

total **HEALTH** & wellness

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United Service
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For Health Care

FALL 2017

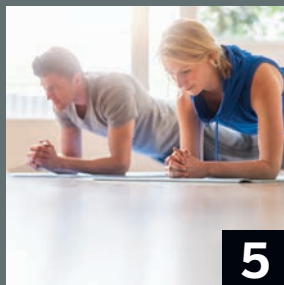
**Practice Self-Care
for the Body and Mind**

**Prevent Knee
Replacement Surgery**

**Kerry
Washington**

**A Balanced Approach
to Life and Fitness**

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A Balanced Approach to Life and Fitness
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Cover photo: Nicholas Hunt/Getty Images

4 Ways to Spread the Health



Does a family member or close friend need a healthy-living wake-up call?

→ **ENCOURAGING OTHERS TO MAKE HEALTHIER CHOICES** can be challenging. With these four tips, you can gently motivate those closest to you to boost their well-being.

1 Be a role model.

When others see you engaging in healthy behaviors, such as eating nutritious foods or exercising, they may feel inspired to get on board, too.

2 Create a healthier home.

If you want to encourage your spouse or children to make healthier choices, create an environment in which that's easier to do. For example:

- Stock the fridge with fruits, veggies, and low-fat dairy products.

- Offer water instead of sugary drinks.
- Make lighter versions of your family's favorite recipes.
- Provide toys that encourage physical activity, such as balls and bikes.

3 Make it fun.

Let your loved ones know that living a healthier life can be a lot of fun. Encourage them to stick with activities they like.

4 Talk about the benefits.

Some benefits, such as losing weight or lowering blood pressure, take a while to experience and are not as noticeable. Be sure to mention additional benefits that they may see right away, such as better sleep, less stress, and a happier mood. +

HELP SOMEONE STOP SMOKING

You can't make someone quit smoking, but you can help once the person makes the decision to quit. Use these suggestions to support and encourage a smoker who is struggling to give up tobacco.

- Ask the person if he or she would like you to offer support through the process.
- Focus on the benefits of quitting rather than threatening or lecturing about smoking.
- Keep in touch in person, on the phone, or via email, but avoid being a pest.
- Don't take the quitter's bad moods personally. These unpleasant symptoms of nicotine withdrawal usually pass within two weeks of quitting.
- Have faith and support the smoker's ability to quit.
- Celebrate significant victories along the way, such as the first week and first month of being smoke-free.
- Organize activities you can do together where smoking is prohibited, such as going to the movies.
- If your loved one has a relapse, encourage a new start.



Don't Skip Regular Doctor Visits

It's easy to find excuses for putting off a nonurgent doctor appointment. Maybe you tell yourself that everything is probably fine. Or perhaps you're worried that it isn't, and you don't want to hear bad news.

→ **WHATEVER YOUR EXCUSE**, it's likely far outweighed by all the great reasons for seeing your doctor regularly.

Discuss Preventive Strategies

Regular doctor visits help you keep up-to-date on preventive care. And that helps you stay healthier in the years ahead. This is a chance to talk with your doctor about making healthy lifestyle choices. For example, you might discuss ways to:

- Stay physically active
- Eat wisely
- Lose unwanted pounds
- Quit smoking
- Limit alcohol consumption



Get Vaccines and Screenings

Seeing your doctor regularly also helps ensure you receive all the vaccines and screenings you need. Vaccines lower your risk for certain diseases and their complications. Screening tests, such as a blood pressure check, and exams help you find specific health problems early, when treatment works best. Your doctor can discuss which tests are coming up, when they're due, and where you can have them done.

Manage Chronic Conditions

If you have a long-term health condition, regular doctor visits help you manage it more successfully. The frequency of visits depends on your health. When all is going well, you might need to see your doctor less often. But if you've developed a complication or just started a new medicine, you might need to see your doctor more frequently for a few months.

This is a chance to let your doctor know about any changes in your health or problems with your medicine. At these visits, your doctor may:

- Conduct a physical exam and do tests
- Talk with you about how things are going
- Adjust your treatment plan, if needed

If you see other health care providers, you can also use this time to update your doctor on any treatments they've prescribed. This helps make sure all your treatments work together well.

Be Ready for New Problems

You never know when an unexpected health problem might arise. Your main doctor may treat the new condition or refer you to a specialist. It's important to have a doctor you trust overseeing your care. That's the kind of relationship you build during regular doctor visits. +

These Moves Help You Stay Fit

Need to kick up the effectiveness of your workout routine? Try these do-anywhere, equipment-free moves.



→ **THEY'RE DESIGNED TO IMPROVE THE MOST SIGNIFICANT COMPONENTS OF EVERYDAY FITNESS**—endurance, strength, balance, and flexibility.

1 The Plank. This static strengthening exercise works the back, shoulders, and glutes. The plank also works those core abdominals to promote good posture and proper alignment of the spine.

How to: Begin by lying flat on your belly. Push your body off the ground, supporting your weight with your hands or forearms and your toes tucked under. Hold for 10, 30, or 60 seconds.

