



Fred's Healthy BeansTalk

...extending your Lifetime Warranty



Take Control of Your Health!

Summer is over, as we are starting to plan for the upcoming colder weather, let's not forget to also make plans for our preventive screenings!

As we have reinforced over the last several months, age and/or gender appropriate preventive screenings are key to teach you about your own body and educate you on conditions you might not know you have.

Two significant cancer awareness months are approaching (Prostate Cancer in September & Breast Cancer in October), so we want to highlight the significance of necessary screening for early detection. Be aggressive in your own health prevention. Cancer is aggressive, attack it before it attacks you.

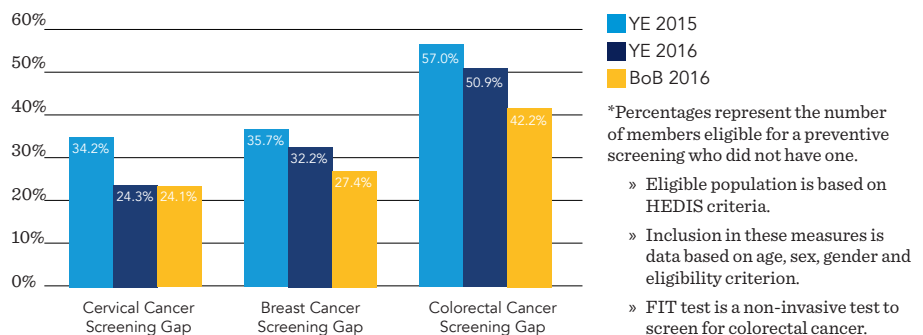
This newsletter focuses on Eye Health and Prostate Cancer. (Stay tuned for Breast Cancer in our next newsletter.) Please take the time to read this edition and share it with your family and friends. We all know someone who has been affected by cancer. Let's do our part to spread the word about early detection. We might just save a person's life.

Fred Beans

Screenings Saves Lives

Screening tests can help find cancer at an early stage, before symptoms appear. When abnormal tissue or cancer is found early, it may be easier to treat or cure.

Below is a chart from our last Claims Experience Utilization report from Independence Blue Cross. It shows the gaps in care for 3 important cancer screenings. While we are making progress, we are still below the IBC norms. We encourage you to speak to your doctor about the appropriate screenings. Preventive Age/Gender Screenings are covered 100% when ordered by your doctor as routine screenings. Screenings to rule out a condition are covered too, but you pay the normal plan copay or coinsurance.



- Cervical cancer screening/PAP in the most current 3 year period (ages 24-64)
- Breast cancer screening (less than 24 months since last mammography, ages 42-69)
- Colon cancer screening (annual) or Flexible Sigmoidoscopy (5 years) or DoubleBarium Enema (5 years) or Colonoscopy (10 years) - Male & Female, ages 51-80

September Squat Challenge Continues

We are currently in the "30 Day Squat Challenge" ending Tuesday, October 9th. You must complete 150 squats in 5 minutes, 30 squats per minute using good form as indicated below.



1. Stand with your feet slightly wider than shoulder-width apart. Engage your abs.
2. Lower your body by pushing your hips back and bending your knees. Once your thighs are parallel to the floor, pause and return.

Start with 5 squats and add 5 a day for 30 days.

On day 30, you should be able to do 150 squats within a 5 minute time frame.

PACE MATTERS

30 squats per minute = 150 in 5 minutes

Eat Healthy for Your Eyes

A healthy diet helps protect your vision. Just remember, ACE: Vitamins A, C and E plus zinc. A large study showed foods with those nutrients lower the risk of age-related macular degeneration, a leading cause of vision loss among people over age 50.

For vitamin A, snack on carrots or spinach. For C, try citrus fruits or broccoli. For E, enjoy eggs or whole grains. For zinc, eat fish or dairy products. Your eyes will thank you.



STAY ACTIVE



Exercise for Eye Health

Regular exercise benefits every part of you, including your eyes. Staying active can prevent or slow the progression of eye conditions, like glaucoma and AMD. Think you're too busy to work out? Fit exercise into your day. You can take the stairs instead of the elevator or contract your abdominal muscles when you sit at your desk. A few minutes a day makes a difference for your eyes.



Bugs Bunny had the right idea.

Carrots are good for your eyes.

Try this recipe for vision health.

Roasted Honey Glazed Carrots

Ingredients

1. 5-6 large carrots
2. 2 Tbsp honey
3. 1 Tbsp extra virgin olive oil
4. 1/2 tsp sea salt
5. 1/2 tsp black pepper
6. Parsley for garnish



Directions

- Wash, peel and cut carrots into about 3 inch long pieces and then cut in half lengthwise.
- Combine olive oil, honey, sea salt and pepper in a bowl.
- Toss carrots with the honey-olive oil mixture.
- Spread carrots on a foil-lined baking sheet and bake at 400° F for about 30 minutes.
- Sprinkle with chopped parsley and serve warm.

