



Wellness Works

Experience. Wellness. Everywhere.®

Fall 2011

Take Charge of Stress



Stress is brought about by change and it may include physical and mental tension. Many daily life actions can cause tension, including holiday gatherings, work pressures, money worries and relationship problems. Muscle tension, headaches and sickness can often be traced to stress.

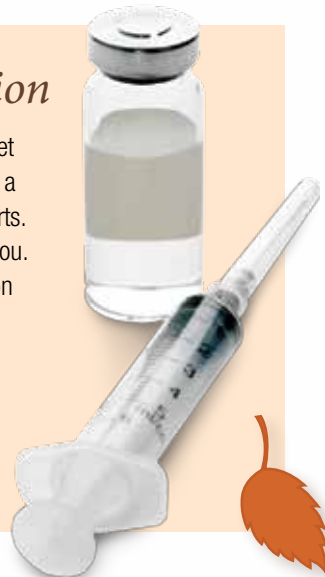
There are many ways to take charge and avoid stress. Accept that you are not responsible for everything. Try to balance personal and professional issues. Eat balanced meals and try to limit the amount of life changes you make at one time.

These tips are intended as general information only. Please consult your physician for specific advice.

Arm Yourself for Flu Prevention

Flu season is coming! It's time to roll up your sleeves and get your flu shot. Between September and mid-November is a good time to get the flu vaccine – before the flu season starts. Getting a flu shot later in the flu season may still protect you. But remember, it takes up to two weeks to build protection after a flu shot. Don't get a flu shot if you have a fever, have ever had an allergic response to the vaccine or are allergic to chicken eggs.

Source: Mayo Foundation for Medical Education and Research



Not Just Blowing Smoke

Chemicals in second-hand smoke can be harmful in many ways. Where there's smoke, there may be cancer. Tobacco smoke has more than 60 chemicals that are known or suspected to cause cancer.

Nonsmokers exposed to second-hand smoke take in toxic chemicals just as smokers do. Exposure to second-hand smoke can also lead to:

- Heart disease
- Respiratory problems including coughing, phlegm, chest pain and reduced lung function
- Increased middle ear infections in young children
- Respiratory tract infections, such as pneumonia and bronchitis
- Increased number and severity of asthma attacks in asthmatic children

Source: American Cancer Society



BlueCross BlueShield

Spotlight on Your Health

Few things are more important than your health, or that of your family. The newly redesigned **BeSmartBeWell.com** can help you live better – and healthier – with life stories and expert advice.

Be Smart. Be Well.® gives you easy-to-understand facts and resources that you can use today. Watch video-based stories and interviews, take interactive quizzes and read feature articles. You can now also sign up to receive updates from Be Smart. Be Well. delivered right to your email inbox. *Spotlight* is a health and wellness newsletter sent every other month. *Spotlight News Alert* offers news about current health issues sent every other week. Learn more about these free newsletters and sign up today by visiting **BeSmartBeWell.com/spotlight**.



New Weapon Against Cancer: Exercise

Doctors used to tell cancer patients to rest and save their energy. Now research shows that exercise is a strong tool for fighting the disease.

Movement improves quality of life. And it also lowers the risk of some types of cancer, including cancer of the breast, cervix, ovaries and uterus. Studies show exercise also trims risk for colon cancer and prostate cancer.

Always ask your doctor about beginning any exercise program and for help designing workouts geared to your age and cancer type.

Source: American Cancer Society, Clinical Journal of Oncology

Make Diabetes Prevention Your Intention

You can do a lot to lower your chances of getting diabetes. Exercising regularly, reducing fat and calorie intake and losing a little weight can help. So can cutting out tobacco products. Try to reduce your blood pressure and cholesterol levels. To help lower your risk of diabetes:

- Make a plan to change your actions.
- Think about what might stop you from reaching your goals.
- If you smoke, join a stop smoking program.
- Find family and friends who will support you.
- Reward yourself when you do what you have planned.

Source: The National Institute of Diabetes and Digestive and Kidney Diseases