2 Squats. Squats help build strength in the legs and hips, and promote flexibility and stability in the joints.

How to: Standing with your feet hip distance apart and your toes aligned with your heels, sit down as low as you can go comfortably without dropping your buttocks lower than your knees. Push your weight into your heels to rise back up to standing.

3 The Push-Up. The push-up will strengthen your arms, chest, and shoulders, boosting your metabolic rate.

How to: Begin in a plank position. Slowly bend the elbows to lower your body to the floor without letting your ribcage sag or your hips rise. Try to lower yourself until your chin touches the floor. Then, push away from the floor and straighten your arms.

4 Jumping Jacks. This aerobic exercise boosts your heart rate and works all muscle groups.

How to: Begin standing with your feet together and your arms at your sides. Then, jump your legs out past your hips as your arms reach above your head. Jump back to feet together as your arms return to your sides. +

TIPS AND TRICKS FOR A FLATTER BELLY

Shedding belly fat for good takes a combination of proper nutrition and regular exercise. These belly-busting tips will help you whittle your middle:

1. Skip the salt. Opt for spices to flavor foods instead.
2. Drink more water. Staying hydrated helps reduce bloat.
3. Say goodbye to gum, hard candy, and breath mints. These can cause bloating from swallowed air.
4. Say yes to greens. Eating low-calorie veggies can help you lose weight.
5. Stand up straight. Good posture can make you look thinner.
6. Get more sleep. Insufficient sleep is linked with weight gain.

These simple strategies will give you a trimmer waistline—and better overall health.

Stroke Signs: Should FAST Change to BE-FAST?

Medical professionals have long recommended that people “act FAST” when it comes to spotting stroke symptoms. That means looking for F (face drooping), A (arm weakness), and S (speech difficulty), then following through with T (time to call **911**).



→ **IT'S A HELPFUL MNEMONIC, BUT ONE UNIVERSITY OF KENTUCKY PHYSICIAN WONDERED** how many stroke patients it really applied to. To find out, the neurology resident looked at all patients admitted for stroke at the University of Kentucky Hospital in 2014 to see how many cases were covered under FAST. He discovered that about 14 percent of patients did not have any symptoms related to face, arm, or speech when they arrived.

Next, he took this group that did not have FAST symptoms and analyzed what they did present with. There were two major symptoms: problems with balance (42 percent) and sudden onset of visual problems (40 percent).

New Letters

Adding the B for balance and E for eyes to FAST—turning it into BE-FAST—reduces the number of people who aren't covered under the mnemonic to 4.4 percent. The physician concluded that focusing education efforts on BE-FAST instead of FAST could help reduce the number of missed strokes, improving access time to treatments that may save a life.

He isn't the first to propose BE-FAST. Some hospitals and organizations already use it, and others are thinking about it. This study may encourage others to adopt the extra letters, but more research will likely need to be done before major educational campaigns are revised.

Preventing Stroke

For those who want to reduce their risk for stroke, try these tips:

- Treat high blood pressure.
- Don't smoke, and avoid secondhand smoke.
- Eat a diet low in added sugars and salt.
- Control your blood sugar if you have diabetes.
- Maintain a healthy weight.
- Take your medications as prescribed.

Remember, the most important letter in both FAST and BE-FAST is the T—time is of the essence. The faster you act, the more likely you are to reduce damage to the brain. The treatments that work the best are only effective if the stroke is diagnosed within three hours. If you think you or someone you know might be experiencing a stroke, call **911** immediately. +

Elder Orphans: Plan for the Future

Some of us will face the challenge of aging without a family member or designated caregiver looking after our needs. This emerging group is known as “elder orphans.”

→ **IT MAY BE DIFFICULT TO THINK ABOUT** being an elder orphan, but you can make it less scary by preparing in advance. Here's what you should do now:

Build a network. Surround yourself with people you can count on. This could include relatives, neighbors, and friends. You'll likely need to work extra hard to build this network if you move to a new area, so consider that when making your retirement plans.

Make plans for your long-term living situation. Can your current home accommodate you as you age and lose some mobility? Would you prefer to live somewhere walkable so driving isn't an issue? Would having roommates or living in a senior community provide you with more social opportunities? Ask yourself these questions when deciding where to reside.

Get your finances in order. Without children or a partner to help, you may need to hire help for some tasks. Now is the time to save. Long-term care insurance could be a good idea. You should consider meeting with a financial adviser.

Create advance directives. These documents, such as a living will and durable power of attorney for health care, make sure that your wishes related to your health are known to others. You should also designate a surrogate you trust, such as your doctor or friend, who can make medical decisions on your behalf if you lose the ability to do so. +

AVOID MEDICATION INTERACTIONS

The number of older Americans taking at least three medicines that affect the brain has more than doubled since 2004, a recent study shows. Seniors who take a combination of these drugs are especially vulnerable to harmful side effects and interactions.

