

Road to **WELLNESS**

Embrace better health.®

COLORECTAL CANCER AWARENESS MONTH

Colorectal cancer screening saves lives. If you're 50 years old or older, talk to your doctor about getting screened.

Among cancers that affect both men and women, colorectal cancer (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. But this disease is highly preventable, by getting screened beginning at age 50.

What You Can Do

- If you're aged 50 to 75, get screened for colorectal cancer regularly. Screening tests help prevent colorectal cancer by finding precancerous polyps (abnormal growths) so they can be removed. Screening also finds this cancer early, when treatment can be most effective.
- Be physically active.
- Maintain a healthy weight.
- Don't drink too much alcohol.
- Don't smoke.

Fast Facts

- Risk increases with age. More than 90% of colorectal cancers occur in people aged 50 and older.
- Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. You could have polyps or colorectal cancer and not know it. That is why having a screening test is so important. If you have symptoms, they may include—
 - Blood in or on the stool (bowel movement).
 - Stomach pain, aches, or cramps that do not go away.
 - Losing weight and you don't know why.

These symptoms may be caused by something other than cancer. If you have any of them, see your doctor.

- Some people are at a higher risk than others for developing colorectal cancer. If you think you may be at high risk, talk to your doctor about when and how often to get tested.
- There are several screening test options. Talk with your doctor about which is right for you.
- Colonoscopy (every 10 years).
- High-sensitivity fecal occult blood test (FOBT), stool test, or fecal immunochemical test (FIT) (every year).
- Sigmoidoscopy (every 5 years, with FOBT every three years).

<http://www.cdc.gov/cancer/dcpc/resources/features/colorectalawareness/>

NATIONAL KIDNEY MONTH - KNOW THE RISK FACTORS



Did you know there are more than 26-million Americans living with kidney disease? Your kidneys help to maintain your overall health by filtering out waste, balancing the body's fluids, controlling the production of hormones, and much more.

Diabetes and high blood pressure are the two leading causes of kidney disease. And they are common conditions among African Americans, Native Americans, or of Hispanic ethnicity. Being over 60 also increases your risk. Over time, the kidneys lose some function.

Know how to manage these conditions. Join us in observing March as National Kidney Month. If you are at risk for kidney disease, ask your doctor how often you should be tested. If you catch and treat kidney disease early, you may be able to slow it down!

Source: <http://www.kidneyfund.org/are-you-at-risk/risk-factors/?referrer=https://www.google.com/>

PREDIABETES IS REAL, AND YOU COULD HAVE IT. KNOW WHERE YOU STAND.

The numbers don't lie— One in three American adults has prediabetes. With a little exercise and a change in diet, it can be reversed. Let's face it, there are millions of reasons why we don't find the time to make healthy lifestyle choices. Kids, jobs, the Internet - we're busy. But whatever your reason, prediabetes is real. So find out if you have prediabetes by taking the test now at:

<https://doihaveprediabetes.org/>

KICK BUTTS DAY IS WEDNESDAY

MARCH 16, 2016

Kick Butts Day is a national day of activism when teachers, youth leaders, public health advocates, and other community leaders organize events designed to get youth to stand out, speak up and seize control against Big Tobacco. Kick Butts Day 2015 was an enormous success, with more than 1,300 events registered and over 3,500 selfie statements letting Big Tobacco know that youth are #NotAReplacement. For more information, visit

<http://www.kickbuttsday.org/>

KICKSTART YOUR HEALTH

This is the perfect time to improve your health. So why not get a jump-start to a healthier you by visiting AvMed's website to complete your Personal Health Assessment (PHA). This user-friendly online tool helps you understand your current health status, identify potential health risks and set realistic improvement goals based on your specific needs. By completing this confidential questionnaire, you will receive a personalized scorecard including recommendations and resources to help you target possible risk and alleviate healthcare costs. Ready to get started? Visit AvMed.org. Log into your AvMed account and click on **Take Your PHA**. Congratulations for taking this important step toward a healthier you!

MARCH EVENTS

Date	Time	Location	Event	Description
March 4	Ride Begins at 8 am	University Metro Rail Station, Miami, Fla. 33146	Bike305 "Bike to Work Day"	Try bike commuting for one day! It may change the way you get around every day! http://www.miamidade.gov/bike305/library/2016-bike-to-work-day.pdf
March 6	6:30 am	Memorial Park, 300 SE Ocean Blvd. Stuart, Fla. 34994	Full and Half Marathon of the Treasure Coast	Race goal: To enable a philanthropic outreach in support of several local and national charitable beneficiaries. http://treasurecoastmarathon.com/
March 12	4:30 pm	Tioga Town Center 105 SW 128 Street Newberry, Fla. 32669	Run for Haven 2016	This event will feature a 5K and 10K run/walk with a shotgun start at 4:30 p.m. and a St. Patrick's Day-themed party after! Arrive in your most creative St. Paddy's Day attire and you will be eligible to win a prize! http://www.havenospice.org/haven-run.aspx
March 13	7 am	Sarasota Municipal Auditorium, 10th Street & Tamiami Trail, Sarasota, Fla. 34236	First Watch Sarasota Half Marathon and Relay	Offers runners tropical beauty, a moderate climate, paved roads through the city and one of the area's favorite races. http://www.sarasotahalfmarathon.com/
March 19	8 am	Naval Air Station, Pensacola, Fla. 32508	Blue Angels Rock 'N' Fly Half Marathon and 5K	Rock 'N' Fly proceeds will benefit the Navy Ball and Navy Marine Corps Relief Society. http://www.runrocknfly.com/
March 20	Start between 7-9 am	Holder Mine Recreation Area Inverness, Fla. 34452	Citrus Trail Marathon	4 mile, 10 mile, Marathon and 50K! Run on challenging hills and infrequently used trails. http://endeavorracing.com/2016_CITRUS%20REGISTER.php
March 26	6 am Half Marathon 7:30 am 5K	Tennis Center 2575 Sportsplex Dr. Coral Springs, Fla. 33067	Race for Women's Wellness Half Marathon and 5k	4th annual fundraiser for the Lisa Boccard Breast Cancer Fund. http://www.halfmarathons.net/florida-race-for-womens-wellness-half-marathon-5k/

A Wellness Newsletter for AvMed Members



Road to

WELLNESS

Embrace better health.®

March 2016