



Dr. O in the Know

Suggestions for being all you can be!
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A new school year, after school practices and fun-filled holidays make the fall/winter season a very busy and demanding time of year. Life's everyday stressors seem to be magnified due to the added chaos!

It is important to be aware of our health. Here are tips to remember during these demanding times:

- **Stay active.** Don't allow the cooling (or cold!) temperatures to stop you from being active! Think of options such as parking farther away while shopping, taking the stairs when possible, and keeping your family active by participating in fun activities like hiking or biking.
- **Beware of constant snacking.** Prepare healthy snacks in advance. Look for seasonal fruits and vegetables, multigrain snacks and low sugar alternatives. It is important NOT to skip out on holiday goodies, just enjoy in small portions and balance with healthy alternatives.
- **Drink water.** During the fall and winter months, the air is drier and less humid, so drinking plenty of water is especially important.
- **Get your ZZZs.** Sleep not only helps the body repair itself, it energizes you for your next adventure.
- **Get organized.** High amounts of stress are linked to many health complications. To-do lists or calendars help keep stress under control; just beware not to OVER schedule yourself!



Get Healthy • Live Healthy

Be Healthy

Take care of you this season

With the holidays around the corner, it is important to be aware of your health as well as that of loved ones. According to the American Diabetes Association, nearly one-third of those with diabetes are unaware they even have this life-threatening disease.

The Centers for Disease Control and Prevention (CDC) defines diabetes as the condition in which the body does not properly process food for use as energy. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugars to build up in your blood. This is why many people refer to diabetes as "sugar."

Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the seventh leading cause of death in the United States. People with type 1 diabetes, common among children and young adults, have pancreases that don't produce the insulin hormone which regulates glucose in the blood. They must take daily insulin shots to stay alive. People with type 2 diabetes don't make enough insulin or their bodies don't properly use the insulin produced. This mainly affects older adults and those with a family history of the disease. Early diagnosis of this condition can help people lead a more normal, healthy life and reduce other health problems caused by disease.

Signs that you may have diabetes:

Type 1	Type 2
Frequent urination	Vision problems
Excessive thirst and /or hunger	Bruises and cuts that heal slowly
Unexplained weight loss	Numbness or tingling in the hands or feet
	Frequent infections

Be Healthy Recipe

Fruity and Nutty Chicken Salad *Serving size: 8 servings*



- 3 cups diced boneless, roasted chicken breast
- 1/2 cup pecan pieces, toasted
- 1/2 cup finely diced celery
- 1/8 teaspoon ground black pepper
- 1/3 cup chopped green onions (the white and green parts)
- 1/2 teaspoon curry powder
- 1 firm apple, sliced and diced
- 5 tablespoons light mayonnaise
- 1/3 cup dried cranberries or cherries
- 1/2 tablespoon fat-free sour cream

Nutritional information per serving:
 232 calories
 9g fat, calories from fat 38%
 1.6g saturated fat
 18g carbohydrate
 2g fiber,
 8g protein
 45mg cholesterol
 128mg sodium

1. Add chicken, celery, green onion, apple, dried cranberries or cherries, grapes and pecans to large serving bowl and toss.
2. Combine pepper, curry powder, mayonnaise and sour cream in a small bowl and whisk together until smooth. Spoon over chicken mixture and mix well.

You may serve this salad immediately, or cover, chill in the refrigerator, and serve the next day.

*Source: WebMD**

Did you know?

You can get a jumpstart on cold and flu season by effectively washing your hands.

Here's how:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make lather and scrub all surfaces.
- Continue rubbing hands together for 15-20 seconds. Need a timer? Sing the ABC song.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer.

Now, you're all clean!

The Be Healthy newsletter is provided for general informational purposes to Blue Cross and Blue Shield of Alabama customers. Information contained in this newsletter is not intended to replace professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider regarding your healthcare needs. Never disregard professional medical advice or delay in seeking medical advice because of something you have read in this newsletter. Remember to check your benefits booklet for coverage information and limitations.

Season of Awareness

Fall is not only a time for pumpkins, changing leaves and beautiful autumn nights. It is also a time for awareness!

October is National Breast Cancer Awareness Month. Breast cancer is the second leading cause of cancer deaths in women today. The key to surviving breast cancer is finding it early, which can be done by breast self-examination (BSE), clinical breast exams, mammography and through the diagnosis from a healthcare provider. Take control of your health by noticing these changes and talking to your healthcare provider:

- Lumps
- Swelling
- Dimpling or puckering of the skin
- Redness or scaliness of the skin
- Pain in any area of the breast
- Changes in size or shape of breast

November is Lung Cancer Awareness Month. Lung cancer is the leading preventable cause of cancer deaths among adults in the United States. The best way to prevent lung cancer is to not smoke and steer clear of those that do. The following problems are often caused by other conditions, but could signal a problem:

- Recurring cough
- Hoarseness
- Wheezing or finding it hard to breathe
- Recurring lower respiratory tract infections
- Loss of weight and appetite
- Bloody or rust colored saliva or phlegm or mucous

October and November are set aside for special recognition of these diseases.

Have You Used "Find a Doctor"?

In a hurry to find a healthcare provider? Blue Cross and Blue Shield of Alabama has a tool for you! "Find a Doctor" is a tool that makes the process of finding a healthcare provider as easy as the click of a mouse. Some options include doctor, hospital, dentist, pharmacy, and many other useful selections. Finding an in-network doctor or hospital to fit your needs is easy with our large network of doctors, hospitals and other healthcare providers. Follow these steps to find a doctor.

1. Visit www.bcbsal.com.
2. Click the "Find a Doctor" tab.
3. Select one of the healthcare provider types listed.
4. Enter a search location (state or zip code).
5. Select "Next" and your results will appear instantly.

The image shows two screenshots of the Blue Cross Blue Shield of Alabama website. The top screenshot shows the main navigation menu with the 'Find a Doctor' tab highlighted in red. The bottom screenshot shows the 'Find a Doctor' search interface. It includes a search bar for zip code and state, a 'NEXT' button circled in red, and a list of healthcare provider types: Doctor, Hospital, Dentist, Pharmacy, Other Healthcare Provider, and Other Facility or Supplier. The 'Doctor' option is selected. There are also links for 'Looking Outside ALABAMA?' and 'Other Resources'.



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Visit www.behealthy.com for tools and information for a healthy lifestyle.