

STEP INTO WELLNESS



Diocese of Palm Beach
2021 Healthiest Employers Award Honoree



March is Colorectal Cancer Awareness Month

March 2022



Colorectal cancer, or CRC, is a disease of the colon or rectum, which are parts of the digestive system. Unlike most cancers, colorectal cancer is often preventable with screening and highly treatable when detected early.

Most cases of colorectal cancer occur in people ages 45 and older, but the disease is increasingly affecting younger people. Each year, about 150,000 Americans are diagnosed with this disease and more than 50,000 die.

Colorectal cancer may develop without symptoms. If you are 45 or older and at average risk, it's time to get screened.

Colorectal cancer may not cause symptoms, particularly at first. Someone can have colon cancer or rectal cancer and not know it. That's why every person should **get screened** starting at age 45. People at higher risk may need to get checked earlier, according to their risk factors.

When they occur, symptoms may include:

Changing bowel habits

Changing bowel habits may include intermittent or constant diarrhea and/or constipation, a change in the consistency of your stool, or stools that are more narrow than usual.

Persistent abdominal discomfort

Abdominal discomfort may present as cramps, gas, or pain. You may also feel full, bloated, or like your bowel is not completely empty. Nausea and vomiting can also be a symptoms.

Rectal bleeding

Blood in or on your stool is a symptom of rectal cancer and colon cancer. The blood can be bright red, or the stool may be black and tarry or brick red.

Weakness and/or fatigue

Weakness and/or fatigue may be a sign of colorectal cancer. Weakness and/or fatigue may be accompanied by anemia or a low red blood cell count.

Unexplained weight loss

A loss of weight for no known reason should always be investigated. Nausea and/or vomiting are also possible symptoms.

WHEN SHOULD I SEE A DOCTOR?

Earlier is better! Symptoms of colon cancer and rectal cancer can be associated with many other health conditions. Only a medical professional can determine the cause of your symptoms.

The early signs of cancer often do not include pain. A medical provider should be consulted when any symptom develops. Early detection can save your life.

When it comes to colorectal cancer, the most common symptom is no symptom. That's why colorectal cancer is called the silent killer.

Several screening tests can be used to find polyps or colorectal cancer. The following colorectal cancer screening strategies are available. It is important to know that if your test result is positive or abnormal on some screening tests (stool tests, flexible sigmoidoscopy, and CT colonography), a colonoscopy test is needed to complete the screening process. Talk to your doctor about which test is right for you.

www.ccalliance.org/colorectal-cancer-information
[eart.org](http://www.eart.org)
www.cdc.org



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Live Webinars Links

Your Step Into Wellness Program offers regular live monthly webinars sponsored by Florida Blue. These webinars cover many topics and, if able to join in, you have the opportunity to ask questions.

However, due to the times that the webinars are shown, many of you have not been able to participate.

We have been working with Florida Blue to make these webinars recordable and available to those of you who are not able to join in on the live presentation. **We can now provide the link in order for you to watch at your convenience during a break or even at home.** The first two offerings are below. **Type the link below into your browser window.**

The January program available is COVID-19, Is There a New Normal. The link is: <https://kvgo.com/bcbsflorida/COVID-19-is-There-a-New-Normal>

The February program is: Ask the Dietitian webinar: <https://kvgo.com/bcbsflorida/Ask-the-RD-Feb2022>

Who Wore Red???

Such a wonderful treat to once again have staff getting together to wear red for heart disease awareness!!!

St. Clare wears red!



Pastoral Center employees and The Most Reverend Bishop Barbarito in red



St. Anastasia in their shades of red



Wellness Expos Are Coming Soon!

Yes, it is only March, but arrangements and preparations for the 2022 Health and Wellness Expos are in full swing!

We have several locations that have confirmed and the mobile mammogram unit will be at several of the locations. For those employees who are new to the diocese and/or who have not had the opportunity to participate in our Wellness Expos, these events are moving into our 13th year of providing employees wellness screenings and feedback on critical health numbers such as blood pressure, cholesterol, glucose, LDL, triglycerides and, if glucose numbers come back at 120 or over, the A1C screening. At the events, you will also have an opportunity to have personalized one-on-one health coaching! Besides getting great information, the best part is that there is **NO COST** to you to receive the screenings and they are completely confidential. The diocese does not receive any individual information from the screenings.

Also, for your participation, you will receive a \$50 Visa gift card!!!!!!

All employees are welcome to participate. Whether you are full time, part time, or have other health insurance outside of the diocese, you are invited to attend! More information will be forthcoming in future issues of **Step Into Wellness**.

