

	<h1>Take Charge!</h1>	<p>Providing information and ideas to City employees on how to improve your health</p> <hr/> <p>Issue 32 June 2008</p>
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**Topics:** Diet and Physical Activity: the Cancer Connection? •  
Mammography Screening Event

## Reducing Your Risk of Cancer with Healthy Living

According to the following information from American Cancer Society, pursuing a healthy lifestyle may reduce your risk of cancer. Increasingly, researchers agree that poor diets and sedentary lifestyles are among the most important contributors to cancer risk. Fortunately, these are things we can control. Except for quitting smoking, the best way to cut your risk of cancer is to achieve and maintain a healthy weight, to be physically active on a regular basis, and to make healthy food choices. The evidence for this is strong: Each year, about 550,000 Americans die of cancer; fully one-third of these deaths are linked to poor diet, inactivity, and excess weight.

**Maintain a Healthy Weight:** Being overweight or obese increases the risk of several cancers, including cancers of the breast, colon, endometrium, esophagus, kidney, and other organs. Excess weight causes the body to produce and circulate more of the hormones estrogen and insulin, which can stimulate cancer growth. (Controlling your weight also reduces your risk of other chronic diseases, such as diabetes and heart disease.)

To find out if you are at a healthy weight, check your Body Mass Index (BMI), a score based on the relationship between your height and weight. To reduce your cancer risk, try to keep your BMI less than 25. Check your BMI by going to [http://www.cancer.org/docroot/PED/content/PED\\_3\\_1x\\_Body\\_Mass\\_Index\\_Calculator.asp?sitearea=PED](http://www.cancer.org/docroot/PED/content/PED_3_1x_Body_Mass_Index_Calculator.asp?sitearea=PED)

To control your weight, a good first step is to watch portion sizes, especially of foods high in calories, fat, and added sugars. Try writing down *what* and *how much* you eat and drink for a week and see where you can cut down on portion sizes, cut back on some not-so-healthy foods and drinks, or both!

**Be More Active:** Another way to control your weight is to increase physical activity. Being active helps reduce your cancer risk by influencing hormone levels and your immune system. (Physical activity also helps reduce your risk of heart disease and diabetes.) The latest recommendations for adults call for at least 30 minutes of intentional moderate to vigorous activity a day—this is over and above usual daily activities like using the stairs instead of the elevator at your office or doing housework—on 5 or more days per week. Even better, shoot for 45 to 60 minutes. Kids should be active 60 minutes or more a day.

**Eat a Healthy Diet:** Eating well is also important to maintaining a healthy weight, improving your health and reducing your cancer risk. Try the following suggestions to build a healthy diet plan for yourself:

**Vegetables and fruits:** Eat *at least 5* servings of vegetables and fruits a day, especially those with lots of color. These foods are packed with vitamins, minerals, antioxidants, and other substances that work together to lower risk of lung, mouth, esophagus, stomach, and colon cancers. And, if prepared properly, vegetables and fruits are usually low in calories, so eating them in place of higher-calorie foods can also help you control your weight.

**Whole grains:** Aim for at least 3 servings of whole grains each day. Try eating oatmeal at breakfast, choosing whole-wheat bread or wraps for your sandwich, and preparing brown rice at dinner instead of white.

**Processed and red meats:** Cutting back on processed meats like hot dogs, bologna, and luncheon meat, and red meats like beef, pork and lamb may help reduce the risk of colon and prostate cancers. These foods are also high in saturated fat, so eating smaller portions less often can also help lower your risk of heart disease.



## Mammograms and Your City Benefits

**New! Mammography Screening Event:** To make the screening convenient for many City employees and to highlight the importance for women to get an annual mammogram starting at age 40, the Swedish mobile mammography unit will be parked by the lower plaza of City Hall from Tuesday – Thursday, July 29-31, 2008. The mobile unit features the latest in digital full-field mammography technology as well as a special satellite system that transmits the images to Swedish radiologists for review. Employees who use this convenient service will be provided with their results within 30 days of their appointment by U.S. mail.

**Who:** City of Seattle employees, women age 40 and over

**What:** Mammography Screening Event scheduled downtown

**Where:** The mobile unit will be parked in front of City Hall at 600 4<sup>th</sup> Avenue between Cherry and James.

**When:** Tuesday – Thursday, July 29 -31, 2008 from 8:00 AM – 4 PM

**Schedule an Appointment:** Go to the secure website at <https://ehealth.swedish.org/mammappointment> . Register by **July 15** if prior mammography films must be obtained. If you need to cancel or reschedule your appointment, contact Charlotte Hines at 206-320-2285.

**Coverage Information:** Mammograms are fully or partially paid depending on your medical plan and will be billed to Aetna, Group Health or Healthcare Management Association; you will be charged any applicable copays. Mammography services through the mobile unit will be paid at the in-network/preferred provider level. See the chart below for specific coverage information.

Mammography – Most Plans					
Group Health		City of Seattle Traditional - Aetna		City of Seattle Preventive - Aetna	
Standard	Deductible	In-Network	Out-of-Network	In-Network	Out-of-Network
Paid at 100% after \$15 copay	Paid at 100% after \$15 copay	Paid at 80%	Paid at 60%	Paid at 100%, copay waived	Paid at 60%

Mammography – SPOG Plans					
Group Health		City of Seattle Traditional - Aetna		City of Seattle Preventive - Aetna	
Standard	Deductible	In-Network	Out-of-Network	In-Network	Out-of-Network
Paid at 100%	Paid at 100% after \$20 copay	Paid at 80%	Paid at 60%	Paid at 100%, copay waived	Paid at 60%

Mammography – Local 77 Plans				
Group Health	Healthcare Management Administrators (HMA) Traditional		City of Seattle Preventive	
Standard Plan	Preferred Provider	Participating Provider	In-Network	Out of Network
Paid at 100%	Paid at 80%	Paid at 60%, deductible waived	Paid at 100%	Paid at 70%

**General Information:** *Take Charge!* is meant to serve as a general health guide. You should work with your health care professional to receive an accurate diagnosis of your general health and the appropriate treatment program. To receive this newsletter in larger font, email [carolyn.trapp@seattle.gov](mailto:carolyn.trapp@seattle.gov)