Oral health affects overall health

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Oral health affects overall health

Did you know that the health of your mouth affects medical conditions such as diabetes, heart disease and cancer?

People with diabetes are more likely to have gum disease. They can have swollen, red and infected gums. They can also lose teeth. Researchers think this happens because diabetes reduces the body’s overall ability to fight infection.

People with moderate to advanced gum disease are more likely to have cardiovascular disease, including heart disease and stroke, than those with healthy gums. Studies have not shown that one condition causes the other. But, they do show that the two conditions share risk factors, including smoking, poor diet and diabetes.

Also, half of all American adults over age 30 have some form of periodontal (gum) disease. This may cause bleeding gums, which are not normal. Bleeding gums are a sign that there is inflammation and could be a sign of other serious diseases.

You can prevent serious medical conditions. Eat healthy foods, exercise and avoid smoking. Schedule annual check-ups with your healthcare provider and dental provider. If you wear dentures, visit the dentist every year.

Courtesy of Moda Health

Sources


Tips for good overall health

Be aware of how much sugar you eat and drink
Cut down on added sugar.

Eat mindfully
It’s easy to make a big dent in a bag of chips or a pint of ice cream. Be aware when you eat. Pay attention to the taste, smell, texture and colors. Prepare snacks mindfully. Put almonds in a bowl rather than taking out the whole bag. Put single servings of chips into small bags for lunches.

Drink water instead of sugary beverages
Also, swish your mouth with water after eating.

Floss at least once a day
You can use regular floss or floss picks. Keep floss at home, work and other places.

Brush with a soft mechanical or regular toothbrush and fluoride toothpaste
And, brush twice a day.

Use an antibacterial mouth rinse
Make sure the mouth rinse has fluoride and does not have alcohol.

Use xylitol products, such as gum
Five to six grams, three or more times a day reduces mouth bacteria.

Courtesy of Moda Health
Talk to your provider about colorectal cancer screening

Colorectal cancer affects men and women. Starting at age 50, get screened for colorectal cancer⁴. In the early stages of colorectal cancer, people may not experience signs or symptoms. Screenings can help detect cancer at early stages when treatment works best. Your screening options depend on your health, medical, and family history. Talk to your health care provider about which screening option is right for you:

• **Colonoscopy:**
  This screening test examines the entire colon². If polyps or signs of cancer are found during the test, your doctor can remove them during the procedure. If no polyps are found, you may not need another screening for 10 years.

• **Fecal immunochemical test (FIT):**
  The FIT is a stool sample that you collect at home. If you choose this screening option, complete a FIT every year². The test looks for blood in your stool, which can be a sign of cancer. The test may be right for you if you are not able or don't want to have a colonoscopy.

_Courtesy of Providence Health Assurance_

Sources
2. https://www.cdc.gov/cancer/colorectal/basic_info/screening/tests.htm
Bladder control problems are common, especially among older adults

Urinary incontinence — or accidentally leaking urine — can happen when you cough, laugh, sneeze, or jog. This is called “stress incontinence.” Or you may have a sudden need to go to the bathroom but can’t get there in time (urge incontinence).

In men, incontinence is often caused by the removal of the prostate, by an enlarged prostate, or by a narrow urethra. In women, it can be caused by pregnancy, childbirth, and menopause. Nerve damage, medications, and being overweight are also causes among both men and women.

The good news is, incontinence can be improved or cured. Be sure to talk with your doctor if you have problems with urine leakage. Together, you can explore treatments.

Treatment includes:

- Kegel Exercises to strengthen the pelvic floor muscles. Contract the muscles you use to stop urinating for 3 seconds and then relax 3 seconds. Repeat this 10 to 15 times, 3 times a day.
- Medication. There are medications to help control incontinence. Sometimes a drug you take for another problem can cause or contribute to incontinence. Work with your health care team to manage your medications.
- “Training” your bladder. Visit the toilet at regular periods, even when you don’t feel the need. Gradually increase the time between visits to improve bladder control.
- Surgery.
- Lifestyle changes, including:
  - Achieving and stay at a healthy weight (extra weight puts pressure on your bladder).
  - Quitting smoking.
  - Limiting drinks with caffeine (coffee, tea, soda) and alcohol.

For more information, check out the National Association for Continence, at nafc.org.

Courtesy of Kaiser Permanente

Did you know that all PHIP Medicare plans include a gym membership? Call your health plan customer service for more details on what is available through Silver & Fit or Silver Sneakers in your area. Don’t have access to a local gym or fitness facility? A Home Fitness program kit may be available!
Broccoli with Asian Tofu

Serves 4

Ingredients
- 1 package (16 ounces) firm tofu, drained
- 2 tablespoons low sodium soy sauce
- 1 teaspoon sesame oil (optional)
- ½ tablespoon brown sugar
- 1 tablespoon fresh ginger root, finely chopped or shredded (or 1 teaspoon ground)
- 1 pound fresh broccoli, rinsed and cut into individual spears
- 1 tablespoon peanut or vegetable oil
- ¼ teaspoon crushed red pepper
- 4 tablespoons garlic, peeled and thinly sliced (about 8 cloves)
- 1 tablespoon sesame seeds (optional)
- Cooking spray

Directions
Slice the tofu into eight pieces. Place on a plate or flat surface covered with three paper towels. Top with four more paper towels. Top with another flat plate or cutting board. Press down evenly and gently to squeeze out moisture, then throw away the paper towels. Replace with fresh paper towels and press again. (The more liquid you remove, the more sauce the tofu will absorb.)

1. Place tofu in a bowl just big enough to hold all eight pieces lying on their widest side without overlapping.
2. In a small bowl, combine the soy sauce, sesame oil, brown sugar and ginger into a marinade, and stir thoroughly. Pour over tofu. Carefully turn the tofu several times to coat well. Set aside.
3. Meanwhile, heat a large nonstick sauté pan coated with cooking spray. Add broccoli and sauté for about five minutes, until it turns bright green and becomes tender and crispy. Remove broccoli from pan and set aside.
4. Heat a grill pan or flat sauté pan over high heat. Drain tofu, reserving marinade. Place on grill pan to heat for about three minutes. Gently turn. Heat the second side for three minutes.
5. At the same time, in the sauté pan over medium-low heat, warm the peanut oil, crushed red pepper and garlic until the garlic softens and begins to turn brown, about 30 seconds to one minute. Add broccoli and reserved marinade, and gently mix until well coated.
6. Place two slices of tofu on each plate with one-quarter of the broccoli and marinade mixture. Sprinkle with sesame seeds (optional).

Nutrition Information (per serving)
For 4 servings:

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<th>Nutrient</th>
<th>Amount</th>
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<tbody>
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<tr>
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<td>Potassium</td>
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</tbody>
</table>

Courtesy of Providence Health Assurance
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