Makes 4 servings



Prostate Cancer Awareness

September is National Prostate Cancer Awareness Month.

Prostate cancer is the 2nd most common cancer among American men. The survival rate is high. For men whose cancer doesn't spread beyond the prostate, the 10-year survival rate is 98%.

You still need to be vigilant to detect and treat prostate cancer early. All men need to know the risk factors. If you are:

- over age 50
- African-American
- overweight
- have a close relative with prostate cancer, then you have increased risk.

Pay attention to these warning signs of prostate cancer:

- needing to urinate more often
- pain in pelvis, spine or hips
- blood in the urine
- impotence

Early detection is key to saving lives.

The following chart shows foods proven to fight prostate and other types of cancer.

Food	Benefit
Broccoli, Cauliflower, Spinach and Kale	Rich in compounds that slow the growth of prostate cancer
Green Tea	Full of flavonoids, which prevent the development of prostate cancer
Soy	Made of hormones similar to our body's natural hormones that may guard against development of prostate cancer
Tomatoes	Rich in Lycopene, shown to fight prostate cancer when consumed as tomato sauce or tomato juice
Red Grapes	Contain resveratrol, thought to prevent cell damage
Whole Grains	Full of fiber and antioxidants that decrease the risk of developing most cancers
Romaine Lettuce, Swiss Chard, Mustard Greens	Contain carotenoids, antioxidants that remove cancer-promoting free radicals from the body



A balanced diet is an important part of your overall health!



Discuss the potential benefits of a PSA test with your doctor at your next appointment

Stay Healthy with Screenings

- The screening test for prostate cancer measures the amount of prostate-specific antigen in the blood. An elevated PSA level may be caused by prostate cancer.
- The U.S. Preventive Services Task Force has released the following guideline:
- Men ages 55 to 69 should speak with their doctor and make an individual decision to get screened
- Talk with your doctor about your personal risk factors for prostate cancer, like ethnicity, family history and other medical conditions.
- Remember to eat right, exercise and undergo any screenings your doctor recommends.
- Caption under image: Discuss the potential benefits of a PSA test with your doctor at your next appointment.



Tune Up Your Health

American Heart Association Recommendation for Cardiovascular Health:

- At least 30 minutes of moderate intensity aerobic activity at least 5 days per week or
- At least 25 minutes of vigorous aerobic activity at least 3 days per week for a total of 75 minutes per week and
- Moderate to high intensity muscle/strengthening activity at least 2 days per week

Who is My Healthy Living Representative?

Andrea Volm - Wellness Consultant

AutoExpress/AutoRent	Nissan
Bill Dannehower	Robin Zarko
Ford Newtown	Cadillac/Used Car Annex
Josie Espindola	Bill Pytleski
Subaru	Ford Langhorne
Terence Hendreicks	Suzy Buehler Jeanine Smith
Chevy	VW Doylestown
Al Damone	Pam Zurad
Hyundai Langhorne	CARSTAR Doylestown
Amber Price	Anna Reif
Hyundai Doylestown	CARSTAR Langhorne
Christine Leister	Jennifer Sosnoski
Detail	Ford Boyertown
Sam Zook	Leigh Ann McCabe
Parts / Carquest	Dodge
Carolyn Meer Xiomara Sanchez Beth Snyder	Tara Valentine
Flemington	Management
Cathy Cannon Nicolas Porras	Dan Milewski

Other upcoming events and resources

- Training tips on Fitness Fridays
- Jeans Days to bring awareness to Breast Cancer Awareness Month and Employee Health and Fitness Month
- Great American Smoke Out

Wellness Calendar of Events

Please check out the following for Healthy Living Opportunities:

Thursday, September 27th

Lunch and Learn: "6 Things a Nutritionist Would Like You to Know About Your Gut," 12:00 - 1:00 at FORD

Thursday, October 18th

Lunch and Learn: "Sugar vs. The Body" at Management

Wednesday, November 14th

Lunch and Learn: "Diabetes Prevention" at Management

Jeans Days

- **Friday, September 28th**
Camp Out for Hunger
- **Friday, October 5th**
Light the Night for Leukemia/Lymphoma
- **Friday, October 12th**
Breast Cancer Awareness
- **Friday, October 26th**
Camp Out for Hunger
- **Friday, November 9th**
Diabetes Awareness

Flu Shots across the Organization with CVS.
Date TBD

