

National Immunization
Awareness Month:
Are you up-to-date?

August is Prostate
Awareness Month

In the Spotlight

Fresh & Healthy
recipe of the month

Variety and Moderation
are Key to Healthy
Eating on the Run

National Immunization Awareness Month:

Are you up-to-date?

It's fitting that August is recognized as National Immunization Awareness Month. With kids heading off to school or college, this monthly health observance spotlights the importance of keeping immunizations up-to-date.

*It's important to get the
right vaccines in the right
doses at the right time.*

Edward Jenner developed the first vaccine for smallpox in the 1790's. Since that time, many previously devastating diseases have been erased or controlled because of safe and effective vaccines. Many health professionals agree that vaccines represent the single greatest achievement in disease prevention. But despite these efforts, tens of thousands of people in the U.S. continue to die from vaccine-preventable diseases.

Immunization is one of the most effective ways **to protect children and adults** against many common infectious diseases. Keeping individuals healthier through immunizations results in lower costs for families, including time lost from school and work. Recommended vaccinations begin soon after birth and continue throughout life, and it's important to get the right vaccines in the right doses at the right time.

Vaccines are very safe, despite anti-vaccine literature that implies the contrary. There are few instances of adverse vaccine side effects, and most are minor and temporary such as soreness at the shot site and mild fever. The incidences of serious side effects are so rare (1 in 1 million) that it is almost impossible to assess the risk. However, without the vaccines there would be many more cases of disease, and more deaths from disease.

The two primary reasons for getting the vaccines are:

- 1. To protect yourself.** Even if we think the likelihood of exposure to the disease is small, the diseases still exist and anyone who is not vaccinated is at risk of infection.
- 2. To protect those around us.** There is a small percentage of people who cannot be vaccinated for medical reasons, such as those with severe allergies to ingredients in the vaccine or those that do not respond to the vaccine. These people are susceptible to disease and rely on the people around them to be vaccinated.

The Centers for Disease Control and Prevention (CDC) have immunization schedules listing the vaccines, the ages when each vaccine or series of shots should be given and recommended vaccines when traveling to foreign countries.

For more information on immunization schedules, please visit your MyBlueServiceSM account and see Living Healthy with WebMD or see: www.cdc.gov/vaccines



August is *Prostate Awareness Month*

Prostate cancer is the most common type of cancer found in American men, other than skin cancer. It is the second leading cause of cancer death in men behind lung cancer.

The American Cancer Society estimates there will be 192,280 new cases and 27,360 deaths from prostate cancer in the United States in 2009. Since the disease is being found earlier, the death rate from prostate cancer is declining. Fortunately, more than 2 million men in the United States who've had prostate cancer are still alive today.

The prostate is a small gland, found only in men, that sits just below the bladder and in front of the rectum. Scientists do not know exactly what causes prostate cancer, but there are certain risk factors that increase the likelihood. Risk factors include:

- Age – The risk of developing prostate cancer increases dramatically after the age of 50.
- Race – Prostate cancer occurs most frequently in African-American men and is most likely to be more advanced when it is discovered.
- Nationality – Prostate cancer is more common in North America and northwestern Europe, and is less common in Asia, Africa, Central and South America.
- Family history and genes – An estimated 5-10 percent of prostate cancers are inherited. Men whose close family member (father or brother) has had prostate cancer are more likely to get it themselves.
- Diet – Men who eat a lot of red meat or high-fat dairy products appear to have an increased risk of developing prostate cancer. This may be related to a lower consumption of fruits and vegetables.
- Obesity – While obesity is not directly linked to an increased risk of prostate cancer, obese men are more likely to have advanced prostate cancer when it's discovered and higher death rates.
- Exercise – While exercise has not been shown to reduce the risk of prostate cancer, high exercise levels appear to lower the risk of advanced prostate cancer.

You may be able to reduce the risk of prostate cancer by changing your eating habits. Scientists have found that lycopene, a substance found in tomatoes, pink grapefruit and watermelon, may help to prevent prostate cancer.

On the other hand, certain supplements may increase the risk of prostate cancer. Research suggests that a balanced diet that includes lycopene-rich foods, as well as other fruits and vegetables, is a better approach than taking supplements. Additionally PSA screening (blood test) is recommended for men:

- 50 years old or older
- 40 years old or older if you are African-American or have a family history of prostate cancer
- On advice from your physician after a physical exam
- If you have frequent or urgent urination, straining, blood in the urine or pain.

For additional information about prostate cancer, visit www.cancer.org. Or, go to www.bcbsfl.com and log on to MyBlueService and see Living Healthy with WebMD.



In the Spotlight



Prosperity Bank has shown that a worksite wellness program can be successful right out of the gate when the participants are armed with the right tools, information and resources. Prosperity Bank was faced with the challenge of how to get employees from all 20 business locations to attend one of the three regional health fairs. They had an amazingly successful health fair with 95% of the employees participating in the health screenings and Health Risk Assessment (HRA).

