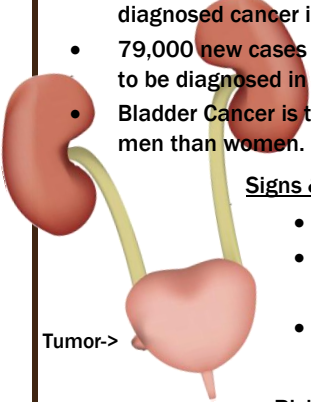


Bladder Cancer Awareness Month

- Bladder Cancer is the rapid, uncontrolled growth of abnormal cells in the bladder.
- Bladder Cancer is the 5th most commonly diagnosed cancer in the U.S.
- 79,000 new cases of bladder cancer are expected to be diagnosed in 2017.
- Bladder Cancer is three times more common in men than women.



Signs & Symptoms:

- Blood in urine
- Increased frequency of urination
- Pain or irritation during urination

Risk Factors:

- **Age:** The risk of bladder cancer increases with age, particularly after the age of 55.
- **Genetics and Family History:** People with a family member with bladder cancer have increased chances of getting it themselves.
- **Gender:** Bladder Cancer affects far more men than women.
- **Smoking:** The risk of bladder infection can be twice than in non-smokers.

NETCARE/GUAM RUNNING CLUB 

PLUMERIA

SATURDAY, DECEMBER 2

5K and 10K RUN / WALK

SHOW TIME: 5:15 AM | GO TIME: 6:00 AM

JULALE CENTER, HAGATNA, GUAM

REGISTRATION FEES

GRC MEMBERS	\$5
NETCARE MEMBERS	\$5
ALL OTHERS	\$10
GROUP OF 4	\$35

AWARDS & PRIZES

Awards & Raffle Drawing Prizes to be given on-site of race



For more information, contact NetCare Health Customer Service at (671) 472-3610 ext. 201

REGISTRATION LOCATIONS: NetCare Health Office - Hit Radio 100 - Hornet Sports



*Happy Birthday
To All Our Members Born In
November!*

From: Your NetCare Family



Please take note of the following observed holidays for the month of November

November 10- Veterans. CLOSED.
Normal office hours will resume on November 13, 2017.

November 23-24: Thanksgiving & Black Friday. CLOSED. Normal office hours will resume on November 27, 2017.



24 Hour NURSE LINE: 1-877-585-5376

The NetCare 24 hour Nurse Line provides information based on physician-approved guidelines such as: general information on all types of health concerns and answers about medication usage and interaction. The NetCare Nurse Hotline is an immediate, reliable and caring source of health information, education and support and the call is toll free.

*Please have your member id number ready for them assist you.



NetCare Rewards Partner

River Tour
No transfer: \$25 Adult / \$15 Child (5-11 yrs)
With transfer: \$35 Adult / \$25 Child (5-11 yrs)

Iruka (Dolphin) Watching
No transfer: \$40 Adult / \$20 Child (5-11 yrs)
With transfer: \$50 Adult / \$30 Child (5-11 yrs)

Kayaking Tour
\$40 (12 yrs. and up only)

Eco Jungle Tour*

\$50 Adult / \$30 Child (5-11 yrs) Includes \$10.00 transfer fee pick up at Onward Beach Hotel

*Note: Japanese Speaking Guide ONLY - Jungle Tour

For more information:
Contact (671) 649-1941



Kloppenburger Enterprises, Inc.



The Best Turkey Chili

Ingredients:

- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey or chicken (99%)
- 4 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt, plus more to taste
- 1 (28-ounce) can diced tomatoes
- 1 1/4 cups chicken broth
- 2 (15 oz) cans dark red kidney beans, rinsed and drained
- 1 (15 oz) can sweet corn, rinsed and drained
- For topping: cheese, avocado, tortilla chips, cilantro, sour cream



INSTRUCTIONS:

- Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently. Next add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
- Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary. Garnish with anything you'd like.. Makes 6 servings, about 1 1/2 cups each.

