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RISK CONTROL  
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Health Poster Campaign

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## LGRMS Health Promotion Services Poster Campaign

The Health Promotion Services Poster Campaign is a quarterly publication that aligns with the National Health Observances Calendar and coincides with the Weekly Health Scoops. Health and Wellness Posters can be downloaded from the LGRMS website at:

[www.LGRMS.com](http://www.LGRMS.com)



### Womens Health | Breast Cancer

Beginning at age 20, do a breast self exam (BSE) monthly or as advised by your doctor. Your job isn't just to find lumps, it's to notice if there are any changes. If you have questions, ask your doctor: Don't self-diagnose.

#### Risk Factors

- \* Cancer in one breast in the past.
- \* Never giving birth or having a first full-term pregnancy after age 30.
- \* Menstruation started before age 12. Menopause occurred after age 55.
- \* Family history of breast cancer.
- \* Changes in BRCA1, BRCA2 and other cancer genes.
- \* European or Jewish ancestry.
- \* Race. White women have a greater risk than Latin, Asian or African American women.
- \* Obesity after menopause.



### Smoking Cessation

Tobacco use is the top preventable cause of illness and premature death in the U.S. Each year over 400,000 people in the U.S. die from tobacco related illnesses.

#### 3 Phase Plan for Quitting Smoking

##### Phase 1 | Preparing to Quit

Make a quit date on your calendar 1 week in advance. Track each time you use tobacco. Create a butt bottle or chew bottle.

##### Phase 2 | Quitting

Get rid of everything related to your smoking habit. Whenever you have an urge, take a clean breath then exhale through pursed lips. Keep your hands busy. Keep your mouth busy with gum or mints. Change your routine.

##### Phase 3 | Staying Off

Renew your commitment each day. Continue using the ideas in Phase 2.



### Men's Health

What you know about men's health needs and issues: **(True or False)**

1. Men need less calcium than women do to prevent osteoporosis.
2. It is normal for the prostate gland to enlarge as men age.
3. Prostate cancer kills more American men than any other cancer.
4. Twice as many men die in traffic accidents as women.
5. Depression is often under-diagnosed because men are less likely to seek treatment.

#### Answers:

1. **F** - Men & women need the same amount of calcium each day to prevent Osteoporosis (1,000 - 1,200mg/day).
2. **T** - For most men, the prostate enlarges over time, affecting 5 out of 10 men in their 60s and 9 out of 10 men in their 70's and 80's.
3. **F** - Lung cancer is the leading cause of death, by cancer, in both males and females.
4. **T** - In fact, more than half. The D.O.T.s reporting system indicates 73% of people killed in car accidents are men.
5. **T** - Not only are men less likely to talk to their doctor about depression, but symptoms can be overlooked and may be masked by drugs, alcohol, or working long, excessive hours.

For more info: [www.menshealthnetwork.org](http://www.menshealthnetwork.org)



### Alcohol Awareness

For many, an alcoholic drink is nothing more than part of a good meal or a pleasant way to relax. However there's more to know.

**Fact:** Moderate alcohol consumption (1 drink/day for women; 1-2 drinks/day for men) has been associated with a lower risk of heart disease, including increased HDL (good cholesterol) when choosing red wine.

**Fact:** Alcohol is high calorie (7 cal/g) and these calories are not needed, so they're more likely to be stored as fat, increasing triglycerides (blood fats) and body fat, especially when consumed in excess.

**Fact:** Alcohol consumption, even moderate, increases the risk of some cancers and liver disease.

**Fact:** Alcohol is a drug - just one drink can impair judgment, reaction time, and decision-making. This is why it's important not to drink and drive.

The following is the CAGE alcoholism assessment. If you answer YES to any of the questions, you should talk to your physician or contact an EAP counselor about this issue.

1. Do you need to Cut down on your drinking?
2. Are you Annoyed by people criticizing your drinking?
3. Have you ever felt bad or Guilty about your drinking?
4. Have you ever had an Eye-opener to steady your nerves in the morning?

Alcoholics Anonymous has additional questions to help individuals decide if they have a problem with alcohol. Visit their website [www.aa.org](http://www.aa.org) for more information and resources.