

Dean's Corner:

One way to prevent health problems is to get screenings that are right for your age and gender. Part of LVHN's goal this year is to encourage and support all colleagues in getting at least **ONE** preventive screening.

Colleagues that receive a preventive screening and submit the "Be at Your Best, Get Screened" form can win an iPod Nano or a Bose Wave Stereo. *Please see form for prize entry details.*



Writers Wanted:

Our goal is to provide evidence based health tips and resources you can use to share with colleagues and promote a healthier, happier LVHN. What is your department doing to stay healthy? We want to hear from you!
Please email:
kristin_b.behler@lvhn.org for details.

Tip



When choosing a protein bar, look for one with 7g of protein or more and 3g of fiber or more in 1 serving.

Colorectal Cancer Awareness

Colorectal Cancer (CRC) is the third most commonly diagnosed cancer and the second leading cause of cancer related deaths in the U.S. Although these are scary facts, there is good news. It has been found that, with screening, early detection and treatment, colorectal cancer can be prevented, treated and even cured!

Most diagnosed cases are in individuals over the age of 50. Although your risk does increase with age, about 17% of all cases are in people younger than age 50. The most important things you need to know is your risk factors. You may have an increased risk of CRC if you have a history of Polyps or Bowel Disease such as Colitis or Crohn's Disease, have a family history of CRC, or other syndromes such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (HNPCC).

While the exact cause is unknown there are things you can do to decrease your chance of being diagnosed with CRC: Discussing your risk with your PCP, Receive regular screenings and adopt a healthy lifestyle!

Quit smoking, Drink alcohol in moderation, Eat a low-fat diet rich in fruits, vegetables and whole grains, and Exercise a minimum of 30 minutes a day at least 5 days a week.

Symptoms such as rectal bleeding, bloody stools, change in bowel habits, bloating, cramps, diarrhea, constipation,

fatigue, a feeling you haven't completely emptied your bowel, or narrowed stools are often mentioned as signs of CRC. Regular screening is necessary to find and prevent CRC even before it develops.

Did you know?

- ♦ 1 in 19 people are at risk of developing CRC
- ♦ CRC is 90% curable when diagnosed early
- ♦ 7 out of 10 people have no symptoms at all



Help raise awareness: wear blue on Friday, March 1st to kickoff colorectal cancer awareness month!

Start Exercising and Stay Motivated

Personalize your motivation: Superficial motivators such as weight loss are great to have, but finding internal motivation will help you succeed long term. Do you want to be a role model for your kids? Feel less stressed? Make it personal and meaningful.

Set realistic goals: Consistency is key and if your goals are too ambitious, you're more likely to drop off completely after a few weeks. Try setting small weekly goals that are slightly out of your comfort zone, but you're confident you'll be able to achieve.

Plan it: Just as you would schedule a meeting, play date, or doctor's appointment, schedule your time to exercise in your agenda book. If you miss a session, be sure to reschedule it for another day.

Try not to think of exercise as "work:" No one looks forward to doing their chores. Finding an activity you enjoy increases the likelihood you'll stick with it. Try something new and explore your surroundings. You may be surprised to learn you love an activity you never thought you would!

Healthy Eating on a Budget

The weekly cost of food, prepared at home, for an adult ranges from \$36.50 to \$83.00 per week, according to the Center for Nutrition Policy and Promotion. Regardless of income, most people need to increase their intake of fruits, vegetables, whole grains, and low fat dairy products while decreasing added sugars, salt, and saturated fats. Packing inexpensive, healthy lunches is an excellent first step to eating healthy and adopting thrifty spending habits.



Healthy lunch ideas under \$5.00 and 500 calories:

Monday: Cheese stuffed potato, piece of fresh fruit, 8oz. 1% low-fat milk (470 calories)

Cheese stuffed potato recipe: pierce potato with fork, cover with wax paper and microwave 5 to 10 minutes until tender. Mix ¼ cup low-fat cottage cheese with ½ tablespoon milk, and ½ tablespoon minced onion. Cut cooked potato in half lengthwise, scoop out potato pulp and mix with cottage cheese blend. Refill potato halves with mixture.

