



**Notes from Dr. K**

**Advice from Associate Medical Director, Dr. Kathleen Bowen**

Every summer, we have national health observances to help remind us about the importance of preventive care. June is Men's Health Month, and August is Immunization Awareness Month. Use these observances to think about your own preventive care needs, and encourage those around you to consider talking with their physician about their own needs for screenings. As we gear up for the school year to begin, check your children's immunization records to make sure they are up-to-date.

As you think about your family's preventive care, I encourage you to also think about how to make the most out of every visit with your doctor.



The tips on page two of this newsletter will give you some starting points. Good communication is key to any relationship, even between doctor and patient!

**Scroll down for more information about how to communicate with your doctor!**

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**Get Screened This Summer**

June is National Men's Health Month! Gentlemen, take a moment to familiarize yourself with three types of cancer found in men, and ask your physician about screenings.



**Testicular cancer** is one of the most curable cancers; however, it can be a deadly disease if it's not detected early. The cancerous cells affect one or both of the testicles. It is the most common form of cancer in young, white males between the ages of 15 and 34 years old, but it can occur at any age.

**Prostate cancer** is the second leading cause of cancer death in men. This year in the United States, about 200,000 men will be diagnosed with this disease. Prostate cancer develops within the prostate gland, a walnut-sized gland surrounding the beginning of the urinary canal. The disease occurs more often in men over 50, more black men than white men and men who have had family members with prostate cancer.

**Colorectal cancer** is cancer that starts in either the colon or rectum. It may take years to develop and usually begins as a polyp — a growth of tissue in the center of the colon or rectum. Removing the polyp early may prevent it from becoming cancerous. More than 140,000 people will be diagnosed with colorectal cancer this year. It is the third leading cause of cancer-related deaths in the United States. Age is the primary risk factor — over 90 percent of cases are found in people over age 50.

**Be Healthy Recipe** from [www.webmd.com](http://www.webmd.com)

**Berry Yogurt Frozen Pie**

Serving size: 10 servings

**Nutritional information per serving:** 225 calories  
7g fat                      39g carbohydrate  
4.6g saturated fat      1.5 g fiber  
8 mg cholesterol        159 mg sodium  
3.5g protein                Calories from fat: 28%



**Graham cracker crust:**

- 1 1/2 cups finely ground low-fat (or regular) graham crackers
- 2 tablespoons white sugar
- 3 tablespoons honey
- 3 tablespoons whipped butter or less-fat margarine (with 8 grams fat per tablespoon), melted
- 1 1/2 tablespoons fat-free half-and-half or low-fat milk
- 1/2 teaspoon ground cinnamon (optional)

**Filling:**

- 2 8-ounce or 3 6-ounce containers of berry-flavored low-fat yogurt
- 3 to 3 1/2 cups light whipped topping (like Cool Whip Lite)
- 1 1/2 cups finely chopped strawberries, or whole raspberries or blackberries
- 10 whole strawberries, or 10 tablespoons of other berries for garnish (optional)

Mix graham cracker crumbs, sugar, honey, melted butter and cinnamon (if desired) until well-blended. Press mixture into 9-inch pie plate. Set aside. Mix yogurt, by hand, with the light whipped topping in a large mixing bowl. Gently stir in the berries by hand. Spoon the yogurt mixture into the graham cracker crust. Freeze until firm (overnight, or at least 4 hours). Remove from the freezer and top each serving with a fresh strawberry (or small spoonful of berries) if desired.

## Did you know?

Beverages like fruit drinks, fruit cocktails and fruit punch can contain less than 10 percent of real fruit juices and even less nutritional value. They are loaded with added sugars and artificial sweeteners. Choose 100% fruit juice instead for your family and enjoy up to 8 ounces, or 1 cup, per day.



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## Are Your Child's Immunizations Up-to-Date?

Ensuring your child is protected against diseases such as whooping cough (pertussis), measles and diphtheria could save his or her 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 child to attend school. Use the following schedule to determine what vaccines are recommended at each age.

| 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 |         |          |          |          |           |           |           |           |           |             |                    |          |             |
| Rotavirus                      |       |       |         | RV       | RV       | RV*      |           |           |           |           |           |             |                    |          |             |
| Diphtheria, Tetanus, Pertussis |       |       |         | DTaP     | DTaP     | DTaP     |           |           | DTaP      |           | DTaP      | DTaP        |                    |          |             |
| Haemophilus influenzae type b  |       |       |         | Hib      | Hib      |          |           | Hib       |           |           |           |             |                    |          |             |
| Pneumococcal                   |       |       |         | PCV      | PCV      | PCV      |           | PCV       |           |           |           |             |                    |          |             |
| Inactivated Poliovirus         |       |       |         | IPV      | IPV      |          |           |           |           |           | IPV       |             |                    |          |             |
| Influenza                      |       |       |         |          |          |          |           |           |           |           |           |             | Influenza (Yearly) |          |             |
| Measles, Mumps, Rubella        |       |       |         |          |          |          |           | MMR       |           |           | MMR       |             |                    |          |             |
| Varicella                      |       |       |         |          |          |          |           | Varicella |           |           | Varicella |             |                    |          |             |
| Hepatitis A                    |       |       |         |          |          |          |           |           |           |           |           |             |                    |          |             |
| Meningococcal                  |       |       |         |          |          |          |           |           |           |           |           |             |                    | MCV      |             |
| Human Papillomavirus           |       |       |         |          |          |          |           |           |           |           |           |             |                    |          | HPV         |

Recommended ages

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

## Healthy Communication

Good communication between you and your doctor can make a big difference in the quality of care you receive. Your doctor can help make medical decisions that suit your way of life and can keep in touch with other medical specialists or healthcare providers you may need.

### Tips for Good Communication

- **Be prepared.** Make a list of concerns. Take along information your doctor may need, including insurance cards and medical records. Some doctors ask that you bring all of your prescriptions with you or a list of your current medications.
- **Take a family member or friend.** Let him or her know in advance what you want from your visit. This person can help you remember what you planned to discuss and what the doctor says.
- **Update the doctor.** Share any important personal health information that might be helpful.

### Sharing Information

- **Be honest.** It's tempting to say what you think the doctor wants to hear. This is not in your best interest. Your doctor can give you the best treatment only if you explain what is really going on.
- **Ask questions.** This is the key to getting what you want from the visit. If you don't ask questions, your doctor may wrongly assume you understand why he or she is sending you for a test or that you don't want more information.
- **Stick to the point.** Give the doctor a brief description of symptoms, when they started, how often they happen, and if your symptoms are getting better or worse.
- **Share your point of view.** Your doctor needs to know what's working for you and what's not. Let your doctor know if you feel rushed, worried or uncomfortable. Try voicing your feelings in a positive way.
- **Make sure you can see and hear as well as possible.** Remember to wear any prescribed eyeglasses or hearing aids.
- **Share your goals.** If you want anything about your health to change, tell your doctor. Ask how to meet your health goals. Mention your plans to meet your health goals so your doctor can provide feedback and suggestions.



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