Nutritional Information:

Serves: 6 servings Serving size: 1/6th of recipe Calories: 336 Fat 3.6g Carbohydrates 46.7g Sugar 9.5g Fiber 17.4g Protein 31.8g

www.ambitiouskitchen.com

Think About It!

1. Think Fast! The slowest speed at which information travels between neurons is 260 miles per hour!
2. More electrical impulses are generated in one day by a single human brain than by all the telephones in the world!
3. Genius! The human brain is estimated to hold more than 5 times as much information as the Encyclopedia Britannica!
4. Dream lately? Scientists say the higher your IQ, the more you dream.
5. The image of a light-bulb above your head when you have an idea is right on point! The brain operates on the same amount of power as a 10-watt light bulb!
6. There are over 100,000 miles of blood vessels in the brain! Stretched out, they would circle the Earth more than 4 times!
7. Got any ideas? The human brain is estimated to produce 70,000 different thoughts on an average day!
8. Although responsible for registering pain in your body, the brain itself has no pain receptors and feels no pain!

10 QUICK TIPS FOR THE BEST NUTRITION, BRAIN BOOSTERS, PAIN RELIEF & MORE

1. A salmon salad sandwich is a great alternative to tuna, plus it's much higher in healthy omega-3 essential fatty acids
2. Lack of sleep lowers leptin levels (hormones that suppress appetite) and increases ghrelin levels (hormones that boost appetite)
3. You'd need to walk through an airport full-body scanner 1,000 times to get the same radiation dosage as one standard chest X-ray
4. Research shows that regular activity can lower the frequency and severity of lower-back pain
5. Chewing a regular aspirin at the first signs of a heart attack helps prevent the formation of blood clots in the coronary arteries
6. Most cases of bad breath are caused by oral bacteria, most of which can be effectively removed by flossing
7. Learning a new language or how to play a musical instrument creates new neural connections, making them excellent brain boosters
8. Men who use anabolic steroids to build muscle can experience serious sexual side-effects, including shrunken testicles and erectile dysfunction
9. The stress of an unhealthy relationship can put you at increased risk of high blood pressure, stomach ulcers, heart attack and stroke
10. One cup (250 mL) of vegetable pasta (e.g., spinach) contains only 1 Tbsp./15 mL of actual vegetable purée

<https://www.bcliving.ca>



How to FIGHT off the Flu!

Nothing is worse than spending your Thanksgiving holiday stuck in bed. Instead of hoping and wishing the flu will skip you this year, why not arm yourself with the best defenses to make sure your holiday season isn't ruined by the flu season.

- Get enough rest. Holidays can leave you tired and worn out. If your body is fatigued, it becomes more taxing on your immune system as well.
- Make sure you exercise, not only to keep you in tiptop shape but also to help pump up your immune system. The healthier your body and heart, the stronger your immunity.
- Eat your fruits and veggies! They contain loads of vitamins & minerals and important antioxidants to promote a strong immune system.
- Chicken soup is good for the soul! (Well, any liquid for that matter!) It's important to stay hydrated when you do get sick, and hot liquids (like chicken soup) help move viruses, germs and mucus out of your system more quickly.
- Wash your hands! Sounds simple enough, but many people don't do this often enough. Besides being the main carriers of bacteria, viruses, and loads of other cooties we can't see, our hands are responsible for transferring these germs to other objects and other people. This is the number one way to protect you and your loved ones this holiday (and flu) season.

Did You Know!

There were no turkeys, cranberry sauce, mashed potatoes, or pumpkin pie at the first Thanksgiving in 1621.

- It wasn't called "Thanksgiving" until more than 250 years later!

- The Native Americans did not wear elaborate feather headdresses and the pilgrims did not wear hats with buckles, but rather beaver-skin hats and deer-skin coats!



Cinnamon Facts!

- Cinnamon is a tree belonging to the Lauraceae family. The bark of the tree is actually what is used as a spice!
- Studies show that smelling cinnamon can boost memory and cognitive function!
- Cinnamon has healthy benefits, and has shown promise in the treatment of diabetes, arthritis, high cholesterol, memory function, and even leukemia and lymphoma!