

September is Ovarian Cancer Awareness Month! Ovarian cancer is cancer that Begins in the ovaries.

Ovaries are reproductive glands found only in females. The ovaries produce eggs (ova) for reproduction. The eggs travel through the fallopian tubes into the uterus where the fertilized egg implants and develops into a fetus. The ovaries are also the main source of the female hormones estrogen and progesterone. One ovary is on each side of the uterus in the pelvis. The ovaries are made up of 3 main kinds of cells: the epithelial cells, germ cells and stromal cells. Each of these types of cells can develop into a different type of tumor.



Epithelial tumors start from the cells that cover the outer surface of the ovary. Most ovarian tumors are epithelial cell tumors. Germ cell tumors start from the cells that produce the eggs (ova). Stromal tumors start from structural tissue cells that hold the ovary together and produce the female hormones estrogen and progesterone. Most of these tumors are benign (non-cancerous) and never spread beyond the ovary. Benign tumors can be treated by removing either the ovary or the part of the ovary that contains the tumor. Ovarian tumors that are not benign are malignant (cancerous) or low malignant potential tumors. These types can spread (metastasize) to other parts of the body and can be fatal.

For more details on Ovarian Cancer and Treatments visit:
<http://www.cancer.org/cancer/ovariancancer>

What is Cholesterol?

Cholesterol is a waxy, fat-like substance that your body needs. But when you have too much in your blood, it can build up on the walls of your arteries and form blockages. This can lead to heart disease, heart attack, and stroke. One way to prevent these diseases is to detect high cholesterol and treat it when it is found.



There are two kinds of cholesterol: high-density lipoprotein (HDL) or "good" cholesterol and low-density lipoprotein (LDL) or "bad" cholesterol. When your doctor talks about high cholesterol, he or she is talking about "bad" LDL cholesterol.

Screening is the key to detecting high cholesterol. Your doctor can do a simple blood test to check your cholesterol level.

How can you prevent or treat high cholesterol?

Kick cholesterol to the curb by making simple lifestyle changes!

Eat a healthy diet. Avoid saturated fats and trans fats, which tend to raise cholesterol levels. Eating fiber can help lower cholesterol.

Exercise regularly. Physical activity can help lower cholesterol. It is recommended that adults engage in moderate-intensity exercise for 2 hours and 30 minutes weekly.

Maintain a healthy weight. Being overweight or obese can raise your cholesterol levels. Losing weight can help lower your cholesterol.

For more information, visit <http://www.cdc.gov/features/cholesterolawareness/>.

FEATURED REWARDS

TONY ROMA'S
RIBS • SEAFOOD • STEAKS

Fill your belly with those veggies! Check out Tony Roma's located at Agana Shopping Center Hagatna, Guam 96913 to receive a free side salad with a purchase of an entrée.

For more information, call (671) 477-4071.

PARTNERS



PIKA'S CAFE
GUAM, USA

Are you staying away from white rice? Stop by Pika's Café located at 888 N. Marine Corps Drive Ste. 114 Tamuning, Guam 96913 and substitute brown rice for FREE with any dish! Call them at (671) 647-7452 for more information.



In observance of Labor Day, Netcare's office will be closed on Monday, September 7, 2015.

Normal office hours will resume on Tuesday, September 8, 2015 from 8am - 5pm.



to all our members born in the month of September!

From:
Your Netcare Family



September is National Childhood Obesity Awareness month! Did you know that one in 3 children in the United States is overweight or obese? Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, we encourage you and your family to make healthy changes together.

Here are a few ways you and your family can make those changes: 1) Get active outdoors: take a family walk around the neighborhood, go bike riding, or even play your favorite outdoor sports! 2) Limit screen time: limit the amount of time spent watching TV, being on the computer, or playing video games to 2 hours or less a day! 3) Make healthy meals: buy and serve more vegetables, fruits, and whole-grain foods for your family.

Visit <http://healthfinder.gov/NHO> for more details.

Stay Healthy! Exercise Daily!

September's exercise of the month features exercises for flexibility. Flexibility prevents injury to the muscles, and also enhances your workout. Do not "bounce while you are stretching and remember to hold the position for 30-45 seconds. Below are a few simple flexibility exercises that you can do almost anywhere!

