

BELLIN FOR WOMEN

ESSENTIALS *FOR* HEALTH

PROUDLY SPONSORED BY *belin*health

Welcome to Essentials for Health, the monthly newsletter of Bellin For Women. This newsletter is designed to help in you in your goal of taking a more active role in your own health. It's a source of information for you, from health and wellness education to health topics in the news to recipes you can try at home. But it's more than that. It's a connection to the Bellin For Women community, bringing BFW's special encouragement and energy to your inbox every month.



CONNECT THE DOTS

When someone you love has Alzheimer's disease, it can be confusing, frustrating, and overwhelming, not only for the patient, but also for the entire family. But the more information you have about the signs and symptoms of Alzheimer's disease, the more you can do to connect the dots for a treatment plan and help slow down the progression of the disease.

Early Alzheimer's disease warning signs include memory loss that disrupts normal daily activities, taking longer to complete daily tasks, confusion with time and location, recent issues with speech or writing, repeating questions, poor judgment, losing things, being unable to retrace steps, and changes in mood or personality.

The Centers for Disease Control and Prevention lists Alzheimer's disease, the most common form of dementia, as the sixth leading cause of death for American adults. Two of the main risk factors for Alzheimer's disease are genetics and age. If you have a family history of this disease, it is important to share this information with your physician. It is important to watch for symptoms of Alzheimer's disease as we age. For most people, symptoms begin after age 60, and the risk for Alzheimer's doubles every five years after age 65.

Though age and genetics are beyond your control, research increasingly suggests that certain physical, mental, and social behaviors can reduce your risk for Alzheimer's disease, including:

- Physical exercise, which stimulates blood flow to the brain and can help promote new brain cell growth. High cholesterol diets are linked to stroke and damage to brain cells, while low-fat, low-cholesterol diets that are high in antioxidants (found in dark veggies and fruits) may actually protect brain cells.
- Remaining socially active supports strong connections between brain cells and can reduce your risk of Alzheimer's disease.
- Practicing mentally stimulating activities can strengthen existing brain cells and generate new nerve cells.

To keep your brain stimulated and healthy, try some of the following activities:

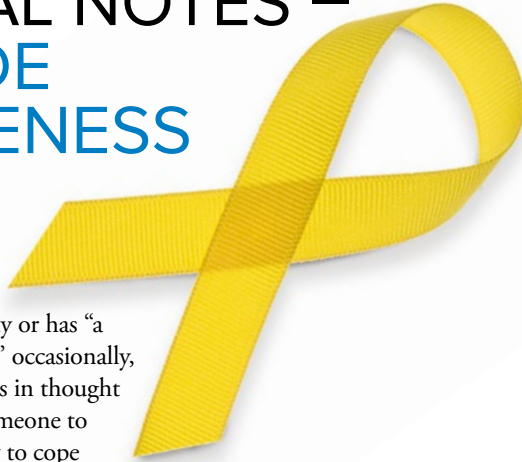
- Engage in life-long learning. Research has shown that higher levels of education and continued learning can reduce the risk for Alzheimer's disease.
- Play games and have fun doing puzzles and memory exercises.
- Read and write.
- Attend cultural events.
- Garden.
- Go dancing!

Crossword puzzles are a fun way to keep your brain active and help to reduce your risk for Alzheimer's disease.



If you notice that a loved one is experiencing symptoms of Alzheimer's disease, such as memory loss, mental ability, or behavioral changes, contact your doctor. They can provide a complete medical assessment, including a physical and neurological exam, blood tests, mental status tests, and brain imaging to help you determine whether or not he or she may have Alzheimer's disease. By connecting these dots with a physician, you can create a treatment plan that works for you and your loved ones.

MENTAL NOTES – SUICIDE AWARENESS



Everyone feels moody or has “a case of the Mondays” occasionally, but when disruptions in thought or behavior cause someone to lose his or her ability to cope with normal functions and routines, that person may be dealing with a much more serious problem than mere moodiness. Mental health is just as important to a person’s overall health as his or her physical condition, and mental illnesses must be cared for as diligently as any physical illness.

