



# ***Your Health Matters***

***CCMHG – Your Town, County, District, Authority  
Working together for your health***

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## **October is Breast Cancer Awareness Month**



Breast cancer is a disease in which cancer cells form in the tissues of the breast. Obviously no one wants to receive this diagnosis, but hearing the words “breast cancer” doesn’t always mean the end. It can be the beginning of learning how to fight, getting the facts, and finding hope. Remember that early detection is the best prevention!

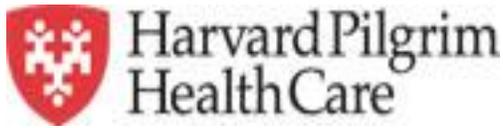
You can lower your risk of breast cancer by changing those risk factors that are under your control. If you limit alcohol use, exercise regularly, quit smoking, and stay at a healthy weight, you are decreasing your risk of getting breast cancer. Women who choose to breast-feed for at least several months may also reduce their breast cancer risk.

Women age 40 and older should have a screening mammogram every year and should keep on doing so for as long as they are in good health. While mammograms can miss some cancers, they are still a very good way to find breast cancer.

Both Harvard Pilgrim and Blue Cross offer annual mammogram screenings for women over age 40. Although there has been a lot of discussion and controversy over the use of mammograms only you and your physician can determine what the right choice is for you.

In support of early detection and prevention some employers are offering workplace programs to staff members, check with your Benefits Office and/or Human Resource Office to see what programs may be in place.

*Sources: American Cancer Society, National Breast Cancer Foundation, Inc., Blue Cross Blue Shield, and Harvard Pilgrim Health Care*



As a **Harvard Pilgrim** member did you know that you are entitled to special savings on many health related products and services? HPHC offers a free eyewear program, discounts on alternative medicine, Appalachian Mountain Club,

Diet.com, Jenny Craig, Marathon Sports, and subscriptions to magazines like Cooking Light, Men's Health and Runner's World to name just a few!! For more information log onto HPHC website <https://www.harvardpilgrim.org/members> and click on Your Member Savings to see the full list!

Have you visited the **Blue Cross Blue Shield** Website yet? Well if not you are in for a treat. Not only can you find information about all your claims and benefits but if you venture to their aHealthyMe! page you will find tons of informative and interesting information that can help you on your journey to life long wellness. Take advantage of all your benefits today at <http://www.ahealthyme.com/topic/home!>



MASSACHUSETTS



### **FREE Medications!**

#### **My Medication Advisor Program**

Learn to use medications safely and effectively!  
Get the most out of your pharmacy benefit!  
Save money on your prescription medications!  
Improve communications with your health provider!  
Visit [myMedicationAdvisor.com](http://myMedicationAdvisor.com) or call the myMedicationAdvisor HelpLine at 877-467-3113

### **FREE Diabetic Medications/Supplies!**

#### **Good Health Gateway®**

#### **Diabetes Care Rewards**

#### **Program**

#### **Take Charge of your Diabetes!**

We offer a simple diabetes management program that allows you to receive diabetes medications and most of your diabetic supplies with waived co-pays/co-insurance – that means at NO cost to you!

Participation is FREE and absolutely confidential and voluntary. To find out more, register on the Good Health Gateway® website developed specifically for you at:

[www.GoodHealthGateway.com](http://www.GoodHealthGateway.com)

or call the HelpLine at 800-643-8028.

# W e l l n e s s N e w s

## *New! Biometric Screenings!!*

Formerly known as Worksite Wellness Screenings this program will now offer waist measurement, weight, and body mass index in addition to blood pressure, blood glucose, cholesterol, UV assessment, audiometer, pulse, and bone density! This is quite a menu of options! Check with your employer if they are planning on hosting a screening day. I have listed those scheduled through January 15<sup>th</sup> below:

- **Town of Falmouth: October 19<sup>th</sup>**
- **Town of Eastham: October 22<sup>nd</sup>**
- **Town of Mashpee: November 3<sup>rd</sup>**
- **Town of Sandwich: November 4<sup>th</sup>**
- **East Falmouth Elementary: November 10<sup>th</sup>**
- **Teaticket Elementary: January 10<sup>th</sup>**
- **Dennis-Yarmouth High: January 13<sup>th</sup>**

## *Kick Butts!!*

Sick and tired of smoking! Sick and tired of living with someone who smokes! Well, let's make smoking history!

The CCMHG has been extremely successful with our smoking cessation program with an overall success rate of 65% of members remaining smoke free for over one year! How do we do it? Employer time, Nicotine Replacement Therapies are free, and monthly incentives for testing smoke free at each support group meeting!

