christine Luken,
Claremont EAP*



Many people do not have a healthy level of savings, despite knowing the importance of having money set aside for emergencies, purchases, college, and retirement. In this webinar, you will learn how to utilize *Emotionally Charged Saving* techniques that will motivate you to set and keep your savings goals. Some of the topics covered include: Savings, Your Financial Shock Absorbers, How Spending and Saving are Actually Two Sides of the Same Coin, The Reasons to Save, Why Willpower is Overrated, Positive + Negative Emotion = Massive Motivation, and The Power of "Mindless Saving".

Learn more and register online at:
www.JHMBHealthConnect.com/events

Cervical Cancer

The Importance of Regular Screenings

The best way to detect cervical cancer early is to have regular screening tests. The tests for cervical cancer screening are the



HPV test and the Pap test. These tests can be done alone or at the same time (called a co-test). The Pap test and HPV test are screening tests, not diagnostic tests. They cannot tell for certain if you have cervical cancer.

An abnormal Pap test or HPV test result may mean more testing is needed to see if a cancer or a pre-cancer is present. Regular screening has been shown to prevent cervical cancers and save lives. The most important thing to remember is to get screened regularly, no matter which test you get.

Cervical cancer may also be suspected if you have symptoms like abnormal vaginal bleeding or pain during sex. Your primary doctor or gynecologist often can do the tests needed to diagnose pre-cancers and cancers and may also be able to treat a pre-cancer.

Those aged 25 to 65 should have a primary HPV test every 5 years. If primary HPV testing is not available, screening may be done with either a co-test that combines an HPV test with a Papanicolaou (Pap) test every 5 years or a Pap test alone every 3 years.

Early detection greatly improves the chances of successful treatment!

Visit www.cancer.org/cancer/cervical-cancer/causes-risks-prevention for more details.

The WellPATH Employee Wellness Program is a program of the Joint Health Management Board. Visit us on the web at www.JHMBHealthConnect.com or contact us at jhmbhealthconnect@yahoo.com.

Healthy Minute



Take a Minute for Your Health

Prepared for you by



Healthful Tip: Follow A Healthy Eating Pattern

All foods consumed as part of a healthy lifestyle fit together like a puzzle to meet nutritional needs without exceeding limits, such as those for saturated fats, added sugars, sodium, and total calories. Eating well is an important part of improving your health and reducing your cancer risk. Take a good look at what you typically eat each day, and try to build a healthy diet plan for yourself and your family.

A healthy eating pattern includes:

- Foods that are high in nutrients in amounts that help achieve and maintain healthy body weight
- A variety of vegetables – dark greens, red and orange, fiber –rich legumes (beans and peas), and others
- Fruits, specially whole fruits in a variety of colors
- Whole grains



A healthy eating pattern limits or does not include:

- Red and processed meats
- Sugar-sweetened beverages
- Highly processed foods and refined grain products

Sources:

<https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/>

<https://acsjournals.onlinelibrary.wiley.com/doi/full/10.3322/caac.21591>

Tips for a healthy eating pattern

- Fill most of your plate with colorful vegetables and fruits, beans, and whole grains.
- Choose fish, poultry, or beans as your main sources of protein instead of red meat or processed meats.
- If you eat red or processed meats, eat smaller portions.
- Don't supersize your plate! If you enjoy some high calorie foods occasionally, eat smaller portions.
- Pay attention to food labels in the grocery store and on restaurant menus.
- Limit your use of creamy sauces, dressings, and dips with vegetables and fruits.

Fall 2020 Activities: FREE Flu Shots and Virtual Fitness Classes

FREE Flu Shots: Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself, your family and your community from the flu. This fall, the WellPATH program is partnering with Kaiser Permanente to offer free flu shot clinics at sites throughout the District. The vaccine is free and available for employees with District medical insurance, covered spouses, dependent children age 18+, domestic partners, early retirees and retirees (age 65+). Registrants must present district-issued medical ID card. **By appointment only!** For more information and to pre-register, visit: www.JHMBHealthConnect.com/free-flu-shots.

Virtual Fitness Classes: WellPATH offers weekly pre-recorded virtual fitness classes led by Pinnacle Training Systems certified instructors who have been trained to meet the needs of all fitness levels and skills. Classes are open to active employees, spouses, domestic partners, dependent children age 18+, early retirees, and Medicare-eligible retirees covered under the District's health benefit plan. **Beginners are welcome!** For more information and to sign up, visit: www.JHMBHealthConnect.com/group-fitness-classes.