

Wellness News

March 2023

This issue

Colorectal Cancer Awareness

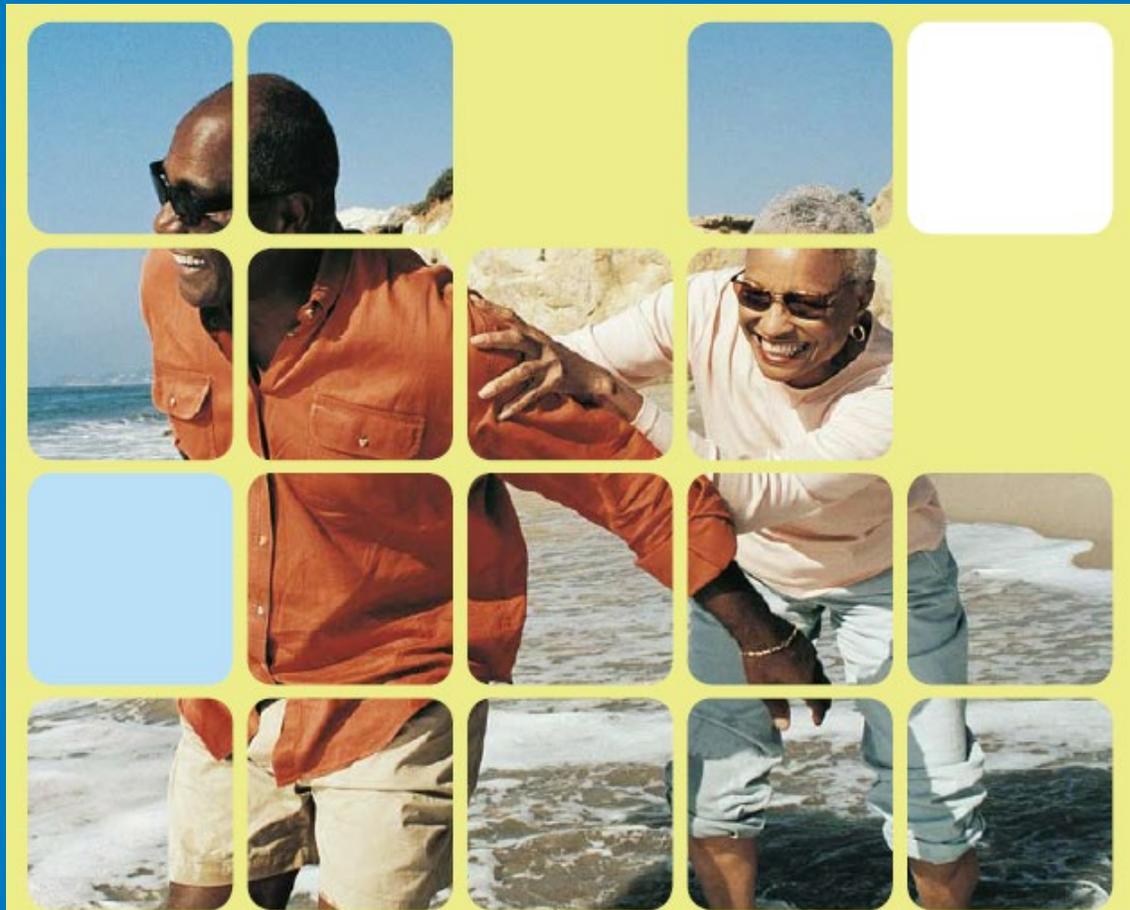
Eye Wellness: sunlight & your health

Power of Positivity

Nutrition: fuel the future

Recipe: Spaghetti & Spinach with Sun-Dried

Tomato Cream Sauce



“Take care of your body, it’s the only place you have to live.” – Jim Rohn

Anthem members: You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing. Simply scan this QR code with your smartphone’s camera to download the Sydney Health app.

Tip: Anthem.com and Sydney Health use the same username and password!



March: Colorectal Cancer Awareness

Prevention is your Best Ally

Over our lifetimes, about one in 20 of us will develop colon cancer, also called colorectal cancer. When it is caught early, survival rates are better than 60 percent. That's why regular screenings are so important.

What is colon cancer?

Your colon is part of your large intestine. It absorbs water from the food you eat and turns the rest into waste. Most of the time, colon cancer starts as a growth called a polyp inside the colon or rectum. **Preventive screenings help your doctor make sure you're healthy or find issues early when they may be easier to treat.**

Colon cancer doesn't usually cause symptoms early on, so you should have regular checkups for colon cancer when your doctor recommends, depending on your risk factors. Some risk factors include:

- Aging
- Having type 2 diabetes
- Being African American or a Jewish person of Eastern European heritage
- Having a personal or family history of colorectal cancer or polyps
- Having a history of inflammatory bowel disease (IBD)

Talk with your health care provider about how often you should be screened, and when you should start.

What to expect at a screening

Some screenings for colorectal cancer can even be done at home following instructions from your doctor. For most screenings, you'll need to follow a certain diet for a day or two ahead of time. For the tests at your provider's office, you'll need to take laxatives or use an enema so your colon is empty. During the screening, your doctor can give you a sedative to help you be more comfortable. During the test, your doctor may remove polyps, which are small growths that can become cancerous, and send them and any biopsy tissue samples to a lab to be examined by a pathologist.



Friday March 3rd Dress in Blue Day to support National Colorectal Cancer Awareness Month.

What can you do to prevent colon cancer?

Some risk factors, like your age, medical history or heritage, are things you can't control. But there are other things you can do to lower your risk for colon cancer.



- **Eat a plant-based diet.** A diet high in vegetables, fruits and whole grains lowers your risk of colorectal cancer. Eating a lot of red meat or processed meat raises your risk.