Standing Squad Stretch:

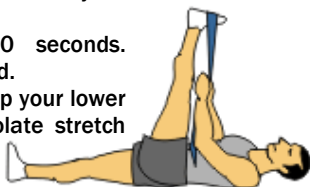
Instructions:

1. Stand with a shoulder width stance and hang onto an object for support.
2. Bring one foot up and grab your hand.
3. Pull your foot up until you feel a stretch on the front of your thigh.
4. Hold for the prescribed time and repeat with the other leg.



Supine Hamstring Stretch:

1. Lie on back and place rope or towel over the foot. Your other leg should remain flat on the floor at all times.
 2. Slowly straighten knee until stretch is felt in back of your thigh.
 3. Hold for 20-30 seconds. Repeat as prescribed.
- * Remember to keep your lower back straight to isolate stretch in the hamstring.



Visit <http://www.exerciseplace.org> for more flexibility exercises.



Think Variety. Think Color.

September is "Fruits and Veggies—More Matters" Month! Eating fruits and veggies in a variety of colors not only provides eye candy for your kids, but mixing things up also gives them a broad range of nutrients. Have your children fill up that shopping cart with a spectrum of colorful fruits and vegetables that'll create a rainbow on their plates!

How to Create a Rainbow on Your Plate:

- Make a tropical rainbow fruit salad with fruits of each color: oranges, pink grapefruit, mango, papaya, kiwifruit, bananas, and purple grapes.
- Sauté your own medley of mixed vegetables using each color: red onions, carrots, corn, broccoli and black beans.
- Try a spinach salad with dried cranberries, canned mandarin oranges and red onion with your favorite vinaigrette.
- Make fruit-sicles: puree your favorite fruit (fresh, frozen or canned) with 100% fruit juice. Freeze in ice cube trays, paper cups or popsicle molds for a refreshing treat.
- Steam edamame for a fun snack.
- Make a Greek-inspired salad: romaine lettuce, tomatoes, red onion, chick peas, black olives and artichoke hearts.
- Make a dried fruit and nut mix for snacks. Include dried apples, apricots, cranberries, peaches, pears, cherries and mixed nuts.
- Top a toasted English muffin with tomato sauce, a scrambled eggs and fresh spinach. Add grated mozzarella cheese and melt for your perfect breakfast pizza!

Visit <http://www.fruitsandveggiesmorematters.org> for more rainbow ideas for your plate!

September 30, 2015 is National Women's Health and Fitness Day!
Kick start your healthy lifestyle and visit
<http://www.fitnessday.com/women/> to find out how you can be a part of this day!

Ingredients

Dressing:

- 1 clove garlic
- 1/4 tsp salt
- 1tbsp distilled vinegar
- 1/2 cup buttermilk
- 1/4 cup low-fat mayonnaise
- 3 tbsps chopped fresh tarragon or 1 tbsp dried

Pasta Salad:

- 8 ounces (about 3 cups) whole-wheat bowtie pasta
- 2 cups cubed cantaloupe or honeydew melon
- 2 cups thinly sliced baby spinach
- 2 cups cubed or shredded cooked chicken
- 1/4 cup dried cranberries
- 1/4 cup chopped prosciutto (about 3 ounces)
- Freshly ground pepper to taste

Preparation

To prepare dressing: Mash garlic and salt in a medium bowl with the back of a spoon into a chunky paste. Add buttermilk, mayonnaise, tarragon and vinegar; whisk until combined.

To prepare pasta salad: Cook pasta in a large pot of boiling water according to package directions. Drain, transfer to a large bowl and let cool. Add melon, spinach, chicken, cranberries, prosciutto, pepper and the dressing; toss to coat.

Nutrition Facts:

Per serving: 294 calories; 6 g fat (2 g sat, 1 g mono); 54 mg cholesterol; 38 g carbohydrates; 3 g added sugars; 25 g protein; 4 g fiber; 633 mg sodium; 400 mg potassium.

Melon & Chicken Pasta Salad



<http://www.eatingwell.com>



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 to assist you.