Tuesday: Tuna Macaroni Salad, 1½ cups serving (500 calories)

Tuna macaroni salad recipe: mix 2 cups cooked elbow macaroni, two 6oz. cans of water packed tuna, two hard cooked eggs diced, ¼ cup chopped celery, ¼ cup grated carrots, ½ cup light mayonnaise, 2 tablespoons minced onion, and ¼ teaspoon pepper. Chill.

Wednesday: Grilled chicken wrap or pita (450 calories)

Fill a whole wheat wrap or pita with 3oz. of grilled chicken breast and dark green leafy lettuce then drizzle with light caesar dressing. Include a piece of fresh fruit or ½ cup of canned fruit in light syrup on the side.

Thursday: Whole wheat peanut butter and banana sandwich (470 calories)

Include a piece of fresh fruit and 8oz. of low fat yogurt on the side.

Friday: Turkey & Swiss on a whole wheat bun (450 calories)

Add 3oz. sliced turkey, 1oz. Swiss cheese, leafy greens, onion and light honey mustard dressing to a whole wheat bun. Include 4oz. apple sauce, and 8oz. 1% milk on the side.

Frozen meals can also be an inexpensive, quick and easy lunch solution.

Select meals that are 500 calories or less, have less than 5 grams of saturated fat, less than 700 milligrams of sodium, and 2 or more grams of fiber. Most frozen meals are free of artificial flavors, colors and preservatives. Read all the ingredients to avoid unfamiliar and unwanted ingredients. Source: USDA, CNPP Recipes and Tips for Healthy, Thrifty Meals. May 2000

Plan, Prep, Pack

Timing is everything when it comes to healthy snacking. Snacks should compliment meals, not replace them. Plan to eat your snack at least 1.5 hours before your meal. Try to always have a lean protein and a good source of fiber in your snack. Here are some healthy, quick, and easy snacking ideas:

- Multigrain Light English Muffin, celery or fruit with 1 tbsp. reduced fat peanut butter
- Grapes with low fat cubed cheese
- Low fat string cheese with six whole wheat crackers
- Pour cereal and milk into a travel mug
- Quaker Weight Control Oatmeal
- Bumble Bee fat free Tuna Salad with crackers (ready to eat container)



Snacks should be 200 calories or less.

Around Our Community...

Get Active-Get Involved!

**Get Out! Lehigh Valley
Lock Ridge Iron Furnace Hike
March 16; 10:00 am**

Take a 1+ mile hike around Lock Ridge Iron Furnace Park and along the banks of the Swabia Creek. This event is free but you must register as space is limited for some events.

www.lvhn.org or call 610-402-CARE

**2013 Trout Fishing Season
Regional opening day is March 30.**

Dust off your rod and reel, venture out for some fresh air and enjoy this favorite pastime! Visit the PA Fish and Boat Commission online for fishing locations and licensing information.

www.fish.state.pa.us

**Walk Now for Autism Speaks
Saturday, April 20**

Fundraising event which supports research and raises Autism awareness.

Registration Open: 8:30 a.m.

Walk Starts: 10 a.m.

Event Ends: 1 p.m.

Dorney Park

www.walknowforautismspeaks.org

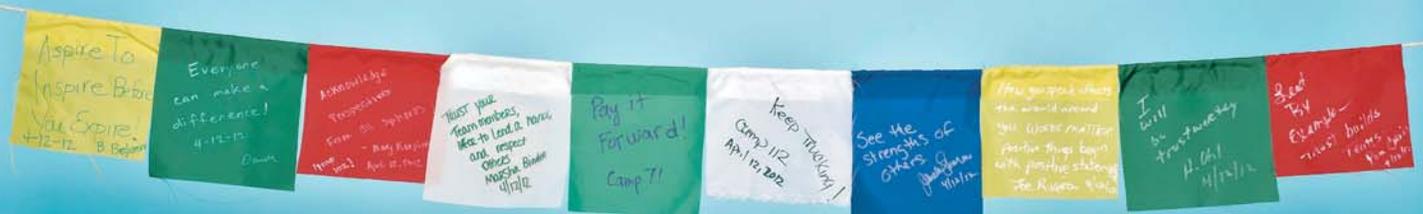
The Healthy Scoop

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Questions? email: kristin_b.behler@lvhn.org

Be at Your Best Get Screened. Win Big.



