

For Your Health:

3 Things to Know

October 2016

1

Breast Cancer Awareness

October is Breast Cancer Awareness month. Breast cancer is the second most common cancer in women, but can be a highly curable disease if detected and treated early. While there are some breast cancer risk factors you can't change (such as family history), you can help lower your risk by taking care of your health (for example, exercising regularly and limiting alcohol). Talk to your provider about your risk factors for breast cancer and the benefits of screening mammograms.

2

Diabetes Management

Do you have diabetes? Regular check-ups are an important part of your healthcare. To reduce your risk of diabetes complications, see your provider at least twice a year. Your blood pressure will be checked at each appointment. Your provider may also check your feet, review your blood glucose meter results, administer recommended vaccines, and order lab tests. Some tests that may be included are labs to check your long-term blood sugar control (A1c), kidney function, and cholesterol level. In addition, be sure to visit your eye care professional annually. Check MyChart® or ask your healthcare team to find out what diabetes care items you are due for.

3

Living Well with Chronic Conditions

Managing a chronic illness can be difficult. If you would like help learning how to manage health conditions, Senior Services of Snohomish County and The Everett Clinic sponsor free Living Well with Chronic Conditions Workshops. In six sessions, you will build important skills to exercise safely, make healthy food choices and manage medications. Workshops are offered quarterly and registration is required. To register, call: 425-265-2283.