There are more than 200 identified forms of mental illness, the most common of which are depression, bipolar disorder, schizophrenia, dementia, and anxiety disorders. Mental illnesses often manifest physically as well as emotionally and psychologically and can be caused by excessive stress, genetics, and/or biochemical imbalances. You should contact a medical or mental health professional if you notice any of the following warning signs in a loved one:

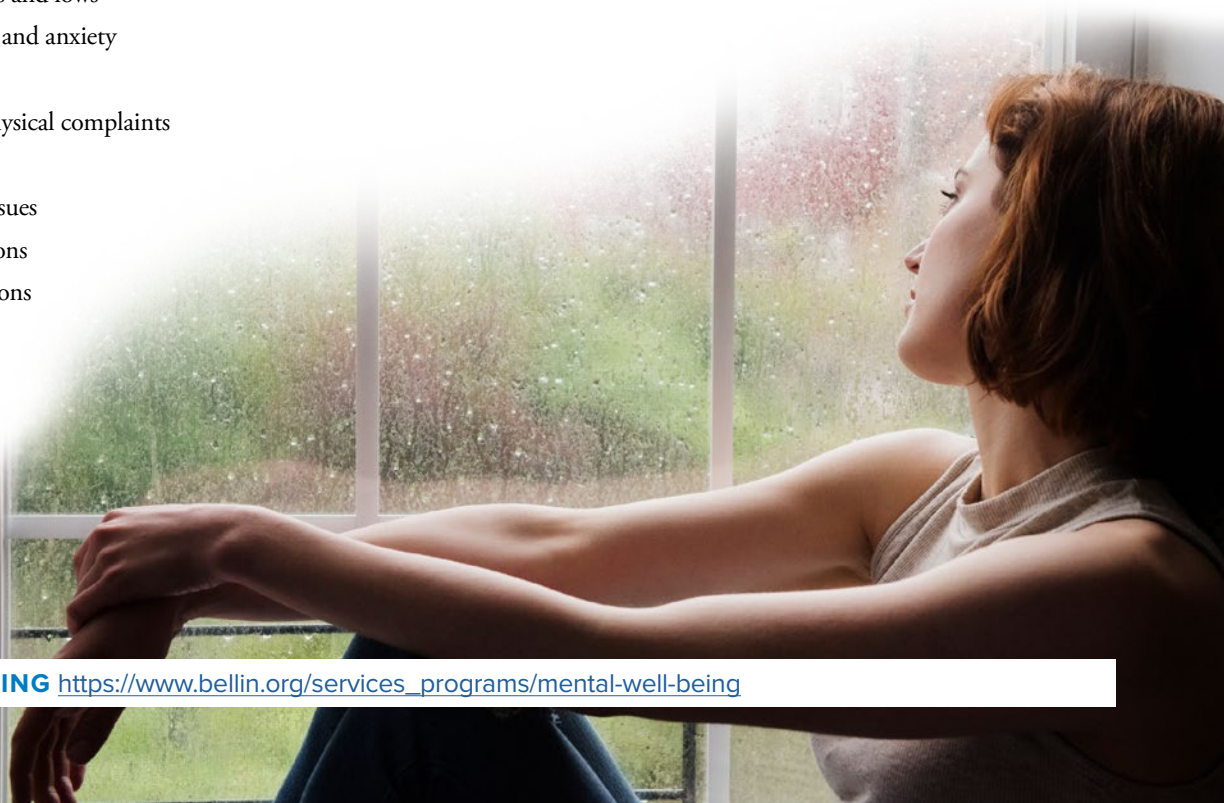
- Long periods of sadness or irritability
- Feelings of extreme anger
- Extreme emotional highs and lows
- Excessive feelings of fear and anxiety
- Social withdrawal
- Several unexplainable physical complaints
- Substance abuse
- Denial of pronounced issues
- Delusions or hallucinations
- Suicidal thoughts or actions

Most people with mental illnesses do not know how to get help and often go without the services they need. If you suspect a loved one may have a mental health condition, there are several resources available to you that can offer counseling and mental health referrals.

For mental health information or referral service, contact:

- Emergency medical services: Always call 911 for emergency assistance if you believe the situation may be life-threatening.
- National Suicide Prevention Lifeline: Call 1-800-273-8255 www.suicidepreventionlifeline.org
- Substance Abuse and Mental Health Services Administration (SAMHSA): Call 1-800-789-2647
- National Alliance on Mental Illness (NAMI): Call 1-800-950-6264
- The National Alliance on Mental Illness, or NAMI, through its website, offers discussion groups and education and support programs for caregivers and family members of those suffering a mental disorder

Do not hesitate to get help for someone you believe may be suffering from a mental health condition. Given proper treatment, many people are able to cope with or even recover from mental illness. A medical or mental health professional can help both you and the person suffering from a mental health condition, and could even help save a life.



WE'LL FIGHT WITH YOU CANCER.

The very word strikes fear in most of us. It's true that cancer is a serious disease and a leading cause of death worldwide. However, you have more control over your risk for developing cancer— and the likelihood you will die from cancer— than you might realize.

From Fear to Action

By recognizing potential signs of cancer, reducing your risk factors, and undergoing appropriate screening, you can move through fear to prevention and early intervention.