It's the ultimate win-win. By getting a preventive health screening, you are keeping yourself at your best for your family, our patients and our community. By getting screened, you also can win big prizes!

From October 2012 through June 2013, colleagues will be asked to get one of the screenings listed on the back of this form. It's easy to. You can get a screening at an Employee Forum (Oct. 9 – Dec. 11, 2012) and at other events to come.

By getting a health screening, you'll be entered to win:

One of 3 Bose® Wave Music System IIIs

With connect kit for iPod or iPhone and headphones
To be awarded in grand prize drawings on July 1, 2013

One of 18 iPod Nanos and TikTok Watchbands

2 per month to be awarded in drawings from October 2012–June 2013

The back of this form is your contest entry.

You can get as many screenings as you wish, however only one contest entry per person will be accepted. Each entrant will have a chance at both a monthly prize and a grand prize.



A PASSION FOR BETTER MEDICINE.™



610-402-CARE LVHN.org

One of the best ways to help prevent health problems and be at your best is to get screened is easy to do.
 Choose one or more screenings from the list below, get the screening and return this signed form to Spectrum Administrators.
 You'll improve your health—and you can win great prizes!

Name: _____ Date of Service: ____/____/_____
 Choice Plus Member ID: _____ Location of Assessment/Screening: _____

CHECK THE BOX NEXT TO THE PREVENTIVE HEALTH SERVICE YOU'VE RECEIVED:

<p>Biometric Screening</p> <p><input type="checkbox"/> Blood pressure <input type="checkbox"/> Glucose</p> <p><input type="checkbox"/> Lipids (one or more of the following: total cholesterol, LDL, HDL, triglycerides, cardiac risk ratio) <input type="checkbox"/> Body composition, including BMI, body fat, waist-to-hip circumference</p>		
<p>Other Screenings</p> <p><input type="checkbox"/> Mammography <input type="checkbox"/> Dental</p> <p><input type="checkbox"/> Pap test <input type="checkbox"/> Glaucoma</p> <p><input type="checkbox"/> Fecal occult blood test <input type="checkbox"/> Depression</p> <p><input type="checkbox"/> Sigmoidoscopy <input type="checkbox"/> Osteoporosis</p> <p><input type="checkbox"/> Colonoscopy <input type="checkbox"/> Skin health</p>	<p>Fitness Assessment (at approved fitness center)</p> <p><input type="checkbox"/> Body composition analysis</p> <p><input type="checkbox"/> Muscle strength assessment</p> <p><input type="checkbox"/> Muscle endurance assessment</p> <p><input type="checkbox"/> Cardiovascular assessment</p> <p><input type="checkbox"/> Muscle flexibility assessment</p>	
<p>Wellness Visit</p> <p><input type="checkbox"/> Physical exam <input type="checkbox"/> Dental checkup <input type="checkbox"/> Optometrist or ophthalmologist</p>		
<p>Immunizations (excluding flu)</p> <p><input type="checkbox"/> Type of immunization: _____</p>		
<p>Culture of Wellness Programs</p> <p><input type="checkbox"/> Healthy facial skin consultation with UV analysis <input type="checkbox"/> Fitness assessment and personalized exercise program <input type="checkbox"/> Vascular screening (including stroke scan, abdominal aortic scan and/or peripheral arterial scan)</p> <p><input type="checkbox"/> Detailed skin care analysis <input type="checkbox"/> Nutrition assessment and counseling <input type="checkbox"/> Lung cancer screening by low-dose chest CT scan</p> <p><input type="checkbox"/> Smart Heart cardiovascular risk management program <input type="checkbox"/> Body composition analysis <input type="checkbox"/> Coronary calcium scoring</p> <p><input type="checkbox"/> Prediabetes program (Helwig Health and Diabetes Center)</p>		
<p>Other</p> <p><input type="checkbox"/> HeartAware risk assessment (click on banner at lvh.com)</p>		

Your Signature: _____

Date: ____/____/____

Please submit the completed and signed form:

Scan and email: service@SpectrumTPA.com

By fax: 484-884-0311 **Online:** WebSAI.com

In person: Turn in at an employee forum, or drop off (or send) to:
 Spectrum Administrators, Inc.
 2100 Mack Blvd., 5th Floor,
 Allentown, PA 18103.

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