

THE ADVOCATE

Health tips and resources for MCG employees and their families



CANCER

Prevention
Diagnosis
Coping

There are trillions of cells in the human body that grow and divide on a pre-programmed schedule. Odd or abnormal cells as well as old cells die and are removed from the area they once lived. When the process of cell growth and division is disrupted, and when abnormal cells divide uncontrollably to populate an area of your body, cancer might be the root cause.

Cancer is an umbrella term used to describe a large group of diseases that involve abnormal cell growth that has the potential to move to other parts of the body. A cancer cell is born when abnormal changes in the DNA of that cell occur. Lifestyle and everyday habits, inherited genes, and cancer-causing agents or chemicals in our everyday environments and foods can all play a role in changing the DNA of a cell.

Please get your cancer screenings as regularly and as early as possible. Routine, age-appropriate 3D mammograms, PAPs, PSA testing, colon cancer screenings, and skin cancer screenings by your family/primary doctor are all available to you at no cost. As you continue to read about the science of cancer prevention and the MYC resources available to you, we ask that you share what you learn with your fellow colleagues and dependents.

EXERCISE & CANCER CELLS

Physical activity changes the metabolism of your immune system's T-cells (or white blood cells), which improves their ability to attack cancer cells. This activation of the immune system bolsters the body's ability to prevent and inhibit cancer growth. Additionally, exercise reduces the risk of obesity and promotes healthy weight, which is critical to your immune system's ability to fight off cancer cells.

In a 2016 study by the American Cancer Society and National Cancer Institute, researchers linked exercise to a lowered risk of 10+ different types of cancers! Previously, there had been strong correlations noted between exercise and prevention of breast, colon and endometrial cancers. This updated study, published in 2016 in JAMA Internal Medicine, found that physical activity was associated with a significantly decreased risk of esophageal, liver, cancer, kidney, stomach and various leukemias as well!

Exercise also causes muscle cells to release myokines, which act as cancer-fighting agents by reducing the ability of certain cancer cells to proliferate. The release of myokines also offsets muscle-wasting associated with certain cancers.

Exercise plays a role in successful treatment and recovery for those undergoing cancer treatment by reducing fatigue, improving chemo's side effects, improving sensitivity of a tumor to chemotherapy, and reducing depression

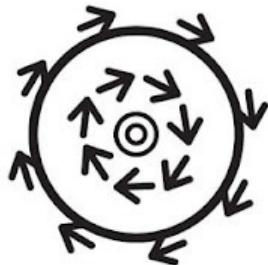
So care for your body and fight cancer all in one! The MYC Health Plan benefits include 24/7 access to our fitness center, fitness orientation, 5 Free Personal training sessions, on-site group classes as well as a YouTube library available during the work day or at home. **Contact Worksite Wellness Manager, Allison Minardi at 941-748-4501 x3667 manateeyourchoice.com/fitness**

FEEL FREE TO CHECK YOURSELF

UP/DOWN



CIRCULAR



WEDGE



Testicular Self-Exam

www.testicularcancerawarenessfoundation.org/self-exam

Breast Self-Exam

medlineplus.gov/ency/article/001993.htm

AIM FOR COLOR

Aim for a colorful diet to stave off cancer. Every day, eat one food from each of the following categories:

RED - tomatoes, radishes, red cabbage, beets, grapes, strawberries, watermelon, cherries, raspberries, apples

BLUE/PURPLE - eggplant, purple cabbage, purple potatoes, blackberries, blueberries, purple grapes, plums

ORANGE/YELLOW - carrots, pumpkin, sweet corn, sweet potato, yellow pepper, yellow tomatoes, apricots, oranges, grapefruit, peaches, mangoes, papaya, pineapple

GREEN - broccoli, spinach, kale, cabbage, lettuce, brussels sprouts, green beans, cucumbers, zucchini, peas, green pepper, green apples, kiwi, avocado

WHITE - mushrooms, cauliflower, turnips, onions, white nectarines

OTHER: beans, peas, whole grains

Remember to limit or omit:

- Processed meats & red meat
- Refined & highly processed foods
- Sugar-sweetened foods
- Alcohol
- Tobacco

COLOGUARD

When you have a bowel movement, cells are collected by stool as it passes through your colon.

Cologuard uses advanced DNA technology to detect abnormal DNA and blood in stool. This at-home test and can detect both precancer and cancer cells, if present.

We recommend talking to your doctor to see if you are a candidate for this easy and convenient screening.

SMOKING, VAPING AND CANCER

It is well known that smoking can cause lung cancer; tobacco use causes 9 out of 10 cases of lung cancer. Most people do not realize that smoking and smokeless tobacco use can cause cancer in almost EVERY part of the body. Smoking and smokeless tobacco release upwards of 70 chemicals that are known to cause cancer.

