

brand new day

HEALTHCARE YOU CAN FEEL GOOD ABOUT

THE HEALTHY HABIT

SPRING 2021

Spotlight
on Screenings

Healthy Recipe
Inside!

Act F.A.S.T.
*Know the Signs
and Symptoms of
a Stroke*

IN THIS ISSUE

2 - *Prevention Saves Lives*

3 - *Exercise For Your Bone Health*

6 - *Act F.A.S.T.*

7 - *Ask Your Doctor 3 Important
Questions*



SPOTLIGHT

Prevention Saves Lives

Colorectal cancer is the second leading cancer killer in the United States, but it does not have to be. If you are age 50 or older, getting a colorectal cancer screening test could save your life. Here is how:

- Colorectal cancer usually starts from precancerous polyps in the colon or rectum. A polyp is a growth that should not be there.
- Over time, some polyps can turn into cancer.
- Screening tests can find precancerous polyps that can be removed through a colonoscopy before they turn into cancer.
- Screening tests also can find colorectal cancer early when treatment works best.

The U.S. Preventive Services Task Force recommends that adults aged 50-75 be screened for colorectal cancer. The decision to be screened after age 75 should be

made on an individual basis. If you are aged 76-85, ask your doctor if you should be screened. There are several different screening tests that can detect colorectal cancer.

The most common tests include:

 **Fecal Occult Blood Test**
A self-completed home stool test is mailed into a lab for testing. If positive, your doctor will refer you for a colonoscopy.
How Often: Once a year.

 **Colonoscopy**
A colonoscopy is the gold standard procedure completed by a doctor who scopes the entire colon and

rectum. Any polyps are removed and tested for cancer cells.
How Often: Once every 10 years.

 **Sigmoidoscopy**
A sigmoidoscopy is like a colonoscopy, but the doctor only scopes half the colon. **How Often: Once every 5 years.**

 **Breast Cancer Screening**
Women between the ages of 50-75 years are at high risk for breast cancer. A mammogram is an imaging test to find breast cancer. The test can detect cancer before there are symptoms. Finding breast cancer early can help prevent deaths.
How Often: Once a year.



EXERCISE FOR YOUR BONE HEALTH

Vital at every age for healthy bones, exercise is important for treating and preventing osteoporosis. Not only does exercise improve your bone health, it also increases muscle strength, coordination, and balance, which in turn helps to prevent falls and related fractures leading to overall better health.

Best Bone-Building Exercise

Like muscle, bone is living tissue that responds to exercise by becoming stronger. The best exercise for your bones are weight-bearing types that force you to work against gravity. Some examples of weight-bearing exercises include weight training, walking, hiking, jogging, climbing stairs, tennis, and dancing.

Exercise Tips

Before starting an exercise program, consult with your doctor about what regular exercise would be best for you especially if you have osteoporosis, or brittle bones. You might want to refer to an exercise specialist for safe exercises to do at your current health condition.

A Complete Osteoporosis Program

Exercise is only one part of an osteoporosis prevention or treatment program. Eat a diet rich in calcium and vitamin D, consume fresh vegetables, fruits, whole grains, legumes and dairy products. Proper exercise and diet may not be enough to stop bone loss caused by medical conditions, menopause, or lifestyle choices such as tobacco use, and excessive alcohol consumption. Speak with your doctor if additional supplements might be recommended.



People age 65 and older are at high risk of bone loss. You may be eligible for a bone mineral density test which measures the amount of minerals in your bones, mainly calcium. Especially if you recently suffered a fracture, a bone density test is recommended; speak with your doctor about your bone health.



Every Brand New Day member has a no cost fitness benefit through SilverSneakers for an exercise and healthy aging program. Call Member Services or visit www.bndhmo.com/Members/Gym-membership

Not sure which program is right for you? Receive an individualized exercise plan created by certified fitness trainers who will put together an exercise plan you can follow throughout the year.

