Get a Fresh Start!

Timely health tip: If you have chronic stomach pain, you should contact your doctor for help, but also evaluate if a bland or non-varied diet, too many nuts or raw veggies, or stress could be the cause. Watch this short video for more information.

Brought to you by
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Springtime brings new beginnings! This issue offers news about your health plans and ideas to start healthier this season!

Women's Health Screenings
Preventive care, including regular doctor visits, is important for everyone. There are certain tests and screenings specific to women and their needs. Add these four screenings to your schedule to prevent the onset of certain conditions:

1) **Mammogram:** this low-dose X-ray allows doctors to look for changes in breast tissue that could indicate cancer. Suggested frequency is every one to two years after age 50.

2) **Pap smears:** women should have their first Pap smear at age 21 and then every three years until age 65. Women over 65 who have three or more normal Pap smears in a row can stop tests.

3) **Pelvic exams:** women are advised to have this exam every one to three years, after three consecutive normal exams, to detect any illnesses.
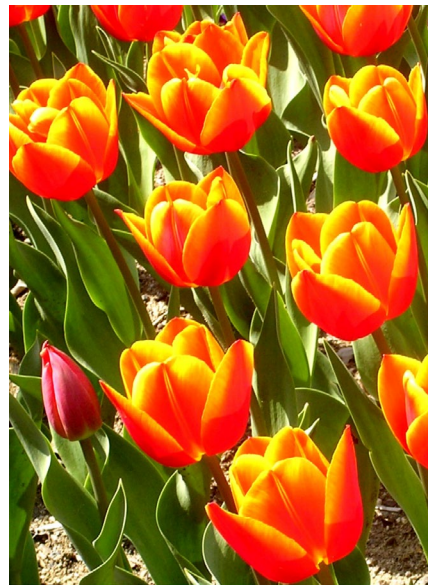
4) **Colorectal screening:** Suggested after age 50 to spot any cancerous cells or growths.

Visit aetna.com for more about screenings; watch for info about men's screenings in our next issue.

Reminder: LOL! Wellness Challenge Ends April 7
For info, visit *Benefits Online*, our health benefits website found at our HR Department webpage; click here to visit the challenge log-in page.

National Health Observances

April

National Minority Health Month
U.S. Department of Health & Human Services
www.minorityhealth.hhs.gov

Testicular Cancer Awareness Month
Testicular Cancer Society
testicularcancersociety.org

May

Mental Health Month
Mental Health America
mentalhealthamerica.net

National Asthma and Allergy Awareness Month
Asthma and Allergy Foundation of America
aafa.org

Air Pollution and Your Health

According to a study conducted by the International Food Policy Research Institute, breathing polluted air is attributed to "significantly reduced" verbal and math scores, and cognitive impairment that can lead to an increased risk of developing Alzheimer's disease or other forms of dementia.

What can you do? Although the United States experiences lower air pollution than other major countries, it's important to be aware of how your daily activities can contribute to air pollution. Here are some things to consider:

» Research the household products that you use to determine if they're harmful to the environment.

» Monitor home and working environments to ensure adequate airflow and that proper exhaust systems are installed.

» Refrain from smoking, especially indoors, to make sure that this specific type of smoke doesn't pollute the air you're breathing.

Americans spend 90 percent of their lives indoors, where the air is two to five times more polluted than outdoor air; common pollutants include indoor formaldehyde from cigarettes, household gases, airborne particles like dust mites, and ozone. So get more fresh air outdoors!

Healthy Recipe
Ginger Quinoa

Ingredients
» 1 cup quinoa
» 1-1/2 cups water or broth
» 2 cups green beans
» 2 ½ Tbsp. lemon juice
» 1 Tbsp. olive oil
» 1 Tbsp. sesame oil
» 2 Tbsp. soy sauce
» ¼ tsp. ground ginger

Instructions
1) Toast quinoa in dry skillet over medium heat, stirring constantly (about 3 mins.)
2) Place quinoa in medium pot and add water or broth
3) Bring to a boil, then simmer until water is absorbed and quinoa is tender (10-20 mins.); let cool
4) Microwave green beans until just tender; rinse in cold water
5) Combine quinoa, olive oil, sesame oil, green beans, lemon juice, soy sauce, and ground ginger; stir well
6) Season with salt and pepper; serve at room temperature