

ATTENTION RUNNERS!

8th ANNUAL
7.5k NISSAN FLAG RUN
JUNE 10, 2017



7.5k SOLO \$10 Each

AGE DIVISIONS:
 YOUTH - 13 yrs & under
 JUNIOR - 14 - 19
 OPEN - 20 - 29
 SUB-MASTER - 30 - 39
 MASTER - 40 - 49
 SENIOR - 50 - 59
 GRANDMASTER - 60 - 69
 HONORARY - 70+

2k Walk/Run \$10 Each

Saturday, June 10, 2017
Course: From Nissan Upper Tumon to GTA (Dededo)
Turnaround back to Nissan, Marine Corps Drive, Show Time 5:00am. Start 6:00am. Proceeds to benefit: Big Brothers Big Sisters of Guam and Guam Girl Scouts & Catholic Social Services. Great Raffle Prizes! Awards to Top Male/Female Overall, Top Three Age Division Winners. Dry fit Shirts to the 1st 700 finishers. **Grand Prize:** 2 roundtrip tickets from Delta Air Lines to Manila/Narita. **2 Baby Grand Prizes.** Giant brand Bicycles

Get Ready! Forms Available at
Hornet Sports
Goody's Sporting Goods,
Guam Girl Scouts & Nissan
 nissanguam.com



In observance of **Memorial Day** Monday, May 29, 2017, our office will be **closed**.

★☆☆★★★

Our office will resume normal business hours Tuesday, May 30, 2017.

NetCare Health Plus
Featured Rewards Partners



The Hilton Guam Resort & Spa
 10% off Islander Terrace, Caffé Cino, Tree Bar, Roy's, Fisherman's Cove, and Tropics BBQ Not valid during specials or promotions, peak periods & holidays. Discount valid until March 31, 2018. Discount applies to one check during visit, NetCare member only.



76 Circle K
 15 cents per gallon off fuel, not to be combined with other discounts or promos.




Lets talk about...

Sleep & why it's so important zzz

From The Better Sleep Council

Who is the Better Sleep Council and what is "Better Sleep Month"?

The BSC, established in 1978, is the consumer-education arm of the International Sleep Products Association, working to educate the public of the critical relationship between sleep, the quality of life and good health. As well as, the value of the mattress and sleep environment, to pursue a good night's sleep. In 1985, the BSC designated May as "Better Sleep Month" to help create awareness on the importance of sleep to lead a healthy and productive life ("May is Better Sleep Month").

Why is sleep important?

Sleep is a vital part of a healthy lifestyle. It affects your overall well being, feelings/emotions, relationships with others, your productivity, and your quality of life. While you sleep, your brain goes to work, consolidating the day's learning into memory and reenergizing the body ("Sleep FAQ").

How much sleep does the average person need?

Although some people may need as much as 10 hours of sleep a night and others much less. The average person normally needs 7-8 hours a night, but it differs for every person. If you are someone that likes to sleep longer on the weekends than during the week, it could be a sign that you probably aren't getting the proper amount of sleep your body needs every night ("Sleep FAQ").

(bettersleep.org)

DID YOU KNOW...

(sleepfoundation.org)

- Man is the only mammal that willingly delays sleep
- We naturally feel tired at two different times of the day: about 2:00 AM and 2:00 PM.



May is...

Lyme Disease Awareness Month

What is Lyme Disease?

Lyme disease is a bacterial infection that can affect any organ in the body, caused by a spirochete known as *Borrelia burgdorferi* - a corkscrew-shaped bacterium.

How does a person get Lyme Disease?

It can be transmitted from the bite of an infected blacklegged tick, or deer tick. The tick must be attached to the host for 36 to 48 hours to transmit Lyme disease. The bacteria enters the skin through the bite, ultimately making its way into the bloodstream (mayoclinic.org).

SYMPTOMS

- Fever
- Fatigue
- Headache
- Erythema Migrans

PREVENTION

- Using insect repellent
- Applying pesticides
- Removing ticks promptly
- Reducing tick habitats

The CDC reports that each year, there are approximately **30,000** cases of Lyme disease

4 Risk Factors for Bladder Cancer

SMOKING

Smokers get bladder cancer twice as often as non-smokers

RACE

Caucasians are twice as likely to develop bladder cancer as are African Americans & Hispanics

ARSENIC

Arsenic in drinking water has been linked to a higher risk of bladder cancer

CHEMICAL EXPOSURE

Some chemicals used in making rubber, leather, printing materials, textiles and paint products have been linked to bladder cancer

To learn more about bladder cancer, visit bcn.org



Do you know your ABCDEs?

The ABCDEs of Melanoma skin cancer, used to classify melanomas.

A **Asymmetrical Shape**
Moles that, if divided in half are not the same on both sides

B **Border**
Moles with edges that are irregular or uneven

C **Color**
Moles gaining or losing color, or multicolored

D **Diameter**
Moles that are usually but not always, larger than 6mm

E **Evolution**
Moles that have changed size, shape, color or risen. Also, changing symptoms, such as bleeding, oozing, or itching

Controlling High Blood Pressure without medication

Mayoclinic.org

1. **Exercise regularly.** Spending at least 30 minutes most days of the week doing regular physical activity -walking, jogging, cycling, swimming, or dancing- can help reduce your blood pressure by 4 to 9 millimeters of mercury (mm Hg).
2. **Watch your weight.** As weight increases, more often than not your blood pressure will also increase. It's important to find an effective diet and exercise plan that works well for you to lose weight, to ultimately help reduce your BP. NetCare offers various weight management programs that are unique to each participant and designed to help you achieve your wellness goals.
3. **Keep track of your waistline.** The more weight you carry around your waist, the more at risk you are of your blood pressure increasing. To help reduce your risk, men should try to keep their waist measurements below 40 inches (102 centimeters) and women below 35 inches (89 centimeters). Since these numbers can differ among different ethnic groups, you should ask your doctor what a healthy waist size is for you and ways you can achieve, or maintain it.
4. **Reduce sodium in your diet.** Lowering your sodium intake can reduce your blood pressure by 2 to 8 mm Hg.
5. **Limit the amount of alcohol you drink.** Drinking outside of the moderate amount of alcohol can actually raise your blood pressure and reduce the effectiveness of blood pressure medications.
6. **Quit Smoking.** Every cigarette you smoke increases your blood pressure for several minutes even after you've finished. NetCare offers numerous smoking cessation programs to help you quit smoking.

For more info about NetCare's Health & Wellness programs you can visit our website or give us a call. Before beginning any program, you should ask your doctor if it is right for you.



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