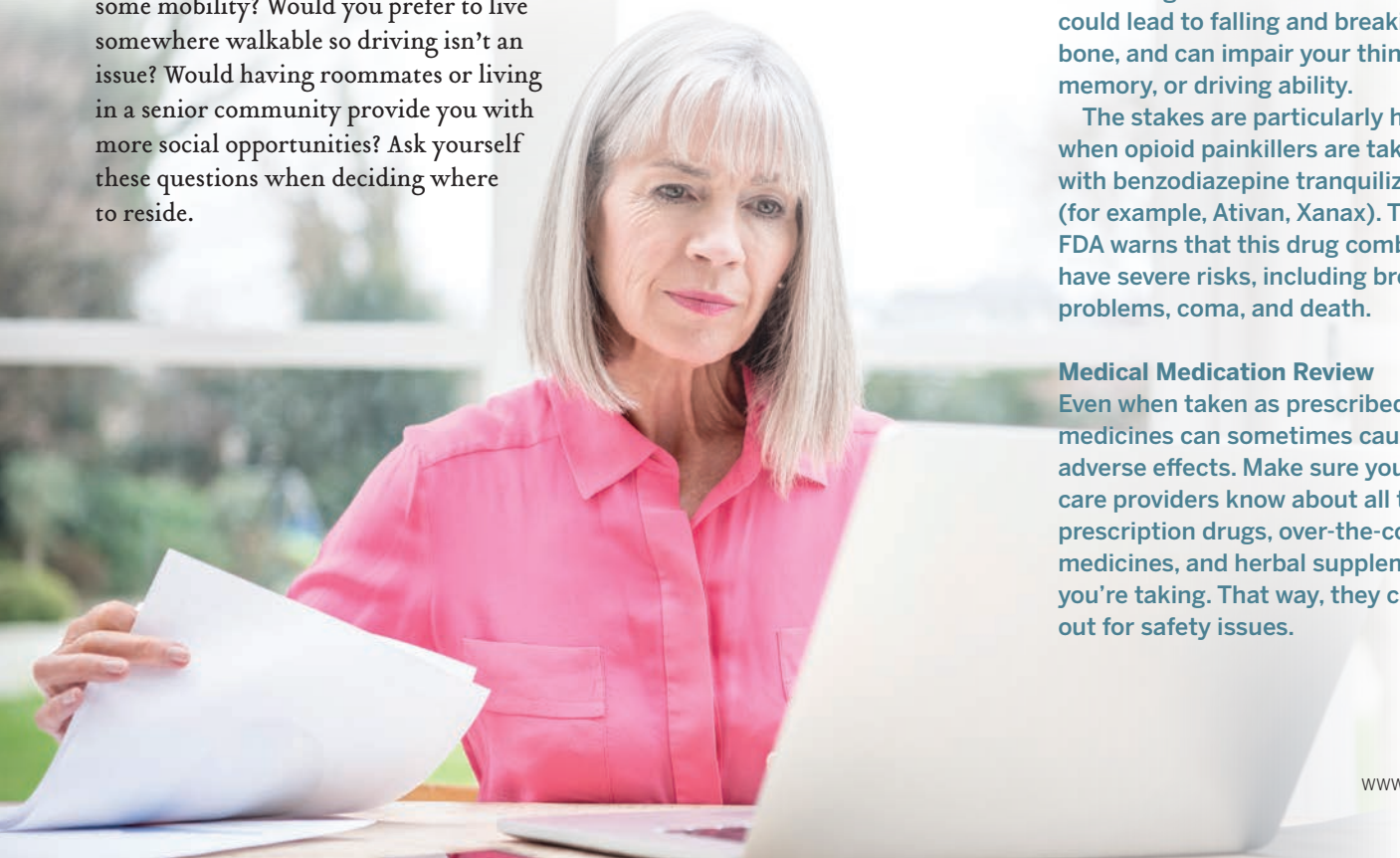
Dangerous Risks

The study authors looked at the use of tranquilizers, opioid painkillers, antidepressants, and antipsychotics—all types of drugs that act on the brain. The wrong mix of these medicines could lead to falling and breaking a bone, and can impair your thinking, memory, or driving ability.

The stakes are particularly high when opioid painkillers are taken along with benzodiazepine tranquilizers (for example, Ativan, Xanax). The FDA warns that this drug combo can have severe risks, including breathing problems, coma, and death.

Medical Medication Review

Even when taken as prescribed, medicines can sometimes cause adverse effects. Make sure your health care providers know about all the prescription drugs, over-the-counter medicines, and herbal supplements you're taking. That way, they can watch out for safety issues.



Eat Right, Stress Less

Food and drinks keep our bodies hydrated and replenished with necessary nutrients. Eating when we're hungry also activates pleasure centers in the brain. Frustratingly for many, though, foods high in carbohydrates and sugar can easily become an unhealthy crutch when stress takes its toll.

→ **THE GOOD NEWS IS THAT EATING AND DRINKING THE RIGHT FOODS AND BEVERAGES DURING STRESSFUL TIMES CAN HELP YOU TACKLE YOUR ANXIETY FROM THE BELLY UP.** Next time

you're stressed, stop before you reach for the chips and load up on these, instead. They promote good health, and some might even help boost your mood or calm your nerves:



1 Avocados. This nutritious fruit is rich in potassium, which promotes lower blood pressure. Avocados are also an excellent source of vitamin B-6, and in high doses, B vitamins have been associated with reduced stress and improved mood.



