

## Cervical Cancer Awareness



**January** is National Cervical Cancer Awareness Month. It was once one of the most common cancer deaths for women. The death rate has dropped 74% since 1992. It continues to decline every year. The main reason for this change is the increased use of **Pap test**.

The Pap test checks for changes in your cervix. It can detect early signs of cancer. It is important for **all women** to have a Pap test.

You need to have a Pap test if you are 21 years or older. If you are under 21 and sexually active, check with your doctor. You should get a Pap test every year if you are younger than 30 years old. If you are 30 or older, talk to your doctor about what is best for you.

Source: Tufts University School of Medicine.

Remember there is no age limit for the Pap test. And it is the best thing you can do to prevent cervical cancer!



## Diabetes Eye Diseases



People with diabetes are more likely to have eye problems. Diabetes eye disease refers to a group of eye problems that people with diabetes may face. Those diseases include:

- ◇ Diabetes retinopathy—damage to the blood vessels in the retina
- ◇ Cataract—clouding of the eye lens
- ◇ Glaucoma—increased pressure inside

the eye that leads to optic nerve damage and loss of vision

These eye diseases can lead to loss of sight. It is important for you to take charge and prevent such problems. Finding and treating eye problems early can help save sight.

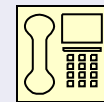
Source: Royal Australian College of General Practitioners.

*Don't Delay.*

*Get your eyes checked today!!!!*



### Appointment Assist



*If you are having problems getting an appointment because you do not understand the doctor. Call us. We will help you to get an appointment.*

**Miami Dade 877-838-7526**

**Broward 866-899-4828**

## What can you do to help prevent eye disease?

1. Maintain good control of your blood sugar level. Ideal for your HbA1c level < 8.0%.
2. Keep your blood pressure less than 140/90.
3. See an eye doctor for a "dilated" eye exam every year. A dilated eye exam includes putting drops in your eyes. It opens up the pupils. So your doctor can see the small blood vessels at the back of your eyes.
4. Report any eye problems or changes to your doctor immediately.
5. Stop smoking. Smoking can damage small blood vessels in your eyes.
6. If you are pregnant, and have diabetes, have an eye exam in the first three months of your pregnancy.



## Asthma

You can control your asthma. You need to take your medicine as your doctor tells you to do. It is important to stay away from things that trigger an attack. Know the warning signs. When you control your asthma:

- ◇ You won't have symptoms such as wheezing or coughing.
- ◇ You'll sleep better.
- ◇ You won't miss work or school.
- ◇ You can take part in all physical activities.
- ◇ You won't have to go to the hospital.

Not everyone with asthma takes the same medicine. Some medicines can be breathed in or can be taken as a pill. There are two types of asthma medicines. One is a quick relief which you use when you have an attack. The other one is long-acting control. This one is to help you have fewer attacks. **Remember** to take your long-acting control medicines even when you are feeling good.

Source: Centers for Disease Control and Prevention.



## TAKE CONTROL OF YOUR ASTHMA!

## Depression



Everyone feels blue or sad sometimes. It usually goes away in a day or two. But for a person with depressive disorder, it is not a temporary feeling. It affects their daily life. Depression is a common illness. But it is serious if you don't take care of it. Some people need treatment to get better.

Some symptoms can include:

- Sadness
- Loss of interest in things you once enjoyed
- Trouble concentrating
- Anxiety
- Vague aches and pains
- Overeating or appetite loss
- Changes in sleep patterns
- Restlessness
- Feelings of guilt or worthlessness
- Trouble making decisions
- Irritability
- Fatigue or lack of energy
- Changes in weight
- Thoughts of suicide



Not all people have the same symptoms. It is important to seek treatment. Even those with the most severe depressive disorders, can get better with treatment.

*If you think you have this problem, call member services for assistance.*

Source: World Health Organization.

## Why is it important to know my BMI?

What is BMI? BMI stands for Body Mass Index. It uses height and weight to calculate the BMI. Knowing your BMI can give you and your doctor a better picture of your health. If your BMI is too high, you're at risk for many health problems. These include hypertension, heart disease, and diabetes.

According to the National Institute of Health, your BMI score means the following:

- ◆ Underweight: below 18.5
- ◆ Normal: 18.5 to 24.9
- ◆ Overweight: 25 to 29.9
- ◆ Obese: 30 and above

It is possible to be overweight and have very little fat. But most people who are overweight have too much fat. To improve your BMI, you need to watch what you're eating and exercise.

***Remember to ask your doctor for your BMI score.***

Source: National Institution for Health.



*Don't give up! Stick with good eating and exercising habits for a healthier life.*