Many people turn to electronic cigarettes or vaping as a "healthier" alternative to smoking. Electronic cigarettes increase risk for cancer by changing the structure of lung cells in the same way a regular cigarette does. E-cigs contain many chemicals, toxic impurities, and hard metals which can cause cancers of the esophagus, mouth, and throat.

There is still hope for a cancer-free future. If you stop smoking, your risk of lung cancer can decrease 30%-50% within 10 years. Also, your chance of cancers of the mouth or esophagus are cut in half after only 5 years. **Ready to quit? Contact Vanessa at x6418.**

FOR THE SOLDIERS WHO FIGHT WITH US...

"It is painful to watch someone you love physically endure all that cancer demands. Never underestimate how tough it is. You deal with the pressure of not knowing what to say, what you can do to help, or what you can do to make this all go away..."

It is important to have all possible resources at your fingertips and this includes a trained professional who can assist you and your loved ones through the journey of diagnosis and treatment. Please take some time to connect with an emotional health professional through the health plan or by asking your cancer care team. You can also call a LAMP advocate for assistance by calling 941-748-4501 x6408.

LEAN ON BEACON FOR CANCER CARE

Beacon Oncology provides care and support to our members with a cancer diagnosis. This benefit is available for those who want help making sense of the many available treatments and alternative approaches. Beacon helps coordinate care, explains insurance benefits, recommends questions to ask doctors, and brings peace to an overwhelming situation - freeing you and your loved ones to focus on what matters most - beating cancer. **Contact a Nurse Advocate at 941-741-2963 option #3 to connect with Beacon.**

And Remember...

If you feel uncomfortable or uneasy with a recent diagnosis or treatment recommendation, seek a second opinion from a different provider. A second opinion allows you to gather additional information that enables you and your family to make a more informed decision. It is best to learn about all possible options.

SPECIALTY MEDS



Optum allows any member with a chronic condition to manage their care at any time by visiting specialty.optumrx.com or by downloading the mobile app.

Members can request refills and schedule delivery dates, track order status, make payments and manage credit card information, and update account information. Simply select "Register" under the Patient menu to activate your account on the website or app. Have your personal details and your Optum Specialty Pharmacy prescription number available.

Members may also call Optum at 1-855-427-4682. Please also feel free to reach out to your pharmacy advocates, Alma Leon or Vanessa Rene if you have any questions or need assistance obtaining a specialty medication.

The Manatee YourChoice team is here to offer you one on one support!

Remember to download the Optum Specialty Pharmacy App from the Apple App Store or Google Play.



The OptumRx App

Empowering Members to Manage Their Prescriptions



WOW YourChoice Advocates Are Available to Help!



ALLISON MINARDI
 Worksite Wellness Manager
 aminardi@manateeyourchoice.com
 x3667

- Ergonomics & Desk Station set up
- Posture Assessments
- Pre-Work Stretch program



ALMA LEON, PHARM D, RPH
 Pharmacy Advocate
 aleon@manateeyourchoice.com
 x6406

- Consultations
- Prior Authorizations
- Cost Saving Opportunities
- Compound Prescription Reimbursement
- Pharmacy or medication related questions



CLARIBEL GILL, MS
 LAMP Counselor & Psychiatric Clinic Coordinator
 cgill@manateeyourchoice.com
 x6408

- Individual, couples, and family counseling.
- Schedules appointments for in-house counseling, Psychiatric ARNP, and assists with medication management calls.



DEBBIE MISKELL, RN
 Nurse Advocate
 dmiskell@manateeyourchoice.com
 x6407

- Pre-authorizations
- Proper sleep, bone health, & heart health
- Healthy Pregnancy
- Provider Referrals
- Nurse Related Questions



FLOREY MILLER, CDE, RD
 Nutrition & Diabetes Advocate
 fmiller@manateeyourchoice.com
 x6410

- Help managing diabetes
- Discuss nutrition and diet
- Assess risk for diabetes



JENNIFER RUIZ, RN
 Nurse Advocate & Health First Coord.
 jruiz@manateeyourchoice.com
 x6409

- Nurse Advocacy
- Health First
- Bariatric Program Coordinator
- Healthy Weight Resources
- General Health Guidance
- Community Physician Referrals



JULIE DRACKETT
 Fitness Coordinator
 jdrackett@manateeyourchoice.com
 x3966

- Learn stretches and strengthening moves to support mobility and decrease discomfort
- workspace ergonomic assessments
- Fitness Programs



RANDI MCDOWALL, LCSW
 LAMP Supervisor/Care Coordinator
 rmcdowall@manateeyourchoice.com
 x6469

- Worksite programing regarding Behavioral Health Topics
- Help finding in-network Therapists/ Psychiatrists
- Coaching sessions for members participating in certain wellbeing programs



VANESSA RENE, CPHT, RPHT
 Pharmacy & Tobacco Advocate
 vrene@manateeyourchoice.com
 x6418

- Tobacco Cessation Aids
- Prior Authorizations
- Vaccination Questions
- Compound Reimbursements
- Pharmacy Related Questions



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