- **Get moving.** An active lifestyle reduces your risk.
- **Stay at a healthy weight.** Being very overweight or obese increases the risk of colon cancer, especially in men.



- **Limit alcohol.** Heavy drinking has been linked to colorectal cancer. Have no more than one (for women) or two (for men) drinks a day.
- **Stay away from cigarettes.** Smoking makes you more likely to develop colorectal cancer. If you smoke, talk to your doctor about quitting.

The most important thing you can do to prevent colon cancer is to get screened. Talk to your health care provider about your family history and risk factors, and what screening schedule is right for you.



Did You Know?

Preventive health measures and screenings can prevent 85% of illness and disease and are covered at no cost for most plans! To find a doctor near you, use the SydneySM Health app or visit [anthem.com](https://www.anthem.com).

Sunlight and Eye Health



The Sun, UV Light and your Eyes

Protect your eyes from sun damage in every season. Be sure to select sunglasses that provide 100% UV or UV400 protection, or block both UV-A and UV-B rays.

- Wear a hat along with your sunglasses. Broad-brimmed hats are best.
- Protect children and senior citizens with hats and sunglasses. Everyone is at risk for sun damage.
- Know that clouds don't block UV light. The sun's rays can pass through haze and clouds.
- Sunlight is strongest midday to early afternoon, at higher altitudes and when reflected off water, ice or snow.
- Never look directly at the sun. Doing so at any time, including during an eclipse, can damage the eye's retina and cause a serious injury.

Sunlight and your health

Healthy exposure to sunlight can have positive effects, as long as you protect your eyes from UV damage. You need [a little natural light every day to help you sleep well](#). That's because the light-sensitive cells in our eyes play an important role in our body's natural wake-sleep cycles. This is especially important as we age and become more apt to insomnia.

Spending time outdoors in the daylight can also help [prevent nearsightedness in kids](#). Not only is exercise great for eye health, but exercising outside may be additionally beneficial. Take your children outside to play to help lower their risk for nearsightedness and teach them good habits for a lifetime of eye health. Just don't forget those hats and sunglasses!



The Plus Side of Positivity

A positive outlook can be good for your health

Positive thinking can be a choice. Is the glass half-full, or half-empty?

The truth depends on your outlook. Even when things seem grim, you can practice positive thinking and action. Doing so can boost your overall health by helping you:

- Keep a healthier mind and body.
- Cope with stress.
- Build trust and compassion.
- Become a happier person.
- Enjoy more hopeful living.
- Live longer.



Anthem members: Be sure to check out the Emotional Well-being Resources – Change your mind. Change your life.™ Sydney mobile app. Parent or guardians can create an account for minors ages 13+



National Nutrition Month®

During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

How you can get involved at home

Commit

As a family, commit to trying a new fruit or vegetable each week during National Nutrition Month®.

Give

Give family members a role in meal planning and let them pick out different recipes to try.

Plan

Plan to eat more meals together as a family during National Nutrition Month®.

Explore

Explore food recovery options in your community.

Take

If you watch TV, take breaks during commercials to be physically active.

Practice

Practice mindful eating by limiting screentime at mealtime — including phones, computers, TV and other devices.

Try

Try more meatless meals — choices like beans, peas and lentils are versatile plant-based protein sources that work in a variety of dishes.

Let

Let everyone help with food prep — a skill for people of all ages. If you have kids, there are age-appropriate tasks they may enjoy learning.

Bring out

Bring out the flavors of food by trying new herbs, spices, or citrus fruit like lemon or lime.

Check out this Podcast!



Healthy Meal Tips for Busy Families podcast – real life, health tips, tricks and practical advice on everyday wellness.

[CLICK HERE](#) to listen!

This podcast episode can be played through a web browser or mobile device.

Spaghetti & Spinach with Sun-Dried Tomato Cream Sauce

Active: 20 mins **Total:** 20 mins **Servings:** 4

Ingredients:

- 5 ounces baby spinach, coarsely chopped
- 8 ounces whole-wheat spaghetti
- ½ cup slivered oil-packed sun-dried tomatoes, plus 1 tablespoon oil from the jar
- ½ cup halved and thinly sliced onion
- 3 cloves garlic, minced
- ¼ teaspoon crushed red pepper
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 cup low-sodium vegetable or chicken broth
- ½ cup sour cream
- ¼ cup grated Parmesan cheese
- 1 tablespoon unsalted butter

Directions:

Step 1: Place spinach in a large colander in the sink. Bring a large saucepan of water to a boil over high heat. Add spaghetti and cook according to package directions. Drain the pasta over the spinach; toss to wilt the spinach.

Step 2: Meanwhile, heat sun-dried tomato oil in a large skillet over medium heat. Add onion and sun-dried tomatoes; cook, stirring, until softened, about 3 minutes. Add garlic, crushed red pepper, salt and pepper; cook, stirring, for 1 minute. Increase heat to medium-high and add broth; cook, stirring, until reduced by about half, about 2 minutes. Stir in sour cream, Parmesan and butter. Add the spaghetti and spinach; toss to coat well.

Cooking Tip! A quick technique for wilting the spinach is to place it in a colander and drain the cooked spaghetti over it. The residual heat from the spaghetti wilts the spinach, which is a great way to add spinach to a dish without overcooking it.



Nutrition Facts **Serving Size:** 1 1/4 cups
Per Serving: 380 calories; fat 16g; cholesterol 26mg; sodium 330mg; carbohydrates 51g; dietary fiber 7g; protein 13g; sugars 3g; niacin equivalents 6mg; saturated fat 6g; vitamin a iu 2763IU; potassium 587mg.

Anthem members: Be sure to check out the **Nutrition Tracker** and unlock the power of intelligent nutrition through within our Sydney mobile app.