The health fairs had an exciting theme, "The Amazing Race to Health." All of their vendors selected a country to represent and the locations were decorated with flags from around the world. Participants received a "passport" at the door to have each vendor stamp as they traveled through the different countries. A fully stamped passport allowed participants to be entered in the drawing for door prizes.

As an incentive for completing both the screening and the online HRA, participants received a paid day off and were entered to win a Regional Grand Prize. Departments with 100% participation were entered into a separate regional prize drawing, in which all members of that department received their choice of prizes.

Prosperity Bank didn't stop with a successful health fair. They used that momentum and the HRA results to establish a webinar series addressing the top three highest risk factors for Prosperity Bank employees. Additional follow-ups from the health fair included providing monthly health newsletters and starting a walking program.

Fresh & Healthy

Recipe of the Month

California Marinated Salad

August in Florida is HOT! There is always the possibility of a power outage during this stormy month, so here's a recipe that doesn't require any cooking.

Ingredients:

3 nectarines, chopped
 1/2 pound fresh mushrooms, quartered
 1 cup cherry tomatoes, halved
 1/2 cup pitted ripe olives (optional)
 1/3 cup chopped green onions
 1 (8 oz) can artichoke hearts
 1 Tbsp vegetable oil
 1/4 cup lemon juice
 1/4 tsp sugar
 1 tsp tarragon, crumbled
 1/2 tsp thyme

Directions:

In a large bowl, combine nectarines, mushrooms, cherry tomatoes, olives and green onions. Drain and save liquid from the artichokes. Add the artichokes to the salad. Combine reserved liquid from the artichoke hearts with remaining ingredients in a jar. Shake well and pour over the salad. Serve immediately or chill in the refrigerator for 2 hours for the best flavor.



Nutritional analysis per serving:

Serves 6. Calories: 80; Total fat: 3g; Saturated fat: 0g; Trans fat: 0g; Chol: 0mg; Sodium: 100mg; Carbs: 13g; Dietary fiber: 2g; Sugars: 7g; Proteins: 3g; Vitamin A: 10%; Vitamin C: 25%; Calcium 2%; Iron 6%. Percent Daily Values based on a 2,000-calorie diet. Based on 2,000 calorie diet.

Variety and Moderation are **Key** to *Healthy Eating* on the Run

Food and living on the go seem to go hand-in-hand. Following basic rules of good nutrition, in addition to being physically active, will help you to achieve and enjoy better health.

Statistics reveal that eating away from home is part of the American way of life. It's estimated that Americans eat at least four meals a week away from home and that half of the American food budget is spent on eating out. After a long day at work, you may find yourself tempted to stop at your favorite fast food restaurant. With a little advance planning, you can still eat healthy, even if eating on the run is your style.

Making good food choices is possible and essential to staying your healthiest. Variety is the key to good nutrition. Remember to select from each of the food groups at every meal—even when you are eating out.

Keep these points in mind:

- A little planning helps you to avoid poor choices
- Choose a variety of foods from the food groups
- Substitute breads and cereals with whole grain varieties
- Fresh fruits and veggies are portable and convenient
- Avoid skipping meals to keep energy levels up and calories down

The American Diabetes Association suggests the following handy tips for healthy eating on the go:

- Select a dining establishment that has a broad assortment of food selections, so you'll be likely to find foods you enjoy that are also healthy.
- Look for words on the menu that indicate lower fat and calories such as lean, grilled, or broiled. Ask for sauces like sour cream, cheese, gravy, and salad dressings on the side.
- Enjoy the salad bar—as a meal! Request low-fat dressings, if available, and go easy on other high-fat toppings such as cheese, bacon and croutons.

- Remember, restaurants typically provide servings large enough to serve 3-4 people. Take half of the meal home or split it with someone at your table.
- Ask for substitutions. Most restaurants will replace french fries with steamed vegetables or a fruit plate.

On-the-go SNACKS

Below are some snack ideas for home, work or school:

For your desk or backpack

- Nuts (walnuts, almonds, peanuts—preferably unsalted)
- Fruit (fresh, dried or canned)
- Canned shakes
(e.g. Carnation Instant Breakfast, Slim-Fast®)
- Microwave soup cups
(preferably broth-based and low sodium)
- Peanut butter and whole grain crackers
- Instant oatmeal
- Popcorn
- Trail mix
- Cereals such as Mini-Wheats® or Oatmeal Squares®
- Granola or cereal bars
- Graham crackers or animal crackers
- Pretzels

For the fridge or mini cooler

- Hard-boiled eggs
- Low-fat or non-fat yogurt
- Single serving orange juice bottles
- Single serving tomato juice cans
- Sliced veggies and reduced-fat salad dressing
- Reduced-fat pudding packs

Are you interested in making healthy changes to your diet but need some guidance?

The Next Steps team has Health Coaches who will work with you one-on-one developing goals and helping you to learn more about good nutrition, free of charge. Email us at NextSteps@bcbsfl.com or call 1-800-477-3736 ext. 54837.

www.diabetes.org
www.eatright.org
MyPyramid.gov



**BlueCross BlueShield
of Florida**

An Independent Licensee of the
Blue Cross and Blue Shield Association