March Happenings

Mar 1 - 31	National Colorectal Awareness Month
Mar 1 - 31	National Nutrition Month
Mar 1—31	Save Your Vision Month
Mar 1—31	Workplace Eye Wellness Month
Mar 1—31	Myeloma Awareness Month

Best Foods For Your Colon

Below are some food groups that can help you prevent colon cancer inception.

Fish - Fresh fish high in omega-3 fatty acids can help reduce inflammation in the body. In fact, a research team from Vanderbilt University found out that women who eat three servings of fish per week reduced their risk of developing colon polyps at around 33 percent. Your best picks would be baked or smoked salmon, tuna and sardines as they are also rich in vitamin D and calcium.

Fruits - Fruits are generally rich in antioxidants, fiber and species-specific phytochemicals that can help in protecting you from digestive problems. Apples, blackberries, bananas, blueberries, oranges, pear and raspberries are some of the best sources of fiber.

Non-starchy vegetables -For overall health, the rule of thumb is to fill two-thirds of your plate with plant-based food as they are rich in fiber, vitamins, minerals and phytochemicals. However, to lower your risk of having type 2 diabetes, another factor that can lead to colon cancer, the American Diabetes Association suggests that you emphasize on non-starchy vegetables. Try to eat at least 3-5 servings of non-starchy vegetables per day, including lettuce, kale, cucumbers, artichokes, broccoli, cabbage, carrots, cauliflower, celery, okra and spinach.

White Meat -Protein is crucial for muscle development, growth of tissues and more. And since you need to limit your red meat consumption, your healthier alternatives would be skinless chicken or turkey. Eggs are a good option, too.

Whole grains - Whole grains are another fiber-packed food group that you can perfectly match with fish, eggs and white meat. Your healthiest options would be brown rice, barley, oatmeal and quinoa.

Nuts - Eating at least two, one-ounce servings of nuts a week can help keep your blood sugar and insulin levels low, reducing your risk of having type 2 diabetes. Since they are also packed with healthy fatty acids, fiber and flavonoids, nuts can also help decrease your chances of having colon cancer.

Your best picks would be tree nuts such as almonds, cashews, hazelnuts, pecans, pistachios and macadamia nuts.

Beans and Legumes - Soybeans, lentils, peas, pinto beans, black beans and kidney beans are a great source of protein, fiber, vitamin B and vitamin E and can help reduce cholesterol.

www.healthyliving.com

Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at cwaring@diocesepb.org or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at smaulden@diocesepb.org or 561-775-9574. Be sure to visit the wellness web page at www.diocesepb.org/wellness for helpful links and information.

Know Your Benefits: Tria Health – Care Coordination at its Finest!

Tria Health provides one-on-one, confidential telephonic counseling with a pharmacist.

Tria Health – Medication Assistance is Only a Phone Call Away!

Tria Health provides one-on-one, confidential telephonic counseling with a pharmacist. Tria Health's pharmacists are your personal medication experts and work with you and your doctor (s) to make sure your conditions are properly controlled without the risk of medication-related problems. You are not required to change your medications, pharmacy or doctor to receive this benefit.

Tria Health is available for members on Diocese of Palm Beach's health plan. Active participants will receive **free generics and 50% off select brand medications, up to \$20**, used to treat targeted chronic conditions. Active participants with diabetes will have access to a FREE meter, testing strips, and mobile app designed to help you better manage your diabetes!

Why Participate?

Your Tria Health pharmacist can help your doctor(s):

- Ensure your medications are working and help minimize side effects
 - Identify any medication savings opportunities
 - Check to make sure your dosing is effectively treating your condition
- Assist with any other medication-related problems you are experiencing

Ready to Get Started?

To schedule your first appointment, visit www.triahealth.com/enroll or call 1.888.799.8742 to speak with a Tria Health member advocate

Tria Health is recommended for members and/or dependents who have the following conditions and/or take multiple medications:

Diabetes - Heart Disease - High Cholesterol - High Blood Pressure

Mental Health - Asthma/COPD - Osteoporosis - Migraines



Better You Nutrition - Beginning Thursday, March 3rd at 11:00am

Better You Nutrition is a **5-week comprehensive nutrition education program** delivered by trained facilitators starting March 3rd, 10th, 17th, 24th and ending March 31st. Each week, you will learn behavior change strategies to help you move towards healthier eating habits that support physical and mental well-being. Learn about nutrients, food labels, portion sizes, recipe makeovers, budget-friendly shopping and meal planning, and tips for healthy eating in and out of the home. Take tiny steps towards lifestyle changes on your path to a Better You !

