



Your Health

Men and women have a lot of obvious differences, but there are many that are less obvious, including differing health risks. Being aware of those differences can help you make decisions about your healthcare.

Women's health risks

Changing estrogen levels contribute to several kinds of increased health risks for women. One example is the risk of stroke. Shifting estrogen levels impact the clotting substances in blood. The more the estrogen levels change—such as at menopause—the higher the risk of clotting and the greater the chance of stroke.

Estrogen also helps to protect bone cells. The plunge in estrogen during menopause means women lose much of this protection, which is why almost 50% of women older than 50 will suffer a broken bone due to osteoporosis.

Due to a variety of factors, women also have higher risks of Alzheimer's disease, migraines, multiple sclerosis, and urinary tract problems.

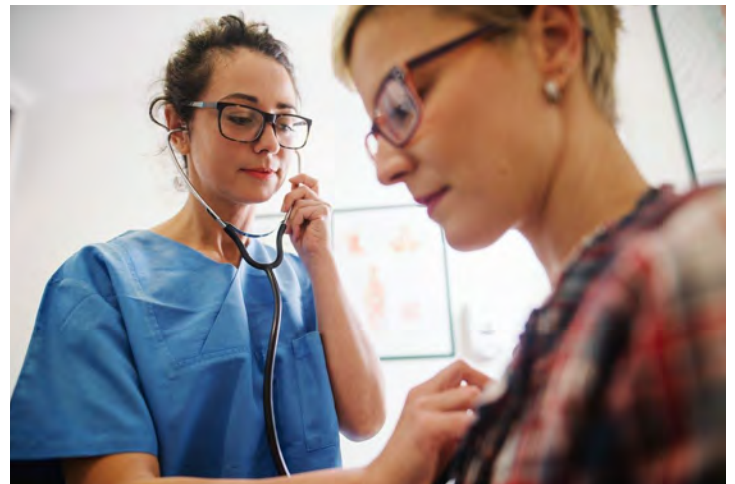
Men's health risks

Some of men's increased health risks are due to riskier behaviors that result in injuries and disease. Men, for instance, tend to eat more meat and fewer vegetables and fruits than women, but anatomy and hormones also have an impact. Men are significantly more likely to develop heart disease, for example. One reason is men tend to gain weight around their middle, which leads to a higher risk of heart problems. Men also don't have the heart benefits of estrogen, which helps to fend off heart disease.

Fifty percent more men than women develop Parkinson's disease. Studies have suggested links to men's lower estrogen levels, as well as to the male X chromosome. Men also tend to be at higher risk of autism, kidney stones, and pancreatitis.

Take action to address risks

Being aware of your specific health risks isn't enough. It's important to take action—visiting your primary care physician, annual physicals and other preventive care—to overcome your health risks.



1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6345642>
2. <https://www.rush.edu/news/how-gender-affects-health>
3. <https://www.statnews.com/2019/07/16/new-clues-women-alzheimers-risk-differs-from-men/>



Schedule Your Annual Screenings

One of the best ways to avoid—or at least minimize—many diseases and conditions is to catch warning signs early. That is why annual health screenings are so important.

Screenings can help your physician identify signs of:

- Some cancers
- High cholesterol
- High blood pressure
- Diabetes
- Osteoporosis
- Sexually transmitted diseases
- Anxiety, depression, and other mental health conditions

Start with an annual physical

An annual physical is a great time to touch base with your physician and update them on any changes in your health and lifestyle. Your physician will likely start by asking you questions about how you feel (both mentally and physically); your eating, drinking, and smoking habits; and other aspects of your health.

Most annual physicals include a head-to-toe physical exam, body mass index (BMI) evaluation, pulse and blood pressure checks, and blood work. The blood work may include a complete blood count, as well as screenings for diabetes, high cholesterol, hepatitis C, and other conditions.

Other screenings

Your physician may recommend additional screenings, including:

- Eye exam
- Hearing exam
- Osteoporosis test
- Pap smear every three years (for women)
- Mammogram (for women)
- Prostate exam (for men)
- Sexually transmitted disease (STD) tests

Decide with your physician

Based on your family history, along with your age and current health, your physician will recommend which screenings to get. Together, you can make decisions about how often to get those screenings and any other preventive measures you should take.

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Be Your Own Healthcare Advocate

Physicians, nurses, and other healthcare providers and staff are busier than ever these days. In this environment, things can sometimes fall through the cracks.

To protect your health and your peace of mind, you need to advocate for yourself. These best practices will help.

- **Share your family's medical history.** This information is extremely helpful to physicians as they evaluate symptoms and recommend tests or treatments.
- **Write down concerns in advance.** It can be easy to forget when you're chatting with your provider, so put any must-address issues on a list.
- **Be honest.** Hiding details that you feel are embarrassing won't help your health—and could end up affecting your care.
- **Ask questions.** If you don't understand something, ask your provider to explain it again (and again and again, if needed, until you feel confident you understand).
- **Follow up.** If you haven't received the results from a test, for instance, within the time frame you were given, call to ask about them.
- **Get second opinions.** Getting another physician's opinion before starting a treatment or undergoing a procedure can be very helpful as you make decisions about your care. (Your current provider will understand.)

- **Stay on top of your insurance.** Double-check to make sure your providers are in your network. Know when (and how) to get procedures and other care pre-approved. Look at explanations of benefits (EOBs), and call the insurance company if you think something isn't right.

You're in charge

Ultimately, you're responsible for your own health. While it's important to be respectful and kind, it's also important to speak up for yourself and make sure your healthcare needs are met.



OVEN-ROASTED SALMON WITH CHARRED LEMON VINAIGRETTE

Prep Time	Cook Time	Servings
15 minutes	20 minutes	4

Ingredients

- 1 lemon
- 2 bulbs fennel, thinly sliced
- 2 small red onions, thinly sliced
- 2 1/2 tablespoons olive oil, divided
- Kosher salt and pepper
- 1 1/4 pounds skin-on salmon fillet
- 1 teaspoon stone-ground mustard
- 3 cups baby arugula

Instructions

1. Heat broiler. Cut pointed ends off lemon, halve crosswise, and place on a rimmed baking sheet, center cut sides up. Broil on top rack until charred, 5 minutes; transfer to a plate and set aside.
2. Reduce oven temperature to 400°F. On rimmed baking sheet, toss fennel and onions with 1 1/2 tablespoons oil and 1/4 teaspoon each salt and pepper; arrange around edges of sheet. Place salmon in center of sheet and season with 1/4 teaspoon each salt and pepper. Roast until vegetables are tender and salmon is opaque throughout, 17 to 20 minutes.
3. Juice charred lemon halves into a small bowl and whisk in mustard and remaining tablespoons oil. Remove baking sheet from oven and fold arugula into vegetables. Drizzle charred lemon vinaigrette over fish and vegetables and gently toss vegetables.



Nutrition Facts

Calories	305
Total Fat	14g
Sodium	400mg
Carbohydrate	14g
Dietary Fiber	5g
Protein	31g



Schedule your annual physical

If you've already completed your annual physical, look at the list below and schedule another recommended screening.

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Employer Completion Form

I successfully completed the Annual Physical Activity by:

Signed:

Date:

Be Your Own Healthcare Advocate

These best practices will help.

- Share your family's medical history
- Write down concerns in advance
- Be honest
- Ask questions
- Follow up
- Get second opinions
- Stay on top of your insurance

Your Wellbeing Activity

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