2 Fatty fish. Salmon and tuna are rich in omega-3 fatty acids that may help protect the brain and nervous system from damage caused by stress.



3 Turkey. If you're in need of serenity, plan for a hearty serving of turkey. It's packed with tryptophan, an amino acid that could help you get better sleep and fall asleep faster. Tryptophan can also be found in dairy and seeds, so try a warm glass of milk or a handful of roasted pumpkin seeds if stress has you tossing and turning.



4 Whole grains. Another food packed with an amino acid that makes the hormones serotonin as well as melatonin are whole grains, like oatmeal. These hormones improve your mood, make you feel more at ease, and can help you sleep at night.



5 Water. Always keep a water bottle nearby and take sips throughout the day. Even mild dehydration can take a toll on your mood and concentration. It can also make tasks seem more difficult and lead to headaches, which can throw a wrench into your day.+

Baja-Style Salmon Tacos



Ingredients

- 12 oz. salmon fillet, cut into 4 portions (3 oz. each)
- 4 (8-inch) whole wheat tortillas

For taco filling:

- 1 cup green cabbage (about ¼ head), rinsed and shredded
- 1 tsp. lime juice
- 1 tsp. honey
- ½ cup red onion, thinly sliced (or substitute white onion)
- 1 medium jalapeño chili pepper, rinsed and split lengthwise—remove seeds and white membrane, and mince (about 2 tbsp.); for less spice, use green bell pepper
- 1 tsp. fresh cilantro, minced (or substitute ½ tsp. ground coriander)

For marinade:

- ½ tbsp. corn oil or other vegetable oil
- 1 tbsp. lime juice
- 2 tsp. chili powder
- ½ tsp. ground cumin
- ½ tsp. ground coriander
- ¼ tsp. salt

Directions

- 1** Preheat grill or oven broiler (with the rack 3 inches from heat source) on high temperature.
- 2** Prepare taco filling by combining all ingredients. Let stand for 10 to 15 minutes to blend the flavors.
- 3** To prepare the marinade, combine the oil, lime juice, chili powder, cumin, coriander, and salt in a bowl.
- 4** Place salmon fillets in a flat dish with sides. Pour marinade evenly over fillets.
- 5** Place salmon fillets on grill or broiler. Cook for three to four minutes on each side, until fish flakes easily with a fork in the thickest part (minimum internal temperature of 145 degrees). Remove from the heat and set aside for two to three minutes. Cut into strips.
- 6** To make each taco, fill one tortilla with ¾ cup filling and one salmon fillet.

Per Serving—Serves four; serving size is one taco. Each serving provides: Calories 325, Total fat 11 g, Saturated fat 1 g, Cholesterol 54 mg, Sodium 395 mg, Total Carbohydrate 29 g, Dietary fiber 4 g, Protein 24 g, Potassium 614 mg.



Kerry
Washington

A Balanced Approach to *Life and Fitness*

As Olivia Pope in the television drama series *Scandal*, Kerry Washington's days are filled with intensity and crisis, but she's crafted her real life to be far from it. Washington focuses on living a balanced, healthy life—both mentally and physically. Her mindful, honest approach to work and family may disappoint tabloid writers, but it offers us a shining example of how to live purposefully. In a way, she isn't that different from Pope after all—it's all about choosing to take control.

Fulfilling a Passion

Washington was born and raised as an only child in the Bronx in New York City. She was drawn to acting and performed in school plays throughout high school, later graduating from George Washington University's theatre program.

After graduation, Washington worked as a yoga instructor while testing her skills in the acting world. She appeared in a number of commercials and smaller roles and soon broke into film, where her career blossomed. Washington performed in *Save the Last Dance*, *Ray*, and the Quentin Tarantino film *Django Unchained*, among many others. Today, Washington is a household name best known for her *Scandal* role.

The actress married former professional football player Nnamdi Asomugha in 2013 in a private ceremony out of the public eye. Since then, they have had two children—daughter Isabelle in 2014 and son Caleb in 2016. Although Washington is tight-lipped about her private life, her example as a strong, focused woman can be found in the details.

Working Body and Mind

Washington is known for her lean physique. But she takes a gentle, healthy approach to achieving and maintaining it. Washington regularly incorporates cardio into her schedule, reaping both the physical and social benefits of hiking with her costar friends. But her real passion? Pilates.

"With Pilates, I get to bring my true self," said Washington to *SELF*. "I cry. I laugh. I get to go: Where is my body today? What do I need today? How can I take care of myself and push myself past my comfort zone? How can I be both loving and challenging?"

Washington works with a Pilates trainer two to six times each week. The result? A graceful, strong body and mind.

"I've never met anybody who's taken Pilates and doesn't understand their own body better afterward," Washington said to *Women's Health*. "Pilates has allowed me to be focused on my appearance and my health in ways that are not abusive or critical."

She explained to *People*, "For me, it's less about what I'm doing and more that I am showing up for myself."

