

HealthMatters

Because Your Health Matters To Us



As you continue on your journey toward a healthier lifestyle, we hope you find the information in the March issue of *HealthMatters* helpful and educational.

Join us for the Teaching Tuesdays webinars on *Exercise Myth vs. Facts*, *Healthy Dining Out* and *Caring For A Child With Food Allergies*. And don't forget to tune in for *Mental Health Mondays for the Body Image and Self-Esteem* webinar.

We are also observing *Colorectal Cancer Awareness Month*, as well as providing information on head injuries and youth sports.

Thank you for reading!

Mental Health Mondays: Body Image and Self-Esteem

**Do you continually find yourself dissatisfied with the image staring back at you in the mirror?
Do you struggle with self esteem as a result?**

If so, you will find this webinar helpful. We will discuss the underlying reasons that contribute to a negative body image, which results in low self esteem. We will also explore ways to improve the way that we see ourselves.



Join us on: Monday, February 28th from 11:00am-12:00pm CT

CareHere!

You may visit us at www.carehere.com

Teaching Tuesdays

Exercise Myth vs. Fact

With so much information about exercise, it's understandable why you might be confused – sometimes so confused that you do NOTHING!

Well, the *Exercise: Myth vs. Fact* webinar will help to clear up some common misconceptions about exercise. After this presentation, you will have a better understanding of what it takes to create and sustain a regular exercise routine. Ten exercise myths will be debunked!

Please join us on one of the following dates:

March 1st • 4:00-5:00pm CT

March 8th • 11:00-12:00pm CT

March 15th • 5:15-6:15pm CT

March 22nd • 4:00-5:00pm CT

March 29th • 11:00-12:00pm CT



Caring for a Child with Food Allergies

Does your child have food allergies? This webinar program describes how to help prepare your food allergic child for attending school or daycare. It will educate you on how to guide the care of your food allergic child with all caregivers.



You will learn more about available resources and best practices for a child with this type of illness. Leave this presentation prepared to be the expert for your child's care.

Join us on one of the following dates and times:

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Healthy Dining Out

A CareHere dietitian will educate participants on how to dine out and make the healthiest choices. Local and common restaurant menus will be reviewed for best choice menu items. She will also present strategies for implementing small changes to reduce calorie, salt and fat intake.



Join us on one of the following dates and times:

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***Please note: All webinars and programs must be completed outside of work hours.**



Colorectal Cancer : When Do I Get Screened?

Colon cancer is the 3rd most commonly diagnosed cancer and the second leading cause of cancer death in the United States. Therefore, lives can be saved with detection and treatment of early-stage colorectal cancers. Screenings can identify pre-cancerous polyps and allow for removal before they have advanced. Most Americans are not screened for colorectal cancer and more than two-thirds of patients present with advanced disease.

African-American men and women with colorectal cancer have a 50% greater probability of dying of colon cancer than do white men and women.

Although 75% of all colorectal cancers occur in people with no known risk factors, there are some risk factors that should be considered.

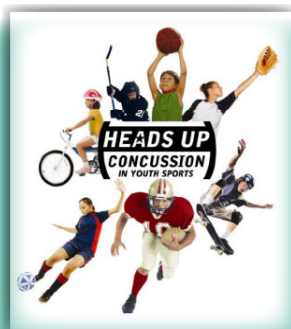
- Age 40 and older
- Men have a higher risk than women
- History of inflammatory bowel disease
- Family history of colorectal cancer

So make your appointment now with your CareHere provider to discuss the method of screening that is best for you. Register online at www.carehere.com for a clinic appointment to discuss, or call the toll free line at 877-423-1330 for assistance with scheduling a clinic appointment.



Resource for this article: <http://www.ahrq.gov/clinic/colosum.htm>

Article submitted by: CareHere Health Coach and Registered Nurse, Rhonda Wood. If you have a question about this article, you may e-mail Rhonda at wellness@carehere.com.



Head Injuries and Youth Sports

The American Academy of Pediatrics recommends that every child should have an opportunity to participate in sports or any recreational activity that promotes regular physical activity. Participation in sports offers many health benefits, but is not without risk, and it

is important to be aware of the risks and to take measures to prevent injury. While sports-related fatalities among children are rare, the leading cause of death from sports related injuries is traumatic brain injury. Traumatic Brain Injury (TBI) is defined as an acquired injury to the brain caused by external physical force, resulting in total or partial functional disability or psychosocial impairment, or both, that adversely affects a child's educational performance.

Traumatic brain injury can be difficult to identify, because the signs and symptoms can be subtle and symptoms can take days or weeks to appear following the injury. Children with brain injury can have the same symptoms as adults, but it is often more difficult for children to describe how they feel. Contact your child's doctor right away if they have experienced a blow

to the head and you notice any of the following symptoms: severe headache that does not go away or get better, seizures, nausea or vomiting that returns, loss of balance or new skills, continued tiredness or listlessness or changes in eating, sleeping, social behavior patterns or school performance.

To prevent sports-related head injuries, buy and use helmets or protective head gear approved by the ASTM for specific sports 100% of the time. Helmets should fit properly to provide maximum protection. In general, to decrease the risk of TBI while at play, supervise younger children at all times and do not let them use sporting equipment or play sports unsuitable for their age. Also, keep children from participating in sports when they are tired or ill, perform regular safety checks of sports fields, playgrounds and equipment and discard and replace damaged protective gear or sports equipment.

Resources: Safe Kids Usa www.safekids.org;
American Association of Neurological Surgeons
www.neurosurgerytoday.org; BrainLine www.brainline.org;
Centers for Disease Control and Prevention www.cdc.gov

Article submitted by: CareHere Health Coach Uthona Shelton. If you would like to speak with Uthona, you may e-mail her at wellness@carehere.com.