

## Attention Government of Guam Employees & Retirees

*It's everyone's favorite time of the year... Open Enrollment Season!*



GOVERNMENT OF GUAM

# FY18 OPEN ENROLLMENT!

## SATELLITE LOCATIONS & DATES

### Hagåtña Shopping Center

Time: 10 a.m. - 6 p.m.  
September 5 - 7th  
September 19 - 22nd

### Micronesia Mall, Concourse 3

Time: 10 a.m. - 6 p.m.  
September 12 - 14th

### ITC Building, DOA Personnel Rm, 2nd Flr.

Time: 10 a.m. - 4 p.m.  
September 5 - 7th  
September 12 - 14th  
September 19 - 22nd

Contact us for more information!

Employee Benefits Branch 475-1179/1296  
[hr.doa.guam.gov](http://hr.doa.guam.gov)

## National Ovarian Cancer Awareness Month

Ovarian Cancer, one of the deadliest forms of gynecologic cancer, and all women are at risk for developing it. The condition usually produces no symptoms until an advanced stage, but women can learn possible warning signs to increase their likelihood of detecting ovarian cancer in early stages.

### Early Warning Signs

- Abdominal or pelvic pain
- Bloating
- Fatigue
- Urgency or frequency to urinate
- Backaches and pain
- Unexplained weight gain
- Nausea
- Indigestion, gas, or constipation
- Diarrhea

"In the United States alone, the condition is diagnosed annually in nearly 21,000 females and responsible for causing approximately 14,000 deaths." 1

1 | 30 Days of Teal – September Is National Ovarian Cancer Awareness Month ([moffitt.org](http://moffitt.org))

For more information, visit [moffitt.org](http://moffitt.org)

## National Suicide Prevention Week

(Sept 10 - 16, 2017)

## National Day of Service and Remembrance

(Monday, Sept 11, 2017)



**NetCare Health Plus**  
Featured Rewards  
Partner



**Tony Roma's**  
Free side salad with the purchase of an entree.



**The T-Factory**  
Dri-fit clothing discounts and discount on retail Guam shirts. Please call or visit store for details.  
(671) 472-8337/5

## September is National Childhood Obesity Month

In the United States, about 1 in 3 children is overweight or suffers from obesity

Obesity during childhood can eventually lead to worsening health problems, such as high blood pressure, diabetes, and heart disease.

In honor of National Childhood Obesity Awareness Month, NetCare Life & Health Insurance Co. encourages you and your family to make healthy changes together.

- Be knowledgeable about ingredients
- Eat healthier: incorporate vegetables, fruits, and whole-grain foods to meals
- Increase daily activity: children and adolescents should have at least 60 minutes of physical activity everyday
- Limit time spent watching TV, playing video games, or on a computer

## DID YOU KNOW...

([crazyhealthfacts.com](http://crazyhealthfacts.com))

- Smokers can lose 1/3 of their everyday memory.
- 33% of those who drink four or more caffeinated beverages, such as soda or coffee, daily are put at a higher risk for sleep apnea.
- The adult human heart weighs about 10 oz.



## Featured Provider



**Keith Horinouchi DrPH, MPH, CNS**

Dr. Keith Horinouchi is a Lifestyle and Nutritional Medicine Specialist providing functional medicine and integrative services at his clinic, **Dr. Horinouchi Wellness Clinic, in Tamuning.**

### Rise in Childhood Disorders

Over the past 35 years of my career in lifestyle and nutritional medicine, I have seen an alarming rise of childhood chronic diseases and behavioral disorders. Chronic diseases including diabetes mellitus type 2, high blood pressure, hyperlipidemia and obesity are now common for children and young adults previously affecting only adults. Behavioral disorders like autism, depression, anxiety, ADHD and other developmental disorders are on the rise as well.

"From 1997 to 2013, the proportion of children ages 5 to 17 years reported to have ever been diagnosed with attention-deficit/hyperactivity disorder (ADHD) increased from 6.3% in 1993 to 10.7% in 2012 and 9.9% in 2013."<sup>1</sup>

"The percentage of children ages 5 to 17 years reported to have ever been diagnosed with autism rose from 0.1% in 1997 to 1.2% in 2013. This increasing trend was statistically significant."<sup>1</sup>

"From 2002 to 2012, incidence, or the rate of new diagnosed cases of type 1 diabetes in youth increased by about 1.8 percent each year. During the same period, the rate of new diagnosed cases of type 2 diabetes increased even more quickly, at 4.8 percent."<sup>2</sup>

#### So what are the reasons for this increase?

In a recent nutrition workshop presented at my clinic I discussed childhood disorders. The highlight of the talk included that childhood disorders are from environmental exposures to things like toxic metals, and nutritional deficiencies that may occur from poor diet, poor absorption, or poor assimilation that may be related to genetic SNP's (single nucleotide polymorphisms or mutations). Nutrition and nutrigenomic testing is an advanced method for providing treatment and solutions for these increasing disorders in our children.

- 1 America's Children and the Environment, October 2015
- 2 Diabetes in Youth Study, N Engl J Med 2017; 376: 1419-1429 April 13, 2017

For additional information please call 646-9333 or [www.horinouchiwellnessclinic.com](http://www.horinouchiwellnessclinic.com)

September is...

## Blood Cancer Awareness Month

Blood cancers affect the blood, bone marrow or lymph nodes by altering normal blood cell production or function. It can affect anyone, at any time in their life.  (lymphoma.org)

### MOST COMMON TYPES OF BLOOD CANCER

<b>Leukemia</b>	Cancer of the blood and bone marrow
<b>Lymphoma</b>	Cancer of the lymphatic system
<b>Myeloma</b>	Cancer of plasma cells
<b>Myelodysplastic Syndromes (MDS)</b>	Group of cancers in the bone marrow that prevent immature blood cells from maturing and becoming healthy.
<b>Myeloproliferative Neoplasms (MPNs)</b>	Group of diseases that causes the bone marrow to overproduce blood cells.

## National RECOVERY MONTH



The Substance Abuse and Mental Health Services Administration (SAMHSA), sponsors National Recovery Month every September to increase understanding and awareness of mental and substance use disorders and to celebrate the gains made by those in recovery and those who have successfully recovered.

**Appreciate those who don't give up on you**

**Strive to become the best version of yourself**

**It's not going to be easy, but it will be worth it**

**If you get lost along the way, remind yourself of the reasons you want to change.**

**The first step to recovery is identifying the problem and committing to find a solution**



**To: All members born in September!**

**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](http://www.netcarelifeandhealth.com)