

HEALTH AWARENESS

June 2022

MEN'S HEALTH MONTH



According to the Centers for Disease Control and Prevention, in the United States, men die five years earlier than women. They also die at higher rates from the three leading causes of death, heart disease, cancer, and unintentional injuries. Men are less likely to visit a doctor than women and often delay routine medical care. June has been designated Men's Health Month to encourage men to know their health risks and be proactive about their health.

KNOW YOUR CHOLESTEROL LEVELS

The No. 1 killer of men today is cardiovascular disease, mostly heart attacks, and strokes. Although the last few decades have seen the death rate from cardiovascular disease fall, it's still men's top health threat. And high cholesterol is a major preventable risk factor. The American Heart Association recommends men check their cholesterol at age 20, then every five years. Everyone with high cholesterol needs treatment, although, for many, that will mean diet and exercise.

CHECK YOUR BLOOD PRESSURE

High blood pressure is often called a silent killer because the symptoms are often invisible. Normal blood pressure is less than 120/80, and medicines are prescribed for pressures of 140/90 and higher. Why care? High blood pressure causes or worsens a list of health problems: heart attacks, strokes, erectile dysfunction, and kidney disease, to name a few. Most cases can be prevented, and controlling blood pressure is an easy place to start. Most pharmacies have blood pressure cuffs customers can use or at-home cuffs they can purchase. Monitoring your blood pressure can prevent long-term problems.

GET SCREENED FOR COLORECTAL CANCER

Unlike many other forms of cancer, colorectal cancer typically grows for years before spreading. If caught early, it can be cured. A colonoscopy is a highly effec-

BENEFITS CORNER



RESOURCE ADVISOR & LIVE HEALTH ONLINE

A member assistance program, Resource Advisor, is included with your life and/or disability benefit. The program can connect you and your household family members with a licensed counselor live 24/7. Members and their family members are eligible for up to three free visits with a counselor for each issue or concern. Counselors can help with finding child care, dealing with family issues, anxiety, stress, or any issue that affects your well-being. Sessions are available by phone at 1-888-209-7840, in-person by appointment, and via video chat using LiveHealth Online. You may log in with the program name AnthemResourceAdvisor. Visit www.ResourceAdvisor.Anthem.com for more information.

LiveHealth Online is a convenient way to visit with a doctor live via video. Members can visit with a U.S. board-certified doctor online, anytime, without waiting for an appointment. LiveHealth Online doctors are trained for online visits and can prescribe basic medications if needed. In addition to physician's visits, LiveHealth Online Psychology allows you to schedule a live visit with a licensed psychologist or therapist. Most appointments can be made within four days and tend to last around 45 minutes. Patients need to be at least 18 years old. Note that LiveHealth Online psychologists and therapists do not prescribe medications. LiveHealth Online doctors are available 24/7.

As always, CTSI staff is here to assist you with your health, dental, vision, or life insurance coverage. You can reach us at 303 861 0507.

tive method of finding colon cancer. Polyps that may turn into cancer can often be removed during the colonoscopy. Other methods of screening that don't require a colonoscopy are also available. Screening begins at age 50, sometimes earlier if you have a family member who has had colon cancer. Unfortunately, 50% to 75% of people don't get a colonoscopy and benefit from their advantage over colorectal cancer. The National Cancer Institute estimates that in 2022, about 52,580 deaths will occur from colorectal cancer. Don't be a statistic.

LEARN ABOUT PROSTATE CANCER SCREENING

By using a digital rectal exam, a blood test (prostate-specific antigen or PSA), and biopsies, if necessary, doctors can detect abnormal growths in the prostate gland early in many men. Sometimes, screening catches prostate cancers, saving men's lives. Because prostate cancer is often slow-moving for some men, the side effects of treatment (i.e., incontinence, erectile dysfunction, etc.) outweigh the benefits. Regular screenings can identify and monitor cancer growth so patients can discuss the best options with their doctors.

DON'T WAIT TO SEE YOUR DOCTOR

According to a 2014 National Health Interview Survey, men are twice as likely to wait more than two years between doctor visits. And 40% don't see a doctor unless they have a serious health issue—this delay in treatment results in worse outcomes for men. Generally, men under 50 with no health conditions should see their primary care physician every three years for a physical exam. Men over 50 should have annual exams. Men with a chronic illness or other risk factors (e.g., family history of cancer, smoking, obesity, etc.) should see their doctor on a schedule determined by their physician. 