**Our next program takes place in Provincetown! Please contact me as soon as possible if you'd like to enroll! [dldesroches@comcast.net](mailto:dldesroches@comcast.net) or 508-362-6106**



## *Health Improvement Program (HIP)!!*

Interested in reducing your risk of heart disease and cancer? Lowering your cholesterol and blood pressure? Reverse Diabetes? Reduce your reliance on medications? Would you like to get paid \$200 to do all of this? If you are, please plan on attending one of the following screenings to see if you are eligible to join us for our next program!

**Barnstable Senior Center, Tuesday, December 14<sup>th</sup> from 3pm-6pm**  
**Barnstable High School Caf , Thursday, December 16<sup>th</sup> from 3pm-6pm**

**Class begins on Tuesday, January 11<sup>th</sup> at the Senior Center and will meet twice a week on Tue/Thu and runs for six weeks. Graduation takes place on March 3<sup>rd</sup>.**

To be eligible for incentive you must attend 11 out of the 12 classes, excluding the graduation.

## Hot Topics

**Did You Know?** Tabasco kicks butt! The compound that makes chiles spicy (capsaicin) attacks the development of colon cancer, scientists are now saying. Capsaicin is a natural antioxidant and helps protect against disease caused by toxins. Recent studies by the World Health Organization indicate that countries where dietary intake of capsaicin is high show a significant reduction in cancer deaths as compared to countries that consume less hot and spicy foods. *Source: Womens Health*

### School Smarts!

One cup of chocolate milk contains 5 teaspoons of sugar - that is the equivalent of a whole Hershey Chocolate bar!



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*Percentage of women diagnosed with breast cancer who, with treatment, are able to fight off the disease for five years or longer!*

*Source: National Cancer Institute*

### Check out this chemical

Bisphenol A (BPA) is bad news. Long-term exposure to the plastic compound - found in everything from aluminum can linings to paper receipts - has been widely linked (130+ studies) to breast cancer. BPA ups our estrogen levels, which can prompt the growth of cancerous cells. Ditch products made with BPA (if it's not labeled "BPA-free," it probably isn't), advises biologist Carlos Sonnenschein, M.D. of Tufts University. And never heat plastics in the microwave!



### QUICK FACT:

*In a study, tennis players scored higher in optimism and self-esteem and scored lower in anxiety and depression than other athletes and non-athletes.*

*Source: Joan Finn, Ph.D., and colleagues at Southern Connecticut State University*

**ADHD vs. Immaturity** - Two new studies are sure to throw gasoline on the raging debate about whether ADHD is over-diagnosed in American children. The studies found that kids who are the youngest in their class are many times more likely to be diagnosed and treated with ADHD than those who are the oldest. So kids who are inattentive or hyperactive may just appear abnormal in comparison to their older peers.

"If a child is behaving poorly, if he's inattentive, if he can't sit still, it may simply be because he's 5 and the other kids are 6," said Todd Elder, assistant professor of economics at Michigan State University, the author of the second study, in a news release. "There's a big difference between a 5-year-old and a 6-year-old, and teachers and medical practitioners need to take that into account when evaluating whether children have ADHD."

## Food for thought....



### Snacking Smart at Work

Snacks provide you with an extra little boost in the morning or late afternoon. When choosing a snack, make sure it contains both some protein and carbohydrates so that you are able to better maintain your blood sugar level and stave off your hunger until the next meal.

Here are a few examples of foods to have on-hand at work for snacking:

- **Nuts:** Although nuts are high in calories and fat, a handful goes a long way to keep you satisfied. They are power foods in that they also provide healthy fats along with some fiber.
- **Apple and peanut butter:** An apple is a classic example of a healthy food, Add some peanut butter for dipping, and you have a snack that is well-rounded with both healthy carbs and protein!
- **Cottage cheese with 5 baby carrots:** Cottage cheese is a powerhouse for protein, so combined with carrots (or other vegetables such as celery, cherry tomatoes, broccoli, cauliflower, zucchini, etc.) it provides a nice light, balanced snack.
- **Yogurt and Fruit:** Yogurt comes in different fruit flavors, but a lower sugar plain yogurt combined with fruit (berries are always a favorite) or granola can provide a satisfying snack.
- **Crackers and cheese stick:** A few crackers (4-5) with a cheese stick will provide you with a nice snack to help curb your appetite.
- **Jerky and a fruit or vegetables:** Beef or turkey jerky is a very portable snack coupled with cut vegetables or a peach or dried fruit.
- **Edamame with Crackers:** Soy beans (edamame) are a vegetable loaded with protein. When you have them with a high-fiber cracker like Triscuits, you have a simple, easy-to-prepare snack that you can keep at work.