"You and you alone are the only person who can live the life that writes the story you were meant to tell."

Beauty from the Inside Out

It might surprise you that Washington struggled with eczema as a child; her radiant skin is impossible not to notice. As a longtime spokesperson for Neutrogena, she's a major proponent of skin care. But her steps are really about the basics. Washington always takes off her makeup and cleanses her skin before bed. She consistently wears sunscreen. And on days when she's not in front of the camera or on the red carpet, she wears minimal makeup to let her skin breathe. But there's more to her routine.

"I work with a nutritionist because, to me, beauty is an inside-out thing," Washington explained to *InStyle*. "I take fish-oil pills, drink lots of water, and try not to eat dairy. Those things have really helped my skin."



In addition to being an actress, mother, wife, and more, Kerry Washington is an ambassador for Allstate Foundation Purple Purse. She works with the foundation to empower women and prevent future occurrences of domestic violence and financial abuse. Above, designer Dee Ocleppo (L) and actress Kerry Washington appear on stage during the Limited Edition Allstate Foundation Purple Purse Launch event held at The Plaza Hotel in New York City. (Photo by Brent N. Clarke/WireImage/Getty)

Washington also follows a diet of whole foods, including nuts and seeds. She favors juices and green smoothies and is not a regular drinker. Not only do these nutrition habits help her maintain an amazing complexion, but a healthy body as well.

Inspiring Others

To be sure, Washington's fitness and beauty is enviable. But her courage to stand up for what she believes in is even more so. It's one reason she was included on *Time* magazine's Top 100 Influential People list in 2014.

"Kerry Washington has used her grace and vibrant magnetism to transcend age, race and gender, and to provide a new mainstream media lens through which to view modern womanhood and profes-

sional excellence," explained *Time*. "In a world that too often tells little girls to choose between womanhood and success, between femininity and a seat at the head of the table, both onscreen and off Kerry Washington embodies the promise that lives in all our young people to shape their own destinies."

Washington doesn't just serve as an example of strength. She actively works to build others up, using her efforts to champion the rights of women, children, and others who are marginalized. Washington serves as a board member for V-Day, a global organization dedicated to ending violence against women and girls. She is the ambassador for Allstate Foundation Purple Purse, an organization that empowers survivors of domestic abuse. Washington also

supports a number of other charitable groups, including the Boys & Girls Club of America of which she's an alumna. And, she's been active in the political arena, serving as a member of the President's Committee on the Arts and the Humanities and speaking at the Democratic National Convention.

Truly, Washington has taken control of her life's path and she is living it with dignity and inspiration.

"You and you alone are the only person who can live the life that writes the story you were meant to tell," Washington said in a commencement speech at George Washington University. "The adventure ahead of you is the journey to fulfill your own purpose and potential." ✚

Practice Self-Care for the Body and Mind

With the holidays approaching, it's not uncommon to think of everyone else before yourself. But, there's nothing wrong with self-care. Although it might feel selfish during busy times, it's anything but.

→ STRESS MANAGEMENT IS VITAL TO PREVENTION OF HEALTH PROBLEMS, SUCH AS HEART DISEASE AND DEPRESSION.

If time is holding you back from self-care, start small. Start by trying one of these techniques:

- **Write a gratitude list.** Write down at least one thing each day that was good. Even if it's simple, document it as something that enhanced your outlook.
- **Sing in the shower.** Singing promotes self-expression, stress reduction, better mental health, spirituality, and feelings of empowerment.
- **Schedule a phone date with a friend.** Friends near and far make life more enjoyable and provide support in times of need. It can be equally rewarding to lend an ear.
- **Try laughter yoga.** Laughter yoga combines yoga breathing exercises with laughter, which increases the level of oxygen in the brain and body.
- **Have herbal tea for dessert.** A mug of unsweetened tea every night after dinner may be a nice way to unwind and relax without adding extra calories and sugar.
- **Breathe in essential oils.** Aromatherapy uses essential oils to make you feel better physically and emotionally. Try peppermint or rosemary to boost your energy, chamomile to help you sleep, or lavender to reduce anxiety. +

CAN MEDITATION HELP PREVENT OR TREAT SPECIFIC CONDITIONS?

Meditation can be used in addition to conventional medical treatment. Studies confirm that meditation may be beneficial for patients with:

- Chronic pain
- High blood pressure
- Psoriasis
- Insomnia
- Migraine headaches
- Certain mental illnesses, such as post-traumatic stress disorder and depression

Meditation also may help lower cholesterol levels, slow the pulse and breathing rate, and reduce anxiety. And it has been found to be helpful in treating substance abuse. Several studies indicate that meditation also may reduce the risk for heart disease.

Experts recommend that you meditate at least once a day, for 10 to 20 minutes each time.



Meet Our 2017 USA+ Scholarship Winners!

Studying diverse subjects, strong academic skills, a dedication to extracurricular activities, and a USA+ scholarship helped guide the career paths for these college students.



