

# Wellness News

June 2023

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**“He who has health has hope and he who has hope has everything.”**

*– Arabian Proverb*



**Anthem members:** You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing. Simply scan this QR code with your smartphone's camera to download the Sydney Health app.

# Healthy Choices

## Did You Know?

Preventive health measures and screenings can prevent 85% of illness and disease and are covered at no cost for many plans.

## June is Preventive Health Month

### What is preventive care and why is it important?

Preventive health care is the stuff you do (before you get sick) to stay healthy. So why should you go to the doctor when you're healthy? The simple answer is that preventive care can help you stay healthier and, as a result, lower your health care costs. For example, preventive care identifies health problems like high blood pressure, diabetes or certain cancers earlier, when they're most treatable.

### Preventive health care examples

- **Annual checkup** – In addition to a physical exam, your annual checkup can include important general health screenings for high blood pressure, cholesterol and other health conditions.
- **Cancer screenings** – Most people don't experience cancer symptoms when diseases are in their earliest, most treatable stages. That's why screenings are recommended at certain times and intervals throughout your life. For example, it's recommended that both men and women begin colorectal cancer screenings starting at age 45. Other preventive screenings for women include Pap tests and mammograms. For men, prostate specific antigen (PSA) tests to screen for prostate cancer might be recommended.
- **Childhood immunizations** – Immunizations for children include hepatitis A and B, chickenpox, measles and MMR (mumps and rubella).
- **Adult immunizations** – These include Tdap (tetanus, diphtheria and pertussis) boosters, and immunizations against pneumococcal conjugate and shingles.
- **Yearly flu shot** – Flu shots can help reduce your risk of getting the flu by up to 60%.

Tackling health issues early helps you get or stay on a healthy track and reduces the risk of developing other health conditions. Schedule your appointment today!

### What's not considered preventive care?

Preventive care happens *before* a problem is identified. So, the same service may or may not be considered and billed as preventive care, depending on your health situation. For example, if a person gets a colonoscopy as a colorectal cancer screening, that's preventive – even if the doctor removes polyps or tissue samples during the procedure. But if additional follow-up care is needed such as another procedure to remove additional growths or any treatments if cancer is detected, it is not considered preventive.

### Non-preventive care examples:

- Primary care office visits related to a specific health care need such as seasonal allergies or minor injuries.
- Certain appointments with specialty doctors.
- Diagnostic tests and screenings to learn more about a suspected or known medical condition.

If you're not sure if something is considered preventive, contact member services at the number on the back of your ID card.



# 10 Early Signs of Alzheimer's

**Alzheimer's disease is a degenerative brain disease and the most common form of dementia. It causes a slow decline in memory, thinking and reasoning skills. Dementia is not a specific disease. It's an overall term that describes a group of symptoms.**

## 10 Early Signs and Symptoms of Alzheimer's

There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.

### Memory loss that disrupts family life

One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

### Challenges in planning or solving problems

Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

### Difficulty completing familiar tasks

People with Alzheimer's often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.

### Confusion with time or place

People living with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

### Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.

### New problems with words in speaking or writing

People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, naming a familiar object or use the wrong name (e.g., calling a "watch" a "hand-clock").

### Misplacing things and losing the ability to retrace steps

A person living with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses.

### Decreased or poor judgment

Individuals may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.

### Withdrawal from work or social activities

A person living with Alzheimer's disease may experience changes in the ability to hold or follow a conversation. As a result, he or she may withdraw from hobbies, social activities or other engagements.

### Changes in mood and personality

Individuals may experience mood and personality changes. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or if out of their comfort zone.

Source: [https://www.alz.org/alzheimers-dementia/10\\_signs](https://www.alz.org/alzheimers-dementia/10_signs)

**Worldwide, 55 million people are living with Alzheimer's and other dementias.**



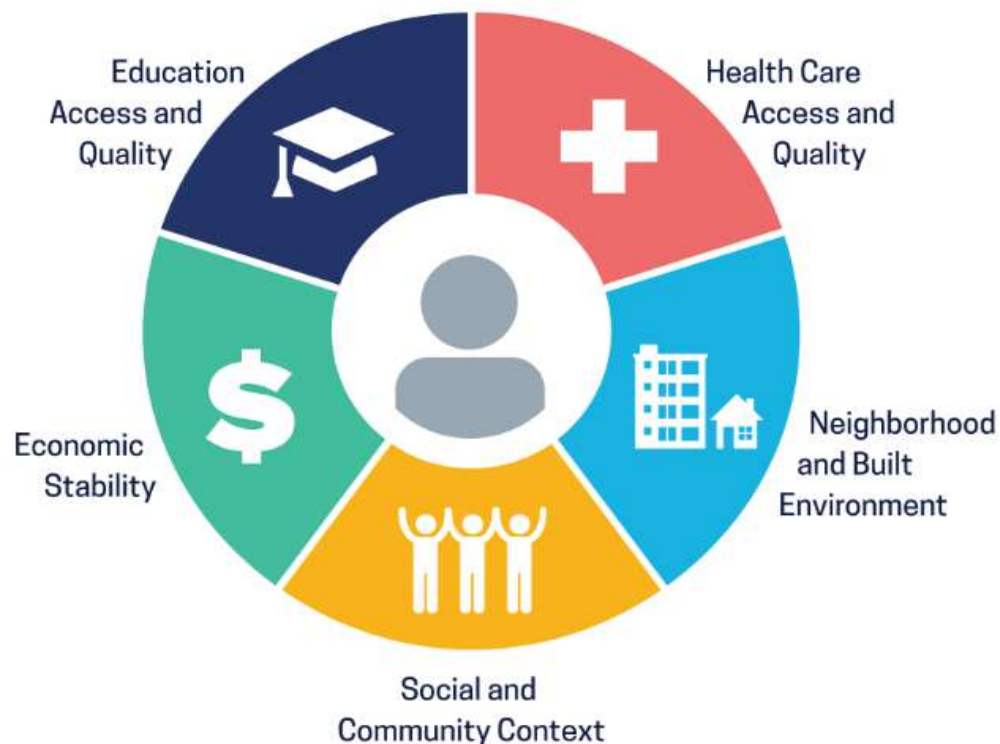
## What are social determinants of health?

Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. SDOH can be grouped into 5 domains:

Social determinants of health have a major impact on people's health, well-being, and quality of life. Examples of SDOH include:

- Safe housing, transportation, and neighborhoods
- Racism, discrimination, and violence
- Education, job opportunities, and income
- Access to nutritious foods and physical activity opportunities
- Polluted air and water
- Language and literacy skills

## Social Determinants of Health



SDOH also contribute to wide health disparities and inequities. For example, people who don't have access to grocery stores with healthy foods are less likely to have good nutrition. That raises their risk of health conditions like heart disease, diabetes, and obesity — and even lowers life expectancy relative to people who do have access to healthy foods.

Just promoting healthy choices won't eliminate these and other health disparities. Instead, public health organizations and their partners in sectors like education, transportation, and housing need to take action to improve the conditions in people's environments.

To help address SDOH, the U.S. Department of Health & Human Services launched *Healthy People 2030*. Healthy People 2030 sets data-driven national objectives to improve health and well-being over the next decade. One of Healthy People 2030's five overarching goals is to "Create social, physical, and economic environments that promote attaining the full potential for health and well-being for all." To learn more about the U.S. Department of Health & Human Services' work in this area, visit [Healthy People 2030](https://health.gov/healthypeople/priority-areas/social-determinants-health).



**Anthem members:** Access community support through Sydney. Log-in and click **MENU** on the bottom navigation bar. Select **Community Resources** > Search for resources in your area.

# Nina's Potato Salad

*This crowd-pleasing side is neither too rich nor too light, hitting the perfect balance of tart and creamy to perfectly complement any barbecue or picnic.*

Serves 8-12

## Ingredients:

- 2 pounds, 8 ounces red potatoes (unpeeled), cut into 1/2-inch pieces (about 8 cups)
- 1 ½ cups mayonnaise
- ¼ cup sweet pickle relish, drained
- 1 tablespoon kosher salt
- 1 tablespoon yellow mustard
- 1 teaspoon Horn Rub\*
- 1 teaspoon smoked paprika, plus more for garnish
- ¾ teaspoon garlic powder
- ¾ teaspoon onion powder
- ¼ teaspoon black pepper
- ½ cup thinly sliced scallions (from 4 medium scallions), plus more for garnish
- 4 hard-boiled eggs, peeled and chopped



## \*Horn Rub

- ¼ cup packed dark brown sugar
- 2 tablespoons kosher salt
- 1 tablespoon coarsely ground black pepper
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon paprika
- 1 teaspoon cayenne pepper

## Directions:

1. Place potatoes in a large saucepan; add salted water to cover by 2 inches and bring to a boil over high. Reduce heat to low; simmer, partially covered, until potatoes are just cooked through, 8 to 10 minutes. Drain and rinse under cold water. Set aside.
2. Whisk together mayonnaise, relish, salt, mustard, Horn rub, smoked paprika, garlic powder, onion powder, and pepper in a large bowl until well combined.
3. Add potatoes, scallions, and eggs to mayonnaise mixture; stir until well combined. Garnish with additional smoked paprika and scallions. Serve immediately.

## More Notable Observances in the Month of June

### June 3: [National Cancer Survivors Day](#)

On Sunday, June 4, 2023, people around the world are joining together to recognize cancer survivors, and to raise awareness of the challenges of cancer survivorship, as part of the 36th annual National Cancer Survivors Day® Celebration of Life.

### June 10: [Family Health & Fitness Day](#)

Celebrated the second Saturday in June each year, this special day promotes the importance of parks and recreation in keeping communities healthy and active.

### June 15: [World Elder Abuse Awareness Day](#)

The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

**June 27: [National Sunglasses Day](#)** Brought to life by The Vision Council, National Sunglasses Day is a commemorative date held annually on June 27 celebrating the importance of wearing shades to protect the eyes from the sun's harsh ultraviolet (UV) rays.

<https://www.foodandwine.com/recipes/ninas-potato-salad>  
<https://www.clinicaladvisor.com/home/news/health-awareness-months/>  
<https://www.istockphoto.com/photos/red-potatoes>

**Anthem members:** Be sure to check out the [Nutrition Tracker](#) and unlock the power of intelligent nutrition. Log into Sydney and select Menu > My Health Dashboard > featured programs.