To register for this program go to this link and type it into your browser window. If you have any issues with the link, please contact me at cwaring@diocesepb.org or call me at 561-775-9572. https://guidewellcgpublish.cosocloud.com/content/connect/c1/7/en/events/event/shared/default_template_simple/event_registration.html?connect-session=breezbreeziadisx8k5pv6dn6x&sco-id=60390843& charset =utf-8

(You may email me directly for the “simple link” to sign up, it doesn’t work in a PDF formatted document.)

And NOW..... The **10 Week Healthy You Challenge** you’ve been waiting for!! This 10 week interactive program will help you build healthy habits to eat smarter and move more! This is a personal challenge, but you are free to form support/accountability teams within your staff to help you stay the course as we build better habits, incorporate more movement and better nutrition into our daily lives. **Page 5 will outline each week.** You can customize this program for **YOU**... Want to do a weigh in at the beginning? Want to do a food log or journal? Want to enlist others to join you in this journey? The answer is YES, YES and a resounding YES!!!! Better health is achievable in small steps!!

10 Week Healthy YOU Challenge Begins March 1!!!! (This can be done along with the Better You Nutrition Program)

Welcome to Week 1: Strive for a Healthier Plate

Week One of the **Healthy YOU Challenge** is here! Are you excited? YES!!!! The answer is definitely, “YES!!!!!!”

Over the next ten weeks, you’ll work to improve your health by building new habits that center around nutrition, diet and physical activity. These changes will help you feel better and live better—and they’ll help you reduce your cancer risk. So, how do diet and physical activity relate to cancer risk? Well, aside from not smoking, maintaining a healthy weight is the most important thing you can do to protect yourself against cancer. Tips will be sent weekly (only once per week) to your onsite Co-Captains (the person who sends you this newsletter). Co-Captains will forward the tips to you! If you have any questions, you may contact me at cwaring@diocesepb.org or call me at 561-775-9572. I will be happy to help! This challenge is very attainable and sustainable. **It’s 2022, be a HEALTHIER YOU!!!!!!**

Your Week 1 Challenge:

This week, your challenge is to eat at least **five meals that follow the New American Plate model.**

What does that mean? In a nutshell: it means you will **fill at least 2/3 of your plate with cancer-protective, healthy weight-promoting, plant foods (like vegetables, fruits, whole grains and beans).**

Filling at least 2/3 of your plate with plant-based foods can help you maintain a healthy weight and reduce your risk for cancer. These types of foods are low in calories; rich in fiber, vitamins and phytochemicals; and they will help keep you in good health. They’re also delicious—especially if you follow a good recipe.

WEEK 1: STRIVE FOR A HEALTHIER PLATE

This Week's Goal: At least 5 of my meals will use the 2/3 - 1/3 plate principle. I will focus on following the New American Plate by filling at least 2/3 of my plate with cancer-protective, healthy weight-promoting, plant foods.

WEEK 2: GET UP AND GET GOING!

This Week's Goal: By the end of the week I will add an extra 5-10 active minutes or 500-1,000 steps each day to maintain a healthy weight and keep active!

WEEK 3: ADD SOME COLOR TO YOUR PLATE

This Week's Goal: At each meal, I will eat at least 1 serving of colorful vegetables or fruits.

WEEK 4: UP AND AT 'EM

This Week's Goal: By the end of the week I will add daily 5-10 minutes or 500-1000 steps of more intense physical activity to maintain a healthy weight and keep active!

WEEK 5: ENJOY WHOLE GRAINS

This Week's Goal: I will eat 3 or more servings daily of whole grains.

WEEK 6: MOVE MORE STRATEGIES

This Week's Goal: By the end of the week, I will replace sitting time with 5-10 minutes or 500-1000 steps of activity.

WEEK 7: MAKE PLANTS THE CENTER OF YOUR PLATE

This Week's Goal: I will eat no more than 18 ounces of cooked red meat. If I do eat processed meat, I will limit to once a week with the ultimate goal of avoiding it.

WEEK 8: SHAKE UP YOUR ROUTINE

This Week's Goal: By the end of the week, I will add 30 minutes or take 4,000 steps while doing NEW physical activity at least 3 days this week.

WEEK 9: QUENCH YOUR THIRST WITH GOOD HEALTH

This Week's Goal: I will replace sugar-sweetened beverages with water, tea, coffee and milk. I will replace alcoholic beverages with alcohol-free fizzers or reduced alcohol spritzers.

WEEK 10: PUTTING IT ALL TOGETHER

This Week's Goal: I will focus on making 5 improvements to my home, work and social environments to eat smart and move more.