→ **WHILE ATTENDING THE NATIONAL ACADEMY OF FUTURE PHYSICIANS AND MEDICAL SCIENTISTS CONFERENCE IN BOSTON, MASSACHUSETTS, LAST SUMMER, CHARISMA PRESTON, 17, HAD A REVELATION.** Although she was inspired by the seminars and speakers highlighting the latest advances in medical technology and research, she realized that her heart was in hands-on patient care rather than high-tech. The conference confirmed her desire to be a nurse.

“I’ve always wanted to go into medicine, and I see myself as a caregiver, working one-on-one with patients,” she says. “I love children, and I’m always babysitting my younger cousins and the kids at my church, so I’m considering pediatric nursing. But I feel that the whole nursing field is wide open to me.”

A Dedication to Service

Preston was an accomplished scholar and athlete at Forney High School in Forney, Texas, where she participated in student council, ran varsity track, and graduated with academic honors. She has demonstrated her passion for service through various volunteer efforts, from assisting in soup kitchens to participating in Adopt-a-Highway cleanup programs. She somehow still finds time to contribute to her college fund with a part-time job at a shoe store.

Reasons to Celebrate

Preston’s search for a university with an excellent nursing program led her to the University of Texas at Arlington (UTA) and the College of Nursing and Health Innovation. “I loved the campus and the student diversity, and once I saw where the nurses actually train, my decision was made,” she says. But even after gaining acceptance to UTA last October, there was no time for senioritis. “I knew I had to keep my grades up and stay focused,” she says. Her dedication paid off when she learned that she had received a \$5,000 United Service Association For Health Care (USA+) scholarship.

“My father told me that I had won, and we were both so excited,” says Preston, who credits much of her success to her supportive family. “College definitely isn’t cheap, and this will be a huge help.”



JOSCLYN FINK

→ **EVERY TIME JOSCLYN FINK, 17, OF GRANTS, NEW MEXICO, LOOKS AT HER FATHER'S HANDS, SHE'S REMINDED OF WHY SHE DECIDED TO BECOME A DOCTOR.** When she was a toddler, her father had an accident that nearly severed two of his fingers. Thankfully, surgeons were able to reattach them, and he regained full use of his hand.

The accident inspired an interest in the medical field for both Fink and her father. "I thought what had happened to my father was amazing, and so did he—we loved watching medical TV shows together after that," she says. "Those experiences made me want to become an orthopedic surgeon."

Gaining Invaluable Experience

A summer internship at Cibola General Hospital furthered her resolve. Fink put herself in the path of this opportunity when she overheard the hospital's CEO and a physician discussing the internship in a restaurant and introduced herself as a prospective applicant. Although the program was meant for older students, her initiative helped earn her the spot.

"I did everything from restocking supplies in the pharmacy to watching surgeries," she says. The following summer, she convinced the local fire chief to let her ride along with the hospital's paramedic teams.

On the Path to Success

As a student and Junior Reserve Officer Training Corps cadet at Grants High School, Fink earned numerous academic

honors and was named Cadet Captain and the highest scoring female shooter on the marksmanship team.

Her search for a small but rigorous premed program led her to Queens University of Charlotte in North Carolina, where she will start in the fall. A \$5,000 scholarship from USA+ will help pave the way.

"It will definitely help ease the financial burden on my parents and me," she says. "My ultimate goal is to become an orthopedic surgeon specializing in hand surgery in the Navy, where my uncle and grandfather served. The scholarship is one more tool that will help me succeed." +

USA+ SCHOLARSHIP PROGRAM HELPS STUDENTS REALIZE EDUCATIONAL GOALS

United Service Association For Health Care (USA+) developed a program that provides scholarships to outstanding high school seniors who show promise of continued academic performance. This program is only available to dependent children and grandchildren of USA+ members.

USA+ awards up to five scholarships each academic school year, totaling \$5,000 each.

Members who have maintained good standing for at least six consecutive months are eligible to submit a scholarship application on behalf of their dependent children and grandchildren.

Scholarship Criteria

The recipient must be a full-time student (minimum of 12 hours per semester). The selection criteria include the following:

- Academic achievement, including grades, rank in class, standardized test scores, and achievement test scores
- Minimum GPA of 3.0
- Community/extracurricular involvement
- Leadership
- Participation in specific activities
- Awards and recognition
- Work history
- Personal or family attributes
- Field of study must be related to health care, such as nursing, radiology, school of medicine, nuclear medicine, etc.

To view a PDF with a full list of criteria, eligibility, and requirements, visit www.usahc.com/advocacy.aspx.

Obtaining an Application

Applications are available year-round and can be obtained by contacting USA+ at 800-872-1187.

Is Prostate Cancer Screening Right for You?

Prostate cancer is the most common cancer in men after skin cancer. About one in seven men will be diagnosed with prostate cancer in their lifetime. When it comes to screening for the disease, expert recommendations have evolved.



→ **NOW, THE U.S. PREVENTIVE SERVICES TASK FORCE (USPSTF) SUGGESTS THAT PROSTATE-SPECIFIC ANTIGEN (PSA) SCREENING IS A PERSONAL DECISION MEN BETWEEN AGES 55 AND 69 AND THEIR DOCTORS SHOULD MAKE TOGETHER.**

High PSA Levels Don't Tell the Whole Story

PSA is a compound made by both healthy cells and cancer cells in your prostate. Doctors can test the PSA level in your blood. Higher PSA levels are sometimes linked with prostate cancer.

