

# Road to **WELLfluent**™

Embrace better health.

## March Is National Colorectal Cancer Awareness Month

Colorectal cancers begins when the tissue that lines the colon or rectum grows uncontrollably. Colorectal cancer almost always starts with a polyp – a small growth on the lining of the colon or rectum – but doesn't usually cause symptoms until it's more advanced. (This means the cancer is bigger or it has spread from where it started.). As polyps or cancers grow, they can bleed or block the intestines.

**Symptoms of colon cancer occur late in the disease process and may include:**

- Rectal bleeding
- Blood in the stool or toilet after a bowel movement
- Diarrhea or constipation that does not go away
- A change in size or shape of stool
- Discomfort or urge to have a bowel movement when there is no need
- Abdominal pain or a cramping pain in your lower stomach
- Bloating or full feeling
- Change in appetite
- Weight loss without dieting
- Fatigue

These symptoms are not specific only to colon cancer and may be related to other conditions; they do not usually mean you have colon cancer. But if you notice one or more of them for more than two weeks, see your doctor.

Most colorectal cancers can be **prevented** through early screening tests and intervention. Men and women who are 50 or older should talk to their healthcare providers about getting screened for colon cancer, even if you have no symptoms. There are several screening options available some of which are very easy, fast and non-



invasive; depending on the type of screening to have, your results and risk level you may need to be screened anywhere from annually to every 10 years. If you have a family history of colorectal cancer or polyps you may need to start getting tested sooner and you should talk to your doctor about which types of screenings are best for you.

The good news is colorectal cancer rate has been decreasing in the past two decades. One big reason is because more people are getting screened for this disease. Screening can help find cancers early, when they are small and might be easier to treat and can also help find and remove polyps before they turn into cancer.

To learn more about how to help prevent colorectal cancer or find it early, visit [cancer.org/colon](https://www.cancer.org/colon) or call the American Cancer Society at **1-800-227-2345**, 24 hours a day, 7 days a week.

Reference: <https://www.mdanderson.org/cancer-types/colon-cancer.html>

# Why Improving Your Sleep Satisfaction Can Increase Your Energy Level

**National Sleep Awareness Week®**, which takes place March 3- March 10, is a public education, information and awareness campaign that coincides with the return of Daylight Saving Time, the annual “springing forward” of clocks that can cause Americans to lose an hour of sleep.

A peaceful night of slumber can leave you feeling more energized and alert when you wake up. But sleep quality is only part of how sleep affects your energy levels throughout the day. Sleep satisfaction also influences how energized you feel at any given moment, and better sleep satisfaction can make people feel more invigorated.

Sleep satisfaction—a subjective evaluation of how satisfied a person feels with his or her sleep — can be influenced by factors in the bedroom environment, such as light, noise, and temperature. It is frequently used along with sleep quantity (the number of hours slept) and sleep quality (the caliber of sleep) to assess your overall state of sleep. When satisfaction, quality, or quantity improves, energy levels can improve as well.

**Sleep Restores Energy:** During high-quality sleep, your body restores many functions it calls on during daily life, such as temperature regulation, a strong immune system, steady hormone levels, and good appetite. All of these factors play a role in how much energy you have. To operate at your peak potential, you need to maintain these functions through quality sleep.

**Sleep Satisfaction Matters:** Feeling good about the sleep you got sets you up for other positive emotions. Sleep satisfaction can lead to feelings of greater energy, whereas depression is often linked with feelings of fatigue. So, while sleep satisfaction is a subjective assessment, the outcome of how satisfied you feel could have measurable ramifications on your wellbeing.

**Poor Sleep Quality Slows You Down:** Beyond making you feel groggy when you wake up, poor sleep quality can make you feel sluggish throughout the day. For example, poor sleep quality has been linked to obesity and weight gain, and not getting enough sleep is also associated with an increase in calorie intake without any increase in



activity level. Obesity and its associated health problems, such as heart disease and diabetes, can lower your energy level by making you feel fatigued during the day. Finally, a poor night of sleep can impact your immune system, making you more susceptible to colds and the flu and lowering your energy levels for days at a time.

**How to Boost Sleep Satisfaction:** If you find yourself feeling less than satisfied with your sleep, there are measures you can take to improve your sleep experience: fresh bedding, low noise levels, and cool temperatures in your bedroom all contribute to a more satisfying sleep experience, as can the reduction of caffeine intake, especially in the afternoon and evening. By taking steps to increase your sleep satisfaction, you can wake up feeling refreshed with consistently high energy levels throughout the day.

Source: <https://www.sleepfoundation.org/articles/why-improving-your-sleep-satisfaction-can-increase-your-energy-level>

# DIABETES ALERT DAY

American Diabetes Association Diabetes Alert Day<sup>®</sup>, observed annually on the 4th Tuesday in March, is a 1-day wake-up call to inform the American public about the seriousness of diabetes, particularly when diabetes is left undiagnosed or untreated.

