

Wellness Bulletin

August 2020



August is National Wellness Month:

All during August, National Wellness Month focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel!

Research has shown self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose or try a different spa treatment, make a small change and impact your health in positive ways.

HOW TO OBSERVE

Proclaim “I choose wellness” with a photo and post on social media.

Show us how you do wellness on social media and hashtag #CMMHC #wellfie #wellnessmonth #IChooseWellness.

Living Well



Preventive Care

We take our kids for regular check-ups including dental and vision appointments. We even take our dogs to the vet and give them preventive medications to stay healthy. But, when was the last time YOU had a doctor's appointment. Not because you had the flu or strep throat, but because it was time for your preventive appointment. Why does preventive care really matter?

Why care about preventive care?

How do you stop a problem before it starts? You prevent it from happening! Same goes for your health – prevention is key to being a smart patient. It's simple: when you get proper preventive care, you are taking steps that could save your life. It gives you a much greater chance of catching a disease or illness early, when most treatable – and sometimes you can stop it before it starts.

The easiest way to get into the habit of preventative care is to make an appointment with your primary care physician for a complete physical. This means you will be seeing your doctor when you are well, and when you both have sufficient time scheduled to discuss your current health and your medical history, and to conduct a complete physical exam. At the end of the appointment, the two of you can decide just how often you should make an appointment for a routine physical and screening examinations. Timing of well visits varies depending on your age, gender, and overall health.

Relationships are key especially with your physician...

A Primary Care Physician, or PCP, may come from a Family Medicine group or Internal Medicine, but he or she specializes in diagnosing, treating and preventing a wide variety of conditions. But the importance of a PCP extends beyond his or her ability to cover lots of different conditions. Establishing care with a PCP affords you consistency and efficiency on a number of levels:

Familiarity: Knowing who you are is one thing, but knowing the intricacies of your health and wellness is another. A primary care provider's goal is to deliver the care that's right for you – not employ a one-size-fits-all approach. Tailored health care is easier when you have a meaningful relationship with your provider.

Prevention and condition management: A PCP is responsible for screening all major health-related conditions. If you already have a chronic condition, your PCP helps manage it and improve your quality of life. A PCP can also screen for many things including obesity, high blood pressure and diabetes. It is his or her job to look at immunization records and help with regular immunization refills.

Caring for you as a team: PCP are part of an expert team that can meet your exact needs. These teams are commonly comprised of physicians, nurse practitioners, physician assistants, and registered nurses. Contributing unique perspectives, the team approach provides you with well-rounded health care.

Sources: mayoclinichealthsystem.org; webmd.com

Benefit Tips:

Appointments to Schedule Today

Okay—look at your calendar and get the phone! You know that doctors, dentists, and other health professional can make the hurt go away—or even prevent it from coming in the first place—so why not schedule your preventive care tests and screenings now? Hurry! Your health is waiting.



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Routine physical exam: Checks your height, weight, blood pressure, cholesterol, glucose, body mass, etc. During this visit, talk with your doctor about what you should have checked, when; what you can do on your own to maintain your health; etc.

Pap test (women only): Great way to catch viruses that can lead to cervical cancer.

Mammogram (women 40+): One of the most effective tools doctors have in diagnosing and evaluating breast cancer in women. Early detection is the key to treating

Lipid profile: A group of tests often ordered together to determine your risk of coronary heart disease. If you have a family history of the disease, your risk is elevated so early detection is extra important for you.

Skin cancer screening: Did you know that skin cancer is the most common cancer, and it can be deadly? This once-over of your skin checks for sun damaged areas or pre-cancerous spots. Point out any spots you have noticed or that have changed shape or color. Early treatment is highly effective.

Thyroid function test: Thyroid disease can sneak up on you slowly and subtly. Symptoms are vague, easily confused with other health problems, or not present at all which gives you all the more reason to get tested!

Blood sugar test: Genes play a role in type 2 diabetes, as does your lifestyle, but if you can catch diabetes before it starts it will save you a lot of heartache and money! It is preventable.

Colon cancer screening: Colon cancer is the second leading cause of cancer deaths in the U.S.—and many of these deaths happened because the cancers were found too late. If colorectal cancer is found early enough, it can usually be cured by surgery.

Source: www.governor.state.texas.us



Tomato, Mozzarella and Basil Bruschetta

Source: foodnetwork.com

INGREDIENTS

- 1 (32-ounce) can whole tomatoes, drained
- 1 cup fresh basil leaves, washed and spun dry
- 4 tbsp. extra-virgin olive oil
- 6 cloves garlic, peeled
- Kosher salt and freshly ground black pepper
- 2 large French baguettes, sliced 1-inch thick (about 36 slices)
- 1 ½ pounds fresh mozzarella cheese, slices ¼-inch thick

DIRECTIONS

Preheat oven to 375 degrees F.

In the bowl of a food processor, add drained tomatoes, 1 cup basil leaves, olive oil and 2 cloves garlic. Pulse until smooth, but somewhat chunky. Season with salt and pepper.

On a baking sheet, line up baguette slices. Toast in oven for about 3 minutes or until light golden brown.

Working quickly, rub the remaining garlic on the toasted side of each slice and then lay a piece of mozzarella cheese on top. Place bread back in oven and melt cheese slightly, about 45 seconds. Remove from oven and spread one tablespoon of the tomato mixture on each piece.

Place bruschetta on decorative platter and garnish with basil leaves.