The USPSTF, a panel of experts that makes evidence-based recommendations about screenings and preventive services, previously suggested that the harms of screening could

outweigh the benefits. One downside of PSA-based screening is that if it indicates higher-than-normal PSA levels, you may need to undergo additional tests and even unnecessary treatment for prostate cancer. It's possible to have prostate cancer that wouldn't cause symptoms during your lifetime if left untreated.

What the New Recommendation Says

The USPSTF now suggests that men ages 55 to 69 should discuss prostate cancer screening with their health care providers. The recommendation is based on long-term research that shows there's a small chance PSA-based screening can reduce your risk of dying of prostate cancer. According to the recommendation, you should talk about the pros and cons of screening with your health care provider so that you can make the best decision for you.

The USPSTF continues to recommend against PSA-based screening for men ages 70 and older. Research shows PSA-based screening for these men doesn't reduce the risk for death.

What You Should Do

If you're a man ages 55 to 69, talk with your health care provider about prostate cancer screening. Ask what factors you should consider before deciding whether to test your PSA levels.

The USPSTF doesn't offer specific screening recommendations for men with a family history of the disease. However, it suggests that men who have a close relative who was diagnosed with advanced prostate cancer, whose prostate cancer spread, or who died of prostate cancer may benefit most from prostate cancer screening.

When it comes to your health, it's important to have a health care provider by your side. If you don't have a primary care provider you can talk with, call your health insurance company to find providers in your network or ask friends and family for their recommendations. +

Prevent Knee Replacement Surgery

It's estimated that by 2030, osteoarthritis will affect 67 million Americans. And in severe cases, total knee replacement will be the ultimate relief.

→ **BUT RESEARCHERS ARE FINDING THAT A COMBINATION OF INNOVATIVE PAIN MANAGEMENT AND BASIC SELF-CARE MAY ACTUALLY LEAD TO A MORE OPTIMISTIC OUTCOME FOR ANYONE WHO IS LIVING WITH KNEE PAIN.**

People typically need knee replacement to ease pain or disability that is the result of serious joint issues. But total knee replacement doesn't have to be your destiny. Here are a few ways you can protect your knees from the knife, starting today:

Consider injections

Corticosteroid injections reduce inflammation. Hyaluronic acid substitutes replace lubricant in damaged joints. Newer research suggests that stem cell injections also support the healing process of knee joint cartilage and relieve knee pain.

Achieve a healthy weight

Extra weight puts pressure on the knees. Losing weight can help you reduce pain and limit further joint damage.

Exercise the right muscles

Although your knee pain may make exercise feel uninviting, regular movement should actually help decrease your joint pain, improve your joint motion, and improve your ability to do everyday things. Focus on strengthening the leg muscles by walking up stairs, riding a bicycle, or performing modified squats, using your body weight only.

Rely on assistive devices

Aids such as scooters, canes, walkers, or shoe orthotics can make a big difference in your everyday function and mobility. Some devices, such as knee braces, are prescribed by a doctor and are typically fitted by a physical therapist. +

LEARN ABOUT HEALTHY, SAFE PAIN RELIEF

Herniated disk. Fractured wrist. Knee surgery. In painful situations like these, you may think the surest and easiest path to relief is a prescription painkiller. And that's usually a safe bet—as long as it's prescribed only for the short term.

Drugs like these are called opioids. Opioids offer pain relief that can feel like a euphoric “high” in the brain. This effect can increase the risk for addiction or overdose if patients take these drugs over long periods of time.

Talk with your doctor about the safest path toward pain management, especially if you also take other medications. If you're prescribed opioids for pain, your doctor should give the lowest dose for the shortest period possible. As treatment continues, your doctor should monitor you.

You shouldn't have to live with pain. But managing it safely has an important impact on your recovery and quality of life in the long term.

When Heartburn Keeps Coming Back

It may start as a burning pain in the center of your chest. Then, you get that familiar sour taste in your mouth. Soon, you're wishing you hadn't eaten that greasy hamburger.

→ **ALMOST EVERYONE GETS HEARTBURN FROM TIME TO TIME. HOWEVER, WHEN HEARTBURN IS A FREQUENT PROBLEM, IT IS KNOWN AS GASTROESOPHAGEAL REFLUX DISEASE (GERD).**

An Acid Backup

As many as 60 million Americans are believed to suffer from GERD at least once a month. Some get it as often as once a day.

GERD is caused by stomach acid that backs up into the esophagus. The esophagus is the tube that carries food from the mouth to the stomach.

A muscle between the stomach and the esophagus—the lower esophageal sphincter (LES)—plays a major role. When working properly, the LES opens to allow food into the stomach. Then, it closes to prevent stomach acid from washing back up.

However, in some people, the LES becomes weak or doesn't always close properly. When this happens, stomach acid tends to flow back up.