Brand New Day provides an individualized exercise plan and nutrition counseling by certified health coaches. Learn which exercises and foods will improve your health and quality of life. Schedule a phone consultation by contacting the Member Services Department at 1-866-255-4795 TTY 711 Monday - Friday 8 am - 8 pm and 7 days a week 8 am - 8 pm from October 1 - March 31.



Fresh Berries with Coconut Mango Cream

Makes 4 servings

Ingredients

- $\frac{2}{3}$ cups coconut milk (canned)
- 1 $\frac{1}{3}$ cup diced frozen mango (do not defrost)
- 1 teaspoon vanilla
- 2 cups fresh blueberries or blackberries

Garnish

- 4 mint leaves (optional)

Directions

Step 1: In a blender, add coconut milk and frozen mango. Blend on high until smooth.

Step 2: Add vanilla and blend again for several seconds.

Step 3: Evenly divide berries among four dishes. Top with coconut cream.

Step 4: Garnish with a mint leaf, if desired.

Tips: For a variation, add $\frac{1}{3}$ cup frozen raspberries to coconut milk and mango (Step 1). The pink color is beautiful on top of the berries.



NUTRITION

Calories: 187

Fat: 10g

Saturated Fat: 8g

Cholesterol: 0mg

Sodium: 11mg

Carbohydrates: 26g

Fiber: 4g

Protein: 1g

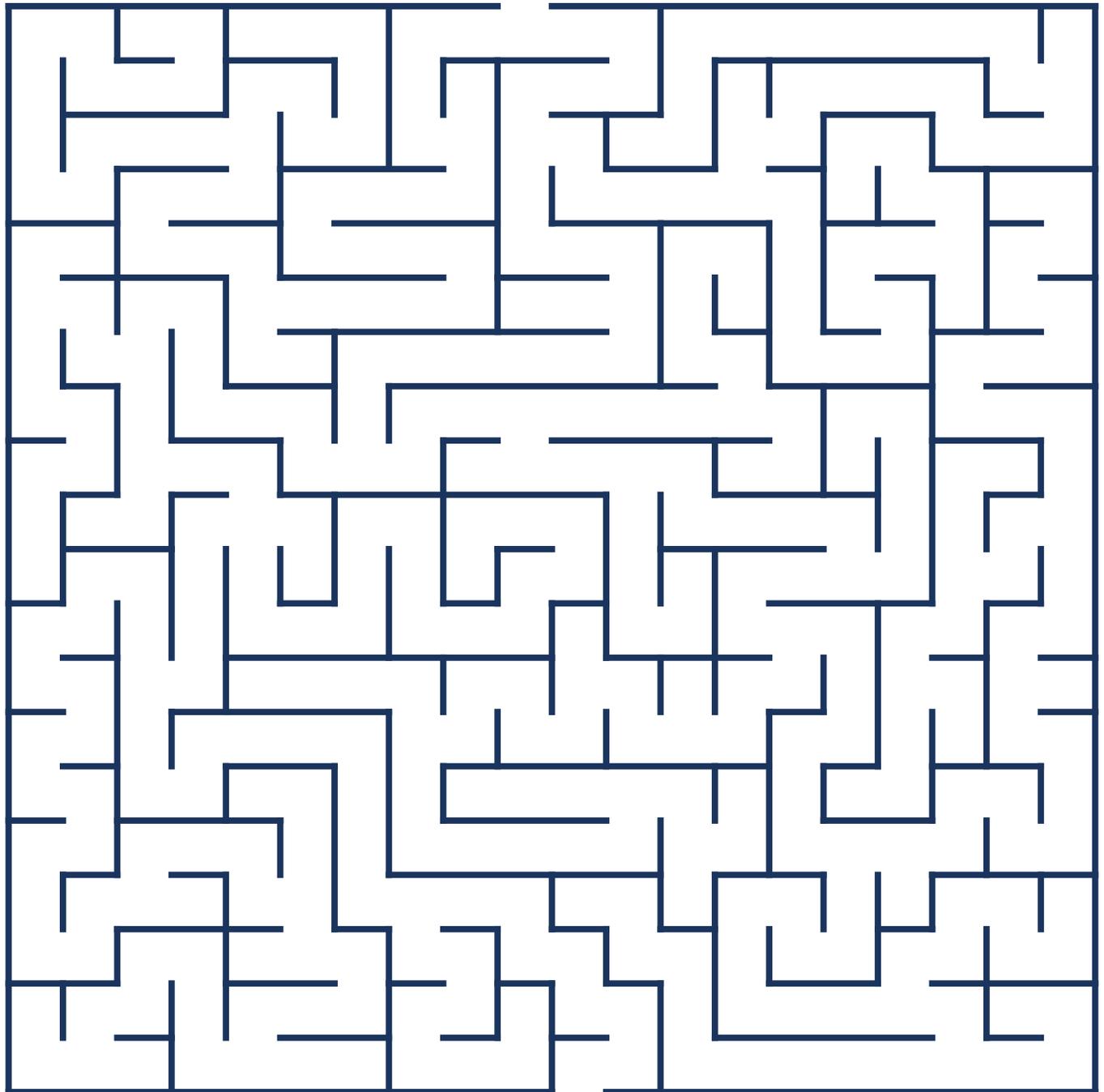
BRAIN GAMES



The Amazing Race

Finish the Maze!

START



FINISH



ACT F.A.S.T.!

Knowing the signs and symptoms of a stroke will help you get medical help right away. For each minute that a stroke goes untreated and blood flow to the brain continues to be blocked, a person's speech, movement, memory, and more can be affected.

The American Heart Association recommends the F.A.S.T. method to help you easily identify stroke symptoms.



FACE

Does one side of the face droop or is it numb?



ARMS

Is one arm weak or numb?



SPEECH

Is the speech slurred, unable to speak or hard to understand?



TIME

If you observe any of these signs, call 9-1-1 immediately.

