

# Focus on your *Health*

*we're  
all about  
you*



## Prevent, beat and treat colorectal cancer

According to the National Institutes of Health, colorectal cancer is the second leading cause of death in the U.S. Because there are usually no symptoms of colorectal cancer, adults should be screened starting at age 50 until age 75. Screening methods include fecal occult blood testing, sigmoidoscopy or colonoscopy. Screening may help find cancers early when they are easiest to treat. Talk to your health care provider about what is best for you.

## Celebrate National Nutrition Month

### *Eat right with color*

There are so many colorful vegetables to choose from. This month you can add more color and nutrition to your menu with orange and dark-green vegetables. High in vitamin A, vitamin C, fiber, potassium and many other nutrients, these veggies make your plate more attractive while meeting important nutritional needs.

Orange vegetables include squash, carrots, pumpkin and sweet potatoes. The dark-green selection includes leafy lettuce, romaine lettuce, broccoli, bok choy, spinach, watercress and greens—collard, mustard and turnip.

You can get your children involved by asking them to help decide which vegetable to serve with each meal. Set a good example by eating plenty of vegetables yourself. And let them help prepare the vegetables if they're old enough.



## If you don't snooze, you lose

The benefits of sleep are many. You don't get sick as much. It can help you lose weight. You'll do a better job at work or at school. You may even avoid conditions like diabetes and high blood pressure.

To get the recommended seven or eight hours of sleep each night, pay attention to the following:

- Don't nap any longer than one hour during the day.
- Don't exercise an hour before bed time.
- Don't drink too much alcohol. This is more than one drink a day for women and two for men.
- Don't drink caffeine late in the day.
- Don't eat a big meal before going to bed.

Get the most out of your waking hours by getting the right amount of sleep at night.

### Find out more

You can get more information about these topics and many others by visiting the Web address shown on your ID card. Register for or log in to My Online Services<sup>SM</sup>. You'll find many resources to help you live well.