Several factors may weaken the LES or increase the amount of acid in the stomach. These include:

- Obesity
- Pregnancy
- Smoking
- Alcohol
- Foods and drinks high in acid, caffeine, or fat
- Lying down or bending over after eating

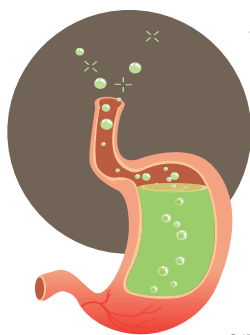
Signs of Bigger Trouble?

GERD can damage the lining of the esophagus. This may lead to esophagitis—or an inflammation of the esophagus—and other problems.

In one study, people who had heartburn at least once a week had eight times the risk of getting cancer of the esophagus than those not bothered by heartburn.



In addition, the chest pain that accompanies heartburn is the most common sign of a heart attack. Other heart attack signs include: light-headedness and pain that spreads to the shoulders, neck, or arms. Many people—particularly women—also report nausea and trouble breathing.



Soothing the Burn

Healthy lifestyle choices can often relieve symptoms of GERD. These include:

- Managing weight
- Not smoking
- Determining and avoiding irritants, such as alcohol, caffeinated drinks, acidic foods, high-fat or fried foods, and foods or liquids that contain chocolate, spearmint, or peppermint
- Eating more frequent, smaller meals
- Waiting three hours after eating to lie down

Over-the-counter medicines often provide relief as well. For severe heartburn, a doctor may prescribe more powerful medications and will discuss the best treatment options for you. +

HOLD THE **HEARTBURN** THIS

Holiday Season

'Tis the season for family gatherings, large meals, holiday galas—and plenty of opportunities for heartburn to crash the party. With a little planning and strategizing, you can beat heartburn before it creeps up on you.



Just chill.

Some people find that stress triggers their heartburn symptoms or makes them worse. If the holidays have you anxious, carve out time for meditation or yoga as a way to relax.



Hold off on the bubbly.

Carbonated drinks and alcohol are both known to aggravate acid reflux. Opt for flavored water or iced tea instead of wine, champagne, or beer.

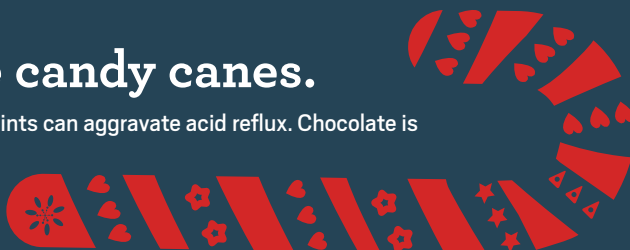


Eat early, sleep later.

Wait at least two or three hours after a meal before lying down to help fight nighttime heartburn. Schedule your family's holiday feast for early evening, and plan for a game night to follow so you have a reason to sit upright as you digest.

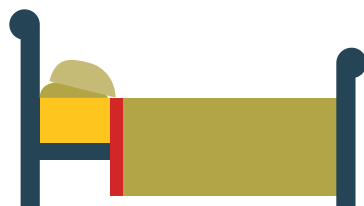
Skip the candy canes.

Mints and peppermints can aggravate acid reflux. Chocolate is another culprit.



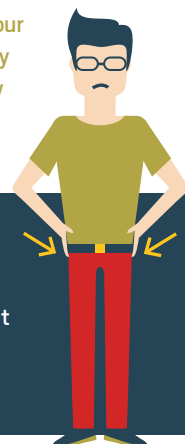
Start on your resolutions now.

The holiday season can certainly challenge your goals, but one motivator may be that losing weight and quitting smoking can improve heartburn symptoms.



Prop your pillows.

When you do head to bed, prop your bed pillows up a bit higher. Gravity will help your digestive fluids flow down toward your belly.



Avoid tight clothes.

Wearing loose clothing can take pressure off your waistline. But don't let the extra comfort cause you to overeat, as that can increase your risk for heartburn, too.

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Should You **Rethink** Your Drinking?

We've all seen the headlines: "Drinking wine improves your health!" But don't reach for that bottle of merlot, yet.

→ **WHILE MODERATE DRINKING MAY SLIGHTLY REDUCE THE RISK FOR HEART DISEASE, ALCOHOL HAS THE POTENTIAL TO CAUSE A LOT MORE PROBLEMS THAN IT PREVENTS.** That doesn't necessarily mean alcohol has no place in your life, but it does mean you should be careful.

Does 'Healthy Drinking' Exist?

Moderate drinking is defined as up to one drink a day for women and up to two drinks a day for men, according to the U.S. Dietary Guidelines. If you want to keep your habits as healthy as possible, don't exceed these limits.

Wondering if you or someone you know might have a problem with alcohol? Here are a few signs:

- You've been drinking more or longer than intended.
- Drinking has interfered with taking care of your home or family.
- You've tried to cut back or stop but weren't successful.

Help Is Available

If you need help, there are many options, including support groups, behavioral therapy, and medications. Follow up with your doctor and try a new strategy if one doesn't work for you. You should only quit with the supervision of a medical professional—it can be dangerous to your health to withdraw suddenly. +

