



Health Observance Calendar

July Sun Safety Awareness Month

According to the American Cancer Society, skin cancer is the most common of all cancers. Overexposure to sun and ultraviolet (UV) radiation are the main causes of skin cancer. Be sure to protect yourself from the sun this summer.



August Immunization Awareness Month

Summer vacation will be coming to an end in a few weeks, and school will resume for children and young adults. It is timely that August is National Immunization Awareness Month. Ensuring children are protected against diseases such as whooping cough, measles and diphtheria could save lives. Though shots are temporarily uncomfortable, they offer protection from life-threatening diseases and are often required for children to attend school.

September National Fruit and Vegetable Month

According to the Centers for Disease Control and Prevention (CDC), people who eat generous amounts of fruits and vegetables as part of a healthy diet have reduced risks of chronic diseases, such as heart disease, diabetes, and certain cancers.

myBlueWellness News

Third Quarter 2018

General Health Tip

Focus on Bicycle Safety

Riding a bicycle is great exercise and lots of fun. But a serious injury can cut the fun short, so make sure a helmet is part of your child's riding equipment.

Every year in the United States, people seek medical treatment from bike-related crashes, and some injuries can cause permanent disabilities. Wearing a bike helmet can significantly reduce the risk of head injury in the event of a crash.

Here are suggestions to help your child get used to wearing a helmet on every bike (and skateboard) ride:

- Have children wear helmets when they begin riding a tricycle to make wearing a helmet a habit.
- Be firm with your child: NO helmet, NO ride.
- Join with neighborhood parents to get all the kids to wear helmets. Then your child won't feel like the only one having to wear one. Agree that parents may intervene when they see any child without a helmet.

By following these simple steps, your children will learn to be aware of their safety while riding bicycles.



Did You Know?

- More than 1.2 million cases of skin cancer are diagnosed each year in the United States.
- Melanoma, the deadliest form of skin cancer, kills one person every hour.
- In some parts of the world, melanoma is increasing at rates faster than any other cancer.
- It takes just one blistering sunburn to double a child's lifetime risk of developing skin cancer.

Check out our website by clicking the link Alabamablue.com/mybluewellness.

Summer Vegetable Spaghetti – *This lively vegetarian pasta dish contains no added fat or oil, is low in cholesterol, and is good hot or cold.*

Prep time: 15 minutes **Cook time:** 30 minutes **Yields:** 9 Servings

Serving Size: 1 cup of spaghetti and 3/4 cup of sauce



Directions:

1. Combine first 10 ingredients in a large saucepan; cook for 10 minutes, then stir in the tomato paste. Cover and cook gently for 15 minutes, stirring occasionally, until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions. Drain well.
3. Serve sauce over spaghetti. Sprinkle parmesan cheese on top.

Ingredients:

- 2 cup small yellow onions, peeled and cut into eighths
- 2 cup chopped, peeled, ripe tomatoes (about 1 lb)
- 2 cup thinly sliced yellow and green squash (about 1 lb)
- 1½ cup fresh green beans, trimmed (about ½ lb)
- 2/3 cup water
- 2 Tbsp minced fresh parsley
- 1 clove garlic, minced
- ½ tsp chili powder
- ¼ tsp salt
- Ground black pepper, to taste
- 1 can (6 oz) no-salt-added tomato paste
- 1 lb uncooked spaghetti
- ½ cup grated parmesan cheese

Source: Stay Young At Heart.™ Keep the Beat is a trademark of the U.S. Department of Health and Human Services. <https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?cld=0&rld=269>

Nutritional information per serving:

Calories.....	279
Total fat.....	3 g
Saturated fat.....	1 g
Cholesterol.....	4 mg
Sodium.....	173 mg

Percent Daily Values are based on a 2,000 calorie diet.

Notes from Dr. Schmidt

Advice from Associate Medical Director, Dr. Anne Schmidt



It's hard to believe a suntan used to be considered desirable and healthy! These days, we recognize that protection from the sun's rays is essential to prevent skin cancer. More than 85 percent of skin cancers are associated with exposure to UV radiation from the sun.

Applying a broad spectrum sunscreen with SPF of 15 or higher every day is a simple step you can take for sun protection. For extended outdoor activity, use a water-resistant sunscreen with SPF of 30 or higher, applying one ounce to your entire body 30 minutes before going outside and reapplying every two hours and immediately after swimming.



In addition, clothing is our first line of defense, and the more skin you cover, the more protection you will receive. Long sleeves, high necklines, long pants and hats all help protect the skin from sun exposure throughout the course of a day. This is especially important for children, who are more sensitive than adults to sun exposure.



Finally, check your skin regularly and seek medical attention for any changes. Taking common sense precautions now can help prevent skin cancer in the future.

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Baby Yourself

The Baby Yourself Maternity program app helps expectant mothers track their pregnancy and baby's development. Some features include:

- Daily Journal
- Photo Gallery
- Weekly Checklists
- Kick Counter
- Contract Counter
- Hospital Bag Checklist
- Record scheduled doctor visits
- Customizable reports
- Daily pregnancy and parenting tips
- One-button dialing to access your physician and/or Baby Yourself Nurse*
- ...and much more!



Eligible program participants* will receive:

- Support and educational material from an experienced Blue Cross registered nurse
- A personal nurse you can call with questions or concerns throughout your pregnancy
- Care coordination for high-risk pregnancies
- Useful gifts that support healthy habits

** For this service, you must be a Blue Cross and Blue Shield of Alabama member and be enrolled in the Baby Yourself Maternity Management program. There is no charge from BCBS of Alabama to download the Baby Yourself app, but rates from your wireless provider may apply. This information is for educational purposes only and is not a substitute for personal care from a licensed physician. Please consult your physician for diagnosis and treatment options.*

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