## Did You Know?

- Diabetes affects about 30.3 million Americans or about 9.4 percent of the U.S. population.
- Nearly 1 in 4 adults with diabetes, or 7.2 million Americans, are unaware that they have the disease.
- Another 84.1 million Americans have prediabetes, a condition in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Nine out of 10 adults with prediabetes don't know they have it.

If you have a family history of diabetes, you have a greater chance of developing type 2 diabetes. You are also more likely to develop type 2 diabetes if you are over age 45, are overweight, or are not physically active.

Take the Diabetes Risk Test to find out if you may be at risk for diabetes or prediabetes. Visit: <https://www.niddk.nih.gov/health-information/diabetes/overview/risk-factors-type-2-diabetes/diabetes-risk-test>

## PREVENTIVE CARE WE'VE GOT YOU COVERED

Did you know that you're covered at 100 percent – that means no copays, no cost sharing, and no coinsurance – for preventive services when you get them from within a participating network? For a complete list of covered preventive care services or questions about what screenings you are due to receive, please visit [AvMed.org](http://AvMed.org). (In this area, you'll also find Clinical Guidelines for care.) For assistance, simply call AvMed's Member Engagement Center at the number listed on your AvMed Member ID Card.



# MARCH EVENTS

Date	Time	Event	Location	Description
<b>Saturday, March 2, 2019</b>	8:30 am	<b>2019 THE PLAYERS DONNA 5K</b>	TPC Sawgrass • 110 Championship Way Ponte Vedra Beach, FL 32082	THE PLAYERS DONNA 5K is an official event of The DONNA Foundation. A non-profit organization based on Northeast Florida, The DONNA Foundation provides financial assistance and support to families living with breast cancer and funds ground breaking breast cancer research. <a href="http://theplayersdonna5k.com/the-players-5k/">http://theplayersdonna5k.com/the-players-5k/</a>
<b>Saturday, March 9, 2019</b>	8:30 am	<b>American Lung Association – Fight for Air Climb - Miami</b>	One Biscayne Tower 2 S. Biscayne Blvd. Miami, FL 33131	When you participate in a Fight For Air Climb, you are stepping up to make a positive impact in the lives of those affected by lung disease. Participants raise funds to support the mission of the American Lung Association while training to climb the stairs of a skyscraper. <a href="http://action.lung.org/site/TR/Climb/ALASE_Southeast?pg=entry&amp;fr_id=16368">http://action.lung.org/site/TR/Climb/ALASE_Southeast?pg=entry&amp;fr_id=16368</a>
<b>Saturday, March 23, 2019</b>	8 am	<b>American Lung Association – Fight for Air Climb - Orlando</b>	Bank of America Center 390 North Orange Avenue Orlando, FL 3281	When you participate in a Fight For Air Climb, you are stepping up to make a positive impact in the lives of those affected by lung disease. Participants raise funds to support the mission of the American Lung Association while training to climb the stairs of a skyscraper. <a href="https://action.lung.org/site/TR?pg=informational&amp;sid=9151&amp;fr_id=17770">https://action.lung.org/site/TR?pg=informational&amp;sid=9151&amp;fr_id=17770</a>
<b>Saturday, March 23, 2019</b>	8:15 am	<b>Anti-Hero Series: B. Banner 5K, 13M, &amp; 5-Hour Trail Races</b>	San Felasco Hammock Preserve State Park, 13201 Progress Blvd. Alachua, Florida 32615	Your Ground Hog Events experience is as competitive as you make it. Rally your team and battle the other teams in your division for bragging rights, or simply make it your goal to cross the finish line! From the elite runner to the generally active individual, Ground Hog events has you covered. We offer Timing, Photos, Medals, and finisher shirts for all runners so you can share your accomplishments with your friends and family. <a href="http://groundhogevents.com/upcoming-events/4594403604">http://groundhogevents.com/upcoming-events/4594403604</a>
<b>Sunday March 31, 2019</b>	6:45 am	<b>2019 Miami Key Biscayne Half Marathon   10K benefiting Camillus House</b>	Miami Marine Stadium 3501 Rickenbacker Causeway Key Biscayne, FL 33149	The Key Biscayne Half Marathon is designed to take runners over a spectacular and naturally scenic course. The 13.1-mile route starts and finishes in beautiful Key Biscayne. Runners race along the Rickenbacker Causeway surrounded by lush tropical landscapes and superior ocean views. Athletes now have the opportunity to compete in the Key Biscayne Half Marathon as a Relay Team where teammates will each complete 6.55 Miles <a href="http://www.mulfirace.com/events/111">http://www.mulfirace.com/events/111</a>

AvMed complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-882-8633 (TTY: 711).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-882-8633 (TTY: 711).

A Wellness Newsletter for AvMed Members



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March 2019