

# Health & WELLNESS



September 2021



## Are You Getting Your Preventative Care?

Hearing the words “**you have cancer**” is a gut wrenching and breath arresting moment when time seems to freeze. No one ever wants to be in that place. How did this happen to me? If I could go back in time what could I have done differently to have prevented this? Checking for cancer or abnormal cells that can become cancer is called screening.

Many screening tests have been shown to detect cancer early and significantly increase your chance of being cured. These come in many forms, we all hear about the need for Colonoscopies, Mammograms and Prostate Blood Exams (PSA), PAP tests, shingles vaccines, etc.

These are busy days for all of us and with COVID concerns on top of that, many are skipping routine annual physical exams and age appropriate screenings. We are now 19 months into the COVID outbreak and **reports are beginning to emerge of increases in diagnosis of advanced staged cancers** and many are attributing that to the understandable avoidance of going to medical facilities due to COVID fears. As we age the need for preventative care increases greatly and we should all take some time out and see our primary care physician to make sure we are staying up to date. So we never have to hear those words...

Here are some links to **National Cancer Institute** website: <https://www.cancer.gov/about-cancer/screening> and **Screening overview** page - <https://www.cancer.gov/about-cancer/screening/patient-screening-overview-pdq>

## American Cancer Society Screening Recommendations by Age

Age 25 – 39	Age 40 – 49	Age 50+
<b>Cervical Cancer Screening</b> Recommended for people with a cervix beginning at age 25	<b>Breast Cancer Screening</b> Recommended beginning at age 45, with the option to begin at age 40	<b>Breast Cancer Screening</b> Recommended
	<b>Cervical Cancer Screening</b> Recommended for people with a cervix	<b>Cervical Cancer Screening</b> Recommended
	<b>Colorectal Cancer Screening</b> Recommended for everyone beginning at age 45	<b>Colorectal Cancer Screening</b> Recommended
	At age 45, African Americans should discuss prostate cancer screening with a doctor	People who currently smoke or formerly smoked should discuss lung cancer screening with a doctor  Discussing prostate cancer screening with a doctor recommended



### Financial Wellness Tip

Create an **Emergency Savings** Fund for you and your family by trying to build enough savings to cover **3-6 months** of essential expenses. Try to fund it regularly as you would a monthly bill.



## Exercise Spotlight!

### "Pilates"

#### What is it?

- A low-impact method of exercise that helps strengthen core muscles, increases flexibility and balance, teaches good spinal alignment, and can even alleviate back pain.
- Pilates can be done at home with a mat or you can find a class at a local gym that offers Pilates classes. Some gyms have a special machine for Pilates, called a Reformer. You can also use balls and bands.
- Pilates was created in the 1920's by Joseph Pilates, for the purpose of rehabilitation. He used his Pilate methods to help famous dancers recover from injuries and for soldiers returning from war.
- There are a variety of Pilate videos online to choose from ranging from beginner to advanced level. There are also Pilate videos for seniors, new moms, Scripture based, and ones that help with back pain.

Click one of the boxes below to try out a Pilates workout!

What is Pilates

Total Body Pilates  
Beginner Mom  
Workout

Chair Pilates

Scripture Based  
Pilates

Gentle Pilates

Lower Back Pain

Thank you to one of our Newsletter subscribers for recommending this great exercise!

Because your SMILE deserves it...

make sure to schedule your Dental Cleaning before  
the end of the year!



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Prevent Cavities

Stop Tooth Loss

Brighten Your Smile

Freshen Your Breath

Boost Your Overall Health

Save Money

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