With a little pre-planning, you are less likely to sabotage your healthy dietary efforts when you feel the need to have a snack at work. *Source: HealthCastle.com*

### *Double Layer Pumpkin Cheesecake – A healthier holiday treat!*

2 pkg. (8 oz. each) Fat Free Cream Cheese, softened  
 1/2 cup Sugar  
 1/2 tsp. Vanilla  
 2 Eggs  
 1/2 cup canned pumpkin  
 1/4 tsp. Ground cinnamon  
 1/3 cup Graham Cracker Crumbs  
 1/2 cup thawed COOL WHIP Sugar Free Whipped Topping



**HEAT** oven to 325°F. **BEAT** cream cheese, sugar and vanilla with mixer until well blended. Beat in eggs, 1 at a time, just until blended. Remove 1 cup batter; place in medium bowl. Stir in pumpkin and spices. **SPRAY** 9-inch pie plate with cooking spray; sprinkle bottom with crumbs. **TOP** with layers of plain and pumpkin batters. Bake 40 min. or until center is almost set. Cool completely. Refrigerate 3 hours. Serve topped with COOL WHIP.

Makes 8 servings, 150 calories each, 3 grams total fat, 1.5 grams saturated fat, 60mg cholesterol  
 For more detailed nutritional information: [www.kraftrecipes.com/recipes/double-layer-pumpkin-cheesecake-53129.aspx](http://www.kraftrecipes.com/recipes/double-layer-pumpkin-cheesecake-53129.aspx)

***American Council on Exercise Top 10 Survival Tips for the Holidays***

The holidays can be a joyous time of year shared with family and friends, but they can also bring stress and anxiety as we struggle to keep up with often-unrealistic demands and expectations. That's why it is so important for all of us to relax and take good care of ourselves.



1. **Take time for yourself.** Although spending time with friends and family is essential, it's also important to have at least five minutes to yourself to relax. Try practicing deep breathing exercise when you feel stressed out.
2. **Don't set unrealistic exercise goals.** Aim to exercise 20 minutes a day instead of an hour. You'll be sure to get at least 20 minutes of exercise per day without feeling disappointed if you do not complete an hour.
3. **Enlist a friend or family member to exercise with you.** Walking and talking with a friend can be a great way to burn extra calories and reduce your stress level.
4. **Create new, more active traditions.** Instead of throwing a dessert or cocktail party, try snowshoeing or ice-skating as an alternate holiday event. Play powder puff football or build a snowman.
5. **Don't try to lose weight or stick to a restrictive diet this holiday season.** If you enjoy your favorite foods in small portions, you'll feel more satisfied. Trying to stay away from certain foods may leave you feeling deprived, which may cause you to eat more than you intended to.
6. **Drink plenty of water.** Although the cold weather may make you less inclined to grab a glass of water, it is just as important in the winter as it is during the summer. Water helps counter the dehydrating effects of travel or drinking alcoholic beverages, and it may also help satiate your appetite since thirst is often mistaken for hunger.
7. **Spread out meals.** Don't feel like you have to eat everything at once. Try eating dinner early and then taking a walk before sitting down for dessert.
8. **Don't overdo it with alcohol or caffeine.** These stimulants will only cause you more grief in the end by adding to your feelings of stress. Try drinking hot herbal tea instead of coffee, and keep the number of alcoholic drinks to a minimum.
9. **Don't aim for perfection, and enjoy the imperfections.** There is no such thing as the perfect party or the perfect decorations or the perfect way to spend the holidays. Don't set yourself up for disappointment by placing unrealistic demands on yourself.
10. **Laugh.** Laughing is a great tension reliever. It burns calories, reduces stress and usually means that you're enjoying yourself.



*I am interested in hearing your comments, thoughts, and ideas on this and/or future issues. Please contact me at 508-362-6106 or via email at [dldesroches@comcast.net](mailto:dldesroches@comcast.net). I look forward to hearing from you!!*



**DON'T FORGET THE GREAT AMERICAN SMOKEOUT IS NOVEMBER 18<sup>TH</sup> ..... MAYBE THIS YEAR IS THE YEAR YOU WILL QUIT!**

***Your Health Matters is a quarterly publication for municipal employees and family members of the Cape Cod Municipal Health Group.***