The best way to prevent a stroke is to eat a healthy diet, exercise regularly, and avoid smoking and alcohol. These lifestyle changes can reduce your risk and prolong a healthy life.

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American Heart Association (2021) Act-Fast/Stroke. Retrieved from <https://www.stroke.org/en/about-stroke/stroke-symptoms>

HEALTHCARE PROVIDER QUESTIONS

Every time you talk with a healthcare provider

ASK THESE 3 QUESTIONS

1

What is my main problem?

When to ask questions

You can ask questions when:

- You see a doctor, nurse, pharmacist, or other healthcare provider.
- You prepare for a medical test or procedure.
- You get your medication.

2

What do I need to do?

What if I ask and still don't understand?

- Let your healthcare provider know if you still don't understand what you need.
- You might say, "This is new to me. Will you please explain that to me one more time?"
- Don't feel rushed or embarrassed if you don't understand something. Ask your healthcare provider again.

3

Why is it important for me to do this?

Who needs to ask 3?

Everyone wants help with health information. You are not alone if you find information about your healthcare confusing at times. Asking questions helps you understand how to stay well or get better.

These steps will keep you healthy and conditions controlled.

- A. Write down your healthcare provider's answers to better manage your health condition(s).
- B. Make sure you understand how to take your medications the right way.



THE HEALTHY HABIT

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HEALTHCARE YOU CAN FEEL GOOD ABOUT

Specialized Programs Include:

Diabetes - Dementia - ESRD - CHF - COPD - Behavioral Health

Hours:

Year Round | Monday - Friday, 8 am - 8 pm

October 1 - March 31 | Monday - Sunday, 8 am - 8 pm

www.bndhmo.com

Need Assistance?
We are here to help.
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HEALTHCARE YOU CAN FEEL GOOD ABOUT
PO BOX 93122
LONG BEACH, CA 90809