



WORLD STROKE DAY (OCT 29, 2017)

SIGNS OF A STROKE

FACE - Does the face look uneven?

ARM - Does one arm drift down?

SPEECH - Does their speech sound strange?

TIME - Call 911 at first sign!

FACTS

- About 87% of all strokes are ischemic strokes, blood flow to the brain is blocked
- Strokes can occur at any age
- Stroke is the fifth leading cause of death for Americans
- Every 4 minutes, someone dies of stroke

(cdc.gov)

International Infection Prevention Week (Oct 15 - 21, 2017)

NATIONAL HEALTHY LUNG MONTH

Keep your lungs healthy by staying active with these breathing exercises aimed to increase lung capacity.

Diaphragmatic Breathing, according to the COPD Foundation. Some people refer to it as "breathing from your belly", which engages the diaphragm.

- Relax your shoulders and sit back or lie down
- Place one hand on your belly and one on your chest
- Inhale through your nose for two seconds, feeling the air move into your abdomen and feeling your stomach move out. Your stomach should move more than your chest does
- Breathe out for two seconds while pressing on your abdomen

Rib Stretch, this exercise is easy and can be done by anyone.

- Stand upright with your back arched
- Exhale all the oxygen from your lungs
- Breathe in slowly, filling your lungs as much as possible
- Hold your breath for at least 10 seconds
- Slowly exhale

Numbered Breathing

- Stand still and take a deep breath with your eyes closed
- Force all the air out of your lungs when you exhale
- As you inhale again, picture the number 1
- Hold your breath for several seconds, and then exhale
- Inhale as you picture the number 2 and exhale after holding your breath until the count of 3
- Continue this exercise until you get to the number 8

THE BALD TRUTH

Many people, mostly men, suffer from hair loss at some point in their lifetime.

Hair loss can be caused by any of the following:

- Genetics
- Stress
- Hormones
- Drugs
- Diseases
- Medical Conditions
- Poor Diet

FACTS

- The most common cause of hair loss in men and women is genetics
- Wearing hats does not cause hair loss
- Half the hair can be lost before it is noticeable
- Two thirds of men will have some hair loss by age 35
- 9 out of 10 Balding Men cite hair loss as their No. 1 concern

What is MPB?

Male Pattern Baldness, also known as androgenic alopecia, is the most common type of hair loss in men. MPB causes the hair growth cycle to weaken and shrinks hair follicles to produce shorter and finer strands of hair.



NetCare Health Plus
Featured Rewards
Partner



Pika's Café

Substitute brown rice for FREE with any dish.



Guam Sleep Center

50% discount off of the members co-pay.



Rochelle's Animal Balloons

Receive \$5 off balloon art services when you book a minimum of 2 hours.

DID YOU KNOW...

- Americans buy an estimate of 90 million pounds of chocolate during the week of Halloween.
- Handwriting can help you to remember things that are important.
- The enamel on your teeth is the hardest part of your entire body.



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

NATIONAL BREAST CANCER AWARENESS MONTH

Male Breast Cancer

All humans are born with breast cells and tissue. Although males do not develop breasts that produce milk, their breast cells and tissue can still develop cancer.

Male breast cancer is extremely rare, and only one in a thousand men will be diagnosed in his lifetime.

MBC Risk Factors

- High levels of estrogen
- Exposure to radiation
- Family history of breast cancer and the BRCA2 gene

For more information, please visit nationalbreast-cancer.org or talk to a health care professional

- Breast cancer is the **most common cancer** among women (WHO)
- **1 in 8 women** in the U.S. have been or will be diagnosed with breast cancer in her lifetime
- **Every 2 minutes**, a woman is diagnosed
- **Every 13 minutes**, breast cancer takes a woman's life

NATIONAL SPINA BIFIDA AWARENESS MONTH

Spina Bifida, is a gap in the spine that is caused when a baby's spine and spinal cord do not develop properly in the womb.

CAUSES

- Low Folic Acid intake during pregnancy
- Family History of Spina Bifida
- Certain medications taken during pregnancy that are linked to increased risk of a baby developing Spina Bifida

SYMPTOMS

- Loss of skin sensation in the lower half of the body
- Weakness/total paralysis of the legs
- Urinary and bowel incontinence

Can Spina Bifida be diagnosed during pregnancy?

Yes, most cases are detected between 18 to 21 weeks of pregnancy-during the mid-pregnancy anomaly scan.

What are the treatment options for Spina Bifida?

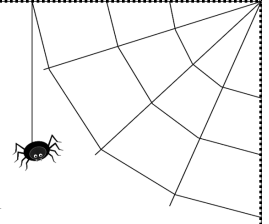
- Surgery after birth
- Physiotherapy & occupational therapy
- Mobility Equipment
- Treatments for urinary and bowel incontinences

For more information, please visit nhs.uk or talk to a health care professional

Trick

Your taste buds to a **Treat**

That won't scare you when you step on a scale this **October!**



Dark Chocolate Apples

Every year, people near and far love to sink their teeth into a sweet, gooey and crisp caramel apple; but tend to forget the damages it can cause to your health.

Ingredients:

- 6 medium sized Apples
- 6 wooden sticks
- 8 ounces or 1 cup bittersweet or dark chocolate, chopped
- 2 ounces semi sweet chocolate, chopped

Preparation:

- Wash apples and twist stems off
- Push a stick into the core of each apple, place in refrigerator
- Heat chocolate in double boiler until fully melted, remove from heat & stir
- Dip apples into chocolate & place on wax paper lined cookie sheet
- Place in refrigerator for 15 - 30 min, or until chocolate is set



Mental Illness Awareness Week

(Oct 1 - 7, 2017)

Fire Prevention Week

(Oct 8 - 14, 2017)

Respiratory Care Week

(Oct 22 - 28, 2017)

Red Ribbon Week

(Oct 23 - 31, 2017)



To: All members born in October!

From: Your NetCare Family

NetCare Life & Health Insurance, Co.
 Julale Ctr, Suite 200, 424 W. O'Brien Drive
 Hagatna, GU 96910
 Tel: 671-472-3610 | Fax: 671-472-3615
www.netcarelifeandhealth.com