Wellness Matters

Brought to you by INTEGRITY CONSULTING GROUP

Your Healthy Body

Protect Your Health: Preventive Care

According to the U.S. Centers for Disease Control and Prevention (CDC), 7 out of 10 Americans die each year from chronic diseases, many of which are preventable. When preventive care identifies the potential onset or early detection of an illness or disease, you can better control your health issues—so be sure to schedule regular check-ups!

What Is Preventive Care?

Preventive care shifts the focus of health care from treating sickness to maintaining wellness and good health. This type of care occurs *before* you feel sick or notice any any symptoms and is designed to prevent or delay the onset of illness and disease. The CDC (Centers for Disease Control and Prevention) asserts that treatment for chronic diseases works best when detected early.

In its broadest definition, prevention includes a healthy lifestyle, exercise, diet, and other similar efforts. In the medical setting, preventive care means periodic physical exams, screenings, laboratory tests, counseling, and immunizations to help you stay healthy, identify health risks, and prevent serious problems later.

Why Preventive Care?

Preventive care is important because it helps you stay healthier, can provide access to prompt treatment when needed, and can reduce your medical costs:

✓ Many tests or screenings can detect a disease before it starts; diabetes screening, for instance, can show if you are pre-diabetic or if you already have the disease without being aware of it.

✓ Regular doctor visits allow for care that is accessible, continuous, and coordinated— you are establishing a valuable medical partnership with your physician, clinicians, and staff alike.

✓ Preventive care can help you save money: 1) by lowering the long-term cost of disease management by catching health issues early, and 2) since most preventive care is covered in full by insurance due to the Affordable Care Act (ACA), which requires services like immunizations, cholesterol and blood pressure checks, and depression screenings to be covered with no copay, deductible, or coinsurance. Check your plan overviews for details.

Live a Healthier Life

So protect your greatest asset— your health. Combining preventive care with a focus on wellness can improve your overall health and quality of life. Learn more at www.cdc.gov.

Thyroid Health

January is Thyroid Awareness Month. About 20 million Americans suffer from thyroid disease, and approximately 13 million more are currently undiagnosed.

The thyroid gland is a small, butterfly-shaped gland located at the base of the neck, just below the Adam's apple and right above the collarbone, surrounding the windpipe. The thyroid helps control the function of many of the body's organs, including the heart, brain, liver, kidneys, and skin, but it mostly helps to set the metabolism. The two types of thyroid disease are hyperthyroidism and hypothyroidism.

Hyperthyroidism refers to an overactive thyroid gland, which produces too much thyroid hormone. Symptoms include the following:

- Goiters
- Enlarged thyroid
- Rapid heart rate; anxious or irritable behavior
- Trembling hands
- Unexplained weight loss or hair loss
- Heat intolerance; increased sweating
- Diarrhea
- Sleeplessness

Hypothyroidism occurs when the thyroid gland produces less than the normal amount of thyroid hormone, resulting in the decrease of many bodily functions. When the metabolism slows due to hypothyroidism, the following may occur:

- Fatigue; difficulty concentrating
- Unexplained weight gain
- Dry skin and hair
- Increased cholesterol
- Intolerance to cold
- Constipation

Women are five to eight times more likely to suffer from a thyroid disorder than men. Age, family history, and pregnancy are other risk factors. Learn more at www.thyroidawareness.com.

www.pinkwhen.com

Healthy & Delicious

The Importance of Breakfast

Ever wonder where the term "breakfast" came from? Your body needs to refuel after a long night's sleep—a "break" from your "fast."

Studies have shown that breakfast can lead to better strength and endurance, sharper concentration, and better problem-solving abilities. The American Dietetic Association reports that children who eat a healthy morning meal perform better in school. In addition, people who eat breakfast generally consume more vitamins, minerals, and other healthy nutrients than those who do not.

A "balanced" breakfast should include a substantial amount of fiber, such as fruit or vegetables, low- or non-fat dairy, whole grains, and lean protein. Try these options for a healthier start to your day:

- Fruit and low-fat yogurt smoothie
- Hard-boiled egg along with a piece of fruit
- Whole-wheat bagel with tomato
- High-fiber fortified cereal with milk
- Omelet with your favorite veggies

So avoid low blood sugar, fatigue, irritability, and poor focus…eat a healthy breakfast!