Recognize symptoms of

cancer. No one wants to learn that she has cancer. However, seeing your doctor promptly if you have symptoms that could indicate cancer means you can begin treatment immediately if you are diagnosed. Treating cancer before it spreads significantly improves your prognosis. Thanks to recent advancements in treatment, more and more people are surviving cancer. In fact, cancer deaths declined 23% between 1991 and 2012.

The most common signs of cancer include:

- Unexplained weight loss
- Blood in the stool
- A change in a mole or a new mole
- An abnormal lump below the skin, often in the breast, testicles, lymph nodes or soft tissue

While these are the most common signs of cancer, you should always talk to your healthcare provider if you experience any changes in your body that you are concerned about.

Prevention:

- **TALK TO YOUR PRIMARY CARE PHYSICIAN**
- **KNOW YOUR FAMILY HISTORY**
- **PROTECT AGAINST CANCER-CAUSING PATHOGENS**
- **EAT A HEALTHY DIET**
- **MAINTAIN A HEALTHY WEIGHT**
- **MOVE**
- **DON'T SMOKE**

Talk to your primary care physician about your risks for developing cancer. Together, develop a proactive lifestyle plan to help you prevent cancer. Ask your doctor which age-and risk-appropriate cancer screening tests and immunizations are appropriate for you.

Reduce your risk factors. Experts agree that one-third to one-half of all cancers worldwide are attributed to preventable causes. This means you can take steps to reduce YOUR risk of developing cancer.

- **Don't smoke.** Seventy-five percent of U.S. lung cancer cases are attributed to smoking. If you don't smoke, don't start. If you already smoke, quit. Electronic cigarettes are not a safe alternative to traditional cigarettes.
- **Maintain a healthy weight.** One in every five new cases of cancer in the U.S. is related to being overweight or obese. Ask your doctor about a healthy weight goal.
- **Eat a healthy diet.** Limit your consumption of added sugars, fats, and processed foods and load up on fresh fruits and vegetables, lean protein, and low-fat dairy foods. Your doctor or a nutritionist can help you develop a cancer-preventing eating plan.
- **Move.** Be physically active at least 30 minutes daily or 2 ½ hours weekly. Include muscle-strengthening exercises at least two times each week.
- **Practice safe sun habits.** Wear sunscreen, hats, wrap-around glasses and protective clothing, and limit your time in the sun during peak hours (10 a.m. to 2 p.m.). Avoid tanning beds.
- **Protect yourself against cancer-causing pathogens.** Together, these four pathogens accounted for about two million cases of cancer: helicobacter pylori, hepatitis B virus (HBV), hepatitis C virus (HCV), and human papillomavirus (HPV). Ask your doctor



whether immunizations for HBV and HPV are appropriate for you and how you can avoid high-risk behaviors.

- Know your family history of cancer. You may be at increased risk for cancer if someone in our immediately family has had cancer. Be sure to share your family medical history with your doctor.

Currently, medical evidence supports the following screening for asymptomatic adults who are at average risk for developing cancer. If you have additional risk factors, such as a family history, your doctor may recommend earlier or more frequent screening.

Breast cancer:

Women aged 50 to 74 should be screened every year.

Colorectal cancer:

Adults aged 50 to 75 should be screened.

The frequency depends upon the type of screening test. Ask your doctor which test is right for you.

Cervical cancer:

Women aged 21 to 65 should be screened. Ask your doctor which Pap test and HPV screening is right for you.

Lung cancer:

Adults aged 55 to 79 who are at high risk due to a history of heavy smoking should be screened.

In addition to finding cancers early, screening for cervical and colorectal cancers lowers your risk of disease by allowing doctors to remove precancerous lesions before they become cancerous.

► **THE CANCER TEAM** https://www.bellin.org/services_programs/the-cancer-team

UPCOMING EVENTS

How to Talk to Your Kids About Mass Shootings – Green Bay

October 2, 2018, 6:00pm – 7:30pm: Bellin Health Tiletown Sports Medicine and Orthopedics, 1970 S. Ridge Rd., Green Bay

Urban Edge and Bellin for Women Sidewalk Sale – Suamico

October 6, 2018 2320 Lineville Rd. Suamico

Football 101 – Green Bay

October 11, 2018 Bellin Health Tiletown Sports Medicine and Orthopedics, 1970 S. Ridge Rd., Green Bay

Dangers of Self-Medicating – Green Bay

November 9, 2018, 5:30pm – 7:00pm: Green Bay, Kavarna Coffeehouse, 143. N. Broadway

Debbie Downer or Moody Judy – Marinette

November 15, 2018, 5:30pm – 6:30pm: Bellin Health Marinette, 2820 Roosevelt Rd.

► **FOR MORE INFORMATION** and to register, go to www.BellinForWomen.com