

Dr. O in the Know

Advice from Associate Medical Director, Anne Marie Oberheu, MD

Summer Fun!

My household is ecstatic to begin summer adventures!

With the arrival of the summer months comes the “Aw Mom” responses to my pushes about summer safety, sunscreen and hydration. It is critical to stay aware of the daily temperature, heat index and humidity percentages.

Our bodies can lose up to 10 cups of fluid a day, so replenishing the body with appropriate fluids is critical, especially while working and playing outside.

Frequently applying water-resistant sunscreen helps you stay protected from the sun. Also, don't forget to wear one of those darling floppy hats to protect your face.

There are many types of attire that have built-in UVA + UVB protection features for those who camp, fish and enjoy water sports. So, be sure to stock up on those items before heading out.

Enjoy the summer, but be smart and be safe!



Get Healthy • Live Healthy

Be Healthy

Colon Cancer Screenings: A Whole New World

With celebrities and large media outlets bringing attention to the topic, colon cancer screenings are gaining more popularity than ever before. What was once a whisper-only topic for a handful of brave souls seeking medical care; the screenings have now become a common standard of practice for the majority of Americans.



However, in 2012 the Centers for Disease Control and Prevention (CDC) reported that 23 million Americans failed to get their recommended colon cancer screening. The CDC attributes the high number to fears or worries about how tests are performed or reluctance for the traditional colonoscopy.

What many people don't realize is that there are multiple ways to screen for colon cancer. If you're over the age of 50 or at high risk for colon cancer, talk with your healthcare provider about whether a sigmoid or colonoscopy is right for you.

If you are fearful of having these tests performed in office, consider talking to your healthcare professional about having a high-sensitivity fecal occult blood test (FOBT) or fecal immunochemical test (FIT). Both tests can be performed in the privacy of your home to detect colon cancer antibodies in your stool.

The type of tests may vary and each person is different, but age-appropriate colon cancer screenings save lives and are not going away anytime soon. So, talk with your healthcare provider and get screened today.

Be Healthy Recipe

Chicken Kabobs

Prep time 15 minutes **Cook time** 30 minutes **Yields** 6 servings **Serving Size** 1 skewer each

Nutritional information per serving:

359 Calories	2g Fiber
11g Fat	24g Protein
2g Saturated Fat	66mg Cholesterol
9g Carbohydrates	226mg Sodium

Percent Daily Values are based on a 2,000 calorie diet.

Ingredients:

- 8 boneless, skinless chicken breasts, cut into 32 cubes
- Ground black pepper, to taste
- 8 mushrooms
- 8 whole white onions, parboiled
- 2 oranges, quartered
- 8 canned pineapple chunks
- 8 cherry tomatoes
- 1 can (6 oz) frozen apple juice concentrate, thawed
- 1 c dry white wine
- 2 tbsp low-sodium soy sauce
- Dash ground ginger
- 2 tbsp vinegar
- 1/4 c vegetable oil
- 8 wood or metal skewers

1. Sprinkle chicken cubes with pepper.
2. Thread 8 skewers as follows: chicken, mushroom, chicken, onion, chicken, orange quarter, chicken, pineapple chunk, cherry tomato.
3. Place kabobs in a shallow pan; and
4. Combine the remaining ingredients; spoon over kabobs. Marinate in refrigerator for at least 1 hour.
5. Drain. Broil kabobs in oven 6 inches from heat source for 15 minutes on each side, brushing with marinade every 5 minutes. Discard leftover marinade.

Source: National Heart, Lung and Blood Institute/Stay Young At Heart

Did you know?

Parents are their children's biggest influence when it comes to healthy behaviors, even more so than sports celebrities! Send the message to your children that healthy choices are a priority for you personally, as well as a family affair. Provide opportunities to get moving and be active together as a family, especially during school holidays. Never underestimate your power as a positive role model!

Source: Academy of Nutrition and Dietetics

Summer Exercising: Beat the Heat

Heat stroke is no joke. Finding ways to exercise outdoors during the summer months can be difficult and dangerous if not done properly. But, don't let the summer heat be an excuse to let your fitness fall by the wayside.

Try these tips for beating the heat:

- 1) Start early.** On high-temperature days, get out and get moving before the sun comes up.
- 2) Wear light clothes.** Although black clothing may make us look thinner, it also attracts the heat. Wear white or other light colors to stay cool. Also, be sure to wear clothing that allows your skin to breathe easily and stay cool.
- 3) Hydrate.** Carry water with you and make sure you exercise where water fountains are easily accessible. Your body loses fluids at a much greater rate when the outside temperature is high. So, keep that in mind and bring extra water.
- 4) Look for shade.** Walking along trails or hiking paths that are mostly or partially covered by trees will help keep the sun off your skin and lower your body temperature.
- 5) Take breaks.** Sometimes you can't tell how tired you are until you sit down and rest for a while. Give yourself a break in the shade even if you don't think you need it.

Have fun in the sun and be safe!

Blue Cross and You

August is National Immunization Awareness Month. Ensuring your children are protected against diseases such as whooping cough (pertussis), measles and diphtheria could save their life. Shots may be temporarily uncomfortable, but they will protect your child from life-threatening diseases. Immunizations help protect your child and are often required for your children to attend school. Use the following schedule to determine what vaccines are recommended at each age.

Recommended Childhood and Adolescent Immunization Schedule

Vaccine	Age	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	24 months	4-6 years	11-12 years	13-14 years	15 years	16-18 years
Hepatitis B	Hep B		Hep B			Hep B									
Rotavirus			RV	RV	RV*										
Diphtheria, Tetanus, Pertussis			DTaP	DTaP	DTaP		DTaP				DTaP	DTaP			
Haemophilus influenzae type b			Hib	Hib	Hib	Hib									
Pneumococcal			PCV	PCV	PCV	PCV									
Inactivated Poliovirus			IPV	IPV	IPV						IPV				
Influenza					Influenza (Yearly)										
Measles, Mumps, Rubella						MMR					MMR				
Varicella						Varicella					Varicella				
Hepatitis A						HepA									
Meningococcal												MCV			MCV
Human Papillomavirus												HPV			

Recommended ages
* If Rotarix® is administered at ages 2 and 4 months, a dose at 6 months is not indicated.

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