

April is Cancer
Awareness Month

Work/Life Balance

In the Spotlight

Fresh & Healthy:
Recipe of the Month

World Tai Chi &
Qigong Day- April 26:
Alternative Fitness
Meets Alternative
Medicine

April is Cancer Awareness Month:

The following cancer screening guidelines are recommended for those people at average risk for cancer (unless otherwise specified) and without any specific symptoms.

Some people are at increased risk for certain cancers and may need to follow a different screening schedule, such as starting at an earlier age or being screened more often. Those with symptoms that could be related to cancer should see their doctor right away.

Periodic check-ups

For people aged 20 or older having periodic health exams, a cancer-related check-up should include health counseling, and depending on a person's age and gender, might include exams for cancers of the thyroid, oral cavity, skin, lymph nodes, testes, and ovaries, as well as for some non-malignant (non-cancerous) diseases.

Breast Cancer

Clinical breast exam (CBE) should be part of a periodic health exam; about every 3 years for women in their 20s and 30s and every year for women 40 and over.

Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.

Prostate Cancer

Beginning at age 50, men should have both the prostate-specific antigen (PSA) blood test and digital rectal examination (DRE). Men at high risk (African-American men and men with a strong family history of one or more first-degree relatives [father, brothers, sons] diagnosed before age 65) should begin testing at age 45. Men with an even higher risk or those with multiple first-degree relatives affected at an early age, could begin testing at age 40.



Colon and Rectal Cancer

Beginning at age 50, both men and women with an average risk for developing colorectal cancer should have a flexible sigmoidoscopy, double contrast barium enema, or CT colonography (virtual colonoscopy) every 5 years, or a colonoscopy every 10 years.

You should talk to your doctor about starting colorectal cancer screening earlier and/or being screened more often if you have a personal or family history of colorectal cancer or polyps or have chronic inflammatory bowel disease (Crohn's Disease or ulcerative colitis).

Cervical Cancer

All women should begin cervical cancer screening about 3 years after they begin having vaginal intercourse, but no later than when they are 21 years old. Screening should be done every year with the regular Pap test or every 2 years using the newer liquid-based Pap test.

www.cancer.org

Your group's BCBSF policy may cover certain screenings at 100% (ie., free mammograms) and other routine screenings that allow you to skip the deductible and pay coinsurance/copay only. Please refer to your benefit documents for coverage details and you can also find more treatment information through MyBlueServiceSM.

Work/Life Balance

Hurry! Hurry! Hurry! Sound familiar? Life can get crazy at times and balancing work and family can be quite challenging. Take a look at some of these plans that just might help you ease your anxiety and keep your balance:

1. Decide what is really important in your life. Take a moment to thoughtfully and honestly look at your life and decide what really matters to you. Make a list of your top five priorities. Is it your children, partner, career, health, hobbies, spirituality, adventure and travel or others? Clearly setting your priorities is an important and essential step toward achieving a well-balanced life. Make sure, however, that they are truly **your** priorities and not what you may think others and/or society deems important. Recognize that when you define your priorities clearly, you can then allow yourself to focus fully on what's important to you.



2. Eliminate unnecessary activities. Once you've clearly defined your priorities, you can get rid of activities and efforts that do not support them. You may quickly realize that you are devoting too much time to items that don't really matter to you. Make adjustments and devote your time to those activities that support your priorities.



3. Create and protect private time. It's up to us all to create and protect time that lets us focus on our relationships and ourselves. Once you've made this personal time, guard it fervently and don't let work or other distractions intrude. Stop checking emails and cell phone messages all hours of the day and night. Not many of us are so important that we need to be available to our work at all times. Realize that by truly honoring the different aspects of your life, such as work, play, and family, you may become more successful and fulfilled where it really matters.

4. Allow others to help. Don't try to go it alone. Your partner, family members and friends are valuable resources to be used, allowing you time to focus on other top priorities. If, for example, alone time with your partner is a top priority, try arranging regular babysitting trade offs with another couple or accept babysitting offers from family and friends. Realize that people enjoy lending a hand and in fact derive joy from being able to help.

5. Schedule and plan for fun and relaxation. Fun and relaxation are an essential part of a well-balanced life. Be sure to plan time for fun and relaxation or all those other demands, that are not even a top priority, can easily rob you of this precious time. Don't feel guilty about taking time for yourself to unwind. When you get back to business you will be rejuvenated, refreshed, and focused.

