

FEBRUARY 2024

PLAN FOR HEALTH NEWSLETTER

National Cancer Awareness Month

Cancer Prevention

Cancer screenings check your body for cancer before you may have symptoms. Getting screenings early can be the best way to detect and treat cancers. Cancer screenings are recommended based on gender, age, health history, family history and more. Below is a list of screenings to consider talking with your doctor about:

- **Breast Cancer Screening** – Recommended that women ages 40 and older receive a mammogram once a year
- **Cervical Cancer Screening** – Recommended women ages 21 to 65 receive a Pap test every 3 years
- **Colorectal Cancer Screening** – Recommended for ages 45 and older and frequency depends on the type of test

For a full list of preventive exams and screenings, refer to your Preventive Schedule on your member website or app.

Making healthy choices can also lower your risk of getting cancer. Below are some lifestyle choices that can make a difference in your health and cancer prevention:

- **Avoid Tobacco** - Lung cancer is the leading cause of cancer death, and cigarette smoking is the number one risk factor for lung cancer. Cigarette smoking is linked to about 80% to 90% of lung cancer deaths. Tobacco use can cause cancer almost anywhere in your body.

THIS MONTH'S TOPICS:

- **National Cancer Awareness Month**
- **Heart Health Month**
- **February Recipe: Easy Cheesy Enchiladas**



- **Protect Your Skin** - Skin cancer is the most common kind of cancer in the United States. Exposure to ultraviolet (UV) rays from the sun and tanning beds appears to be the most important environmental factor involved with developing skin cancer. To help prevent skin cancer, protect yourself by staying in the shade, applying sunscreen, and wearing sun-protective clothing, a hat, and sunglasses.
- **Limit Alcohol Intake** - Drinking alcohol raises your risk of getting cancer. The less alcohol you drink, the lower your risk for cancer.
- **Maintaining a Healthy Weight** - Being overweight or obese is linked with a higher risk of getting 13 types of cancer. These cancers make up 40% of all cancers diagnosed in the United States each year.

Living with Cancer and Caregivers

Living with cancer has an impact on your physical, mental, emotional, social and financial health. Depending on the type of cancer someone has will determine their plan for treatment and each person's journey is unique. It's important that those living with cancer have a support system around them. Whether you have been diagnosed with cancer or are a caregiver, taking care of yourself physically by staying physically active, eating a healthy diet, staying hydrated and getting enough quality sleep are all important. Focus on your emotional health by talking about your feelings with a loved one and finding ways to manage your stress. You can also talk with a doctor, specialist or join a support group. It's important to know that you are not alone and it's okay to reach out for help.

Heart Health Month



Strategies to Live a Heart-Healthy Lifestyle

When you choose healthy behaviors, you can lower your heart disease risk while also preventing other serious chronic conditions.

- **Know your Health History** – Talk with your doctor about your family's health history.
- **Eat Healthy** – Choose fruits, vegetables, whole grains, lean meats, and low-fat dairy products more often. Try and eat less salt, saturated fat and added sugar.
- **Move More** - Aim for 150 minutes of aerobic activity every week and muscle strengthening activities 2 days per week.
- **Avoid/Quit Smoking** - Call 1-800-QUIT-NOW to take the first step on your journey to quit.
- **Take Medicines as Directed** - Follow your doctor's instructions carefully and ask questions if you don't understand something. Never stop taking medication without consulting your doctor first.
- **Choose Drinks Wisely** - Choose water most often. If you drink alcohol, do so in moderation. 1 drink per day for woman and 2 for men.
- **Monitor Blood Pressure at Home** - Aside from getting your blood pressure checked by your doctor, monitoring at home with your own device is easy to do.

Nutrition and Heart Health

Keep your heart healthy by making the right food choices. You may have been directed to eat a "heart healthy diet" by your own doctor or medical professional but what exactly does that mean?

A food item can be considered and labeled as "Heart Healthy" if it is:

- Beneficial source of nutrients:
- Limited in Saturated and Trans Fat
- Limited in Sodium



The Heart-Check mark was a tool created to help individuals make heart healthy choices. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

Just look for the Heart-Check mark on foods and beverages every time you shop. Prior to visiting the store, you can use Heart-Check's digital tool. This tool will allow you to search for Heart-Check certified foods, create a grocery list, and check off items as you find them. This tool is updated regularly to provide you with the most current list of Heart-Check certified foods. It can help you identify healthier foods to add to your shopping list. **Visit the Heart-Check Digital Grocery List at heart.org/en/grocery-list.**

February Program Highlight:

Lower Your Risk: Heart Disease

Learn how to reduce your risk of developing heart problems. This program will explain how to keep your heart healthy and help prevent issues like heart attacks and heart failure. It will review topics such as knowing how to control your blood pressure, managing stress keeps your heart happy, and making heart-healthy diet choices.

If you have a family history of heart problems, are concerned about your health, or just want to be proactive about protecting your heart, this program may be right for you.

Go to your new, enhanced member app or website and head over to explore the Program Library on the Journey tab to learn more.



Stay tuned for March's topics:

Sleep Awareness and
Nutrition Month



Easy Cheesy Enchiladas

Ingredients

- 2 cans (15 ounces each) pinto beans, drained and rinsed
- 1 cup salsa
- 1 ½ cups corn (fresh or frozen, or a 15-ounce can, drained and rinsed)
- ½ cup chopped mild green chiles (4-ounce can)
- ½ teaspoon garlic powder or 2 cloves garlic, finely chopped
- 1 ½ cups shredded cheese
- 8 whole wheat flour tortillas (10-inches) or 12 corn tortillas (6-inches)
- 1 can (15 ounces) enchilada sauce

Directions

1. Preheat oven to 350 degrees. Lightly oil or spray a 9 x 13-inch baking dish.
2. Mix beans, salsa, corn, chiles, garlic and half of the cheese together in a bowl.
3. Warm each tortilla in a dry skillet and stack them on a plate.
4. Spoon about 1/2 cup of the bean mixture onto each tortilla.
5. Roll the tortilla and place seam-side down in the baking dish.
6. Pour enchilada sauce over the tortillas and sprinkle with remaining cheese.
7. Bake for 15-20 minutes, or until hot.
8. Refrigerate leftovers within 2 hours.

Notes

- Substitute black beans or kidney beans for the pinto beans.
- Try substituting cooked chicken or turkey for beans.
- Topping ideas: hot sauce, avocado, black olives, green onion, lettuce, radishes, or low-fat plain yogurt or sour cream.