



# Road to WELLNESS

Embrace better health.®

A Wellness Newsletter for AvMed Members

## “KNOW YOUR HEALTH” AND WIN BIG!



Take a Personal Health Assessment (PHA) and get entered to win a \$400 gift card toward a stay at The Ritz-Carlton anywhere in the world. It's as easy as that!

By taking AvMed's online and confidential PHA, you can gauge the status of your current health and find out how to improve it. We provide the tools you need to get there, including discounts on exercise and wellness centers, e-coaching courses, a library of health articles, food and nutrition, wellness challenges and more.

To join the Challenge, simply visit [www.avmed.org](http://www.avmed.org) and log in to your AvMed account. Then, select **Health and Wellness** and under **Tools for a Healthier You**, click on **Wellness Portal powered by Healthyroads®**. The deadline to complete your online PHA is **April 30, 2015!**

## APRIL IS NATIONAL STRESS AWARENESS MONTH

If everyone could write the perfect script for their lives, it would be complaint-free, worry-free and happy. Unfortunately, life doesn't often agree with that plan. Stress happens, and it can be unbearable and sometimes unavoidable.

Take a look at these five tips for how to handle stress:

- **Get and/or stay healthy.** Being physically fit can help you get mentally fit.
- **Make a change.** Eliminating a stressful situation can work wonders.
- **Focus on the present.** The past is over and the future isn't here yet. Think in the present.
- **Talk yourself through it.** Don't avoid the situation; you may have the answers you're looking for.
- **Help someone in need.** It makes you feel better and allows you to focus on something else.

Through **AvMed's Wellness Program**, helpful resources such as online courses on stress, sleep and healthy living are available. We also offer discounted services such as acupuncture, yoga and exercise centers to help our Members manage stress and live healthier.

To evaluate your health status and receive recommendations for improvement, take our online and confidential **Personal Health Assessment**. Visit [www.avmed.org](http://www.avmed.org) and log in to your AvMed account. Then, select **Health and Wellness**, and under **Tools for a Healthier You**, select **Wellness Portal powered by Healthyroads®**.

# Health & Wellness

## NEW FINDINGS: CAN ASPIRIN HELP PREVENT CANCER?

Aspirin may be an old-time remedy, but its uses have yet to be exhausted. For more than 100 years, it has eased fever and pain. Since the 1970s, aspirin has been used to lower the risk of blood clots that can lead to stroke and heart attack. And thanks to new findings, this workhorse may someday take on yet another job: helping prevent some types of cancer.

One recent, very large women's study took place over 18 years. In it, half the women agreed to take a low dose of aspirin every other day. By the end of the study, those who took aspirin had a 20 percent lower rate of colon cancer. Studies have shown other promising links between aspirin and cancer, too. For example, one study suggests that low-dose aspirin may slow the spread of some cancers. Other studies suggest it may lower the risk of death from cancer.

So how does the humble aspirin tackle cancer? Scientists are not certain yet. But aspirin lowers inflammation, and that may play a big part. Aspirin might also help keep certain blood cells, called platelets, from adding to tumor growth. Some researchers also think aspirin might slow DNA damage over time.

If you're thinking about taking aspirin as a preventive measure, there are some things you should know. Aspirin is cheap and easy to buy, but it is a drug with known risks. Among the risks is a higher likelihood of:

- Ulcers
- Bleeding
- Strokes (hemorrhagic type)

Aside from the risks, there are still many unanswered questions. So far, studies have not concluded much about dosing. For now, doctors do not yet recommend aspirin for cancer prevention. The reason is that too much is still unknown about the risks versus the possible benefits.

**Talk to your doctor before starting an aspirin regimen.**

To learn more about individual conditions and treatments, visit [www.avmed.org](http://www.avmed.org) and log into your AvMed account. Select *Health and Wellness* and under *Tools for a Healthier You* click on *Wellness Portal powered by Healthyroads®*.



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