Remember, at the end of the day, the memories most valued will be of the time spent truly embracing those people, relationships and activities that were of utmost importance.

www.webmd.com

In the Spotlight

Royal Caribbean Cruises Ltd. is no stranger to fun. They've been doing fun, successful and interactive annual health fairs since 2006. At their most recent health fair, 589 employees turned out to take part in health screenings and health assessments at 3 locations. Participating employees were eligible for prizes such as gift cards and a bicycle for each location. This group welcomed their employees with a variety of fruits and healthy foods. They partnered with a number of businesses and organizations, such as the Susan G. Komen foundation, to educate their employees on self-breast examination; the local EMS personnel assisted with blood pressure screenings and education; and fitness team from their onsite wellness center was there to do body fat analysis and give information on the benefits of staying active.



To engage their workers in the employee wellness program throughout the year, Royal Caribbean Cruises, Ltd. provides wellness presentations on a number of topics and offer a fitness boot camp with nutritional guidance twice per year. Employees have access to a fully equipped onsite Wellness Center at the Port of Miami at a reduced cost. The Center offers activities like Yoga, Body Sculpting, Spinning, Zumba, Boot Camp and massage therapy services.

Fresh & Healthy

Recipe of the Month

Honey-Dijon Chicken with Peach salsa

Ingredients:

4 4-oz. boneless, skinless chicken breast halves
 ½ cup bottled, fat-free honey-Dijon dressing
 1/8 teaspoon salt
 1/8 teaspoon black pepper, freshly ground
 4 peaches or nectarines, cubed
 ¼ cup fresh cilantro, chopped
 1 small red onion, chopped
 1 tablespoon lime juice, fresh

Instructions:

Preheat broiler. Place the chicken breasts between two pieces of plastic wrap and pound until 1/4 inch thick. Brush honey-Dijon dressing on both sides and season with salt and pepper. Place on the rack of the broiling pan. Place 4 to 6" from the heat source and broil for about 4 minutes on each side, or until a thermometer inserted in the thickest portion registers 160°F and the juices run clear. Meanwhile, in a medium bowl, mix the peaches, cilantro, red onion, and lime juice. To serve, place the chicken on plates and spoon the salsa on top. Serves 4.

Nutritional Information per serving:

Calories: 220; Carbohydrates: 22g; Dietary Fiber: 3g; Total Fat: 2.7g; Saturated Fat: 0.8g; Protein: 25g; Cholesterol: 63mg; Sodium: 468mg

Recipe courtesy of Produce for Better Health Foundation (PBH). This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

World Tai Chi & Qigong Day- April 26: Alternative Fitness Meets Alternative Medicine

You may just find that Tai Chi is the perfect modern for staying active. It doesn't call for any special equipment, facilities or clothing and you won't even break a sweat. Yet studies have shown that it provides the same cardiovascular benefit as moderate impact aerobic exercise and burns as many calories as downhill skiing.



Tai Chi Facts:

- Originally developed as a Chinese martial art
- It's a noncompetitive, self-paced system of gentle physical exercise and stretching.
- Tai Chi involves performing a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pausing.
- Anyone, regardless of age or physical ability, can practice Tai chi.

www.worldtaichiday.org
www.nccam.nih.gov
www.mayoclinic.com

Tai Chi is more than just a gentle series of relaxing motions and breathing techniques that cleanse the body of accumulated stress. It's defined by the National Institute of Health as a mind-body form of Complimentary and Alternative Medicine (CAM). Current research suggests that Tai Chi may offer a number of health benefits such as:

- Reducing the incidence of depression and anxiety
- Boost the immune system
- Relieve chronic pain
- Lower blood pressure
- Slow bone loss in post-menopausal women
- Improve sleep quality (falling asleep faster, staying asleep longer)
- Improve balance and coordination
- Reduce falls
- Improve cardiovascular function
- Improve everyday physical functioning

Mind-body medicine focuses on intervention strategies to promote health. The concept of the mind being a basic part of the healing process is the cornerstone of traditional Eastern medicine.

Western medicine maintained a separation between the physical body and the spiritual/emotional until the mid-twentieth century when discoveries of the "placebo effect" (sugar pill) inspired extensive research in mind-body processes. There's much evidence that the mind plays a role in the development and progression of coronary artery disease, pain management, cancer treatment, and immunity. Although not a substitute for more traditional medicine, Tai Chi may not only serve as a form of physical activity but also compliment your treatment and disease prevention efforts.



**BlueCross BlueShield
of Florida**

An Independent Licensee of the
Blue Cross and Blue Shield Association