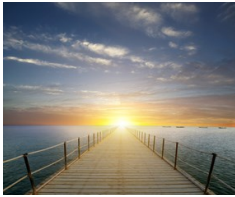


Providing your wellness committee with updates and relevant health information!

Wellness Works Coordinators' Bulletin

March 2018

Highlights from this Month's Bulletin:



Do You Have A Life's Purpose?

What do you identify
as your path?

Page 2



March is Colorectal Cancer Month

Colon cancer is both
preventable and
beatable

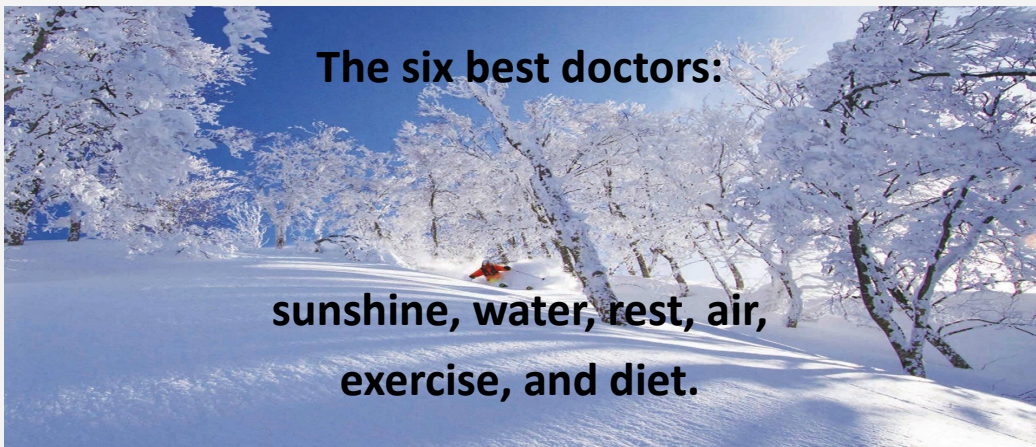
Page 2 & 3

We are excited for the upcoming
30th Annual Wellness Conference
scheduled on Tuesday, April 24th, at the
Harraseeket Inn, Freeport, Maine. Here is the link
for a description of the morning workshop
speaker and the itinerary we have planned for
you. You can also use this link to register for the
conference. We look forward to seeing you there!

<https://www.memun.org/Insurance-Services/Maine-Municipal-Employees-Health-Trust/Wellness-Works-Conference>

The six best doctors:

**sunshine, water, rest, air,
exercise, and diet.**



Do You Have A Life's Purpose?

Why do you get up in the morning? While this question might appear corny at first, if you take the time to reflect on it and answer honestly, you may find it points directly at your life purpose. We all have a need to find purpose in life. Some people find a way to express their purpose in their jobs, others look for opportunities outside their daily work. Regardless of how we do it, we all seek to find how we can best contribute to life.

Purpose can guide life decisions, influence behavior, shape goals, offer a sense of direction, and create meaning. For some people, purpose is connected to meaningful, satisfying work. For others, their purpose lies in their responsibilities to their family or friends. Others seek meaning through spirituality or religious beliefs. Some people may find their purpose clearly expressed in all these aspects of life.

Purpose will be unique for everyone; what you identify as your path may be different from others. What's more, your purpose can actually shift and change throughout life in response to the evolving priorities and fluctuations of your own experiences.

Contact Danielle at dyale@memun.org to schedule, "The Importance of Purpose."



Stop Cancer Before It Starts!®

March is Colorectal Cancer Month.

Colon cancer is both preventable and beatable. Colorectal cancer is cancer of the colon and rectum. It is the third most frequently diagnosed cancer in both men and women and the second leading cause of cancer deaths in the United States. For prevention, try some of the strategies listed below:

You might be at an increased risk for colorectal cancer if you say YES to any of the following:

- ◆ Are age 50 or older
- ◆ Smoke or use tobacco
- ◆ Are overweight or obese, especially if you carry fat around your waist
- ◆ Are not physically active
- ◆ Drink alcohol in excess (especially if you are a man)
- ◆ Eat a lot of red meat, such as beef, pork or lamb, or a lot of processed meat, such as bacon, sausage, hot dogs or cold cuts
- ◆ Have a personal or family history of colorectal cancer or benign (not cancerous) colorectal polyps
- ◆ Have a personal or family history of inflammatory bowel disease, such as ulcerative colitis or Crohn's disease

(Continued on page 3)

(March is Colorectal Cancer Month; Continued from page 2)

Therefore, prevention is a plus and everyone should attempt the following:

- ◆ Be physically active for at least 30 minutes a day, at least five days a week.
- ◆ Maintain a healthy weight and waist size. (Women less than 35 inches and Men less than 40 inches around the belly button).
- ◆ Avoid smoking. If you do smoke, quit.
- ◆ Limit alcohol to no more than one drink per day if you're a woman or two drinks per day if you're a man.
- ◆ Eat more fruits, vegetables and whole grains, which are good sources of fiber.
- ◆ Eat less red meat and avoid processed meat.
- ◆ Get screened according to the guidelines.

Early stages of colorectal cancer don't usually have symptoms. Later on, people may have these symptoms, contact your doctor if you experience any of the following:

- ◆ Bleeding from the rectum or blood in or on the stool
- ◆ Change in bowel habits
- ◆ Stools that are more narrow than usual
- ◆ General problems in the abdomen, such as bloating, fullness or cramps
- ◆ Diarrhea, constipation or a feeling in the rectum that the bowel movement isn't quite complete
- ◆ Weight loss for no apparent reason
- ◆ Being tired all the time
- ◆ Vomiting

Early Detection is extremely important. Begin getting screened at age 50 unless you have a family history. If you are older than age 75, ask your doctor if you should continue to be screened. If you are at high risk, talk to your health care professional about screening earlier and more often. Talk to you doctor about your screening test options.

For more information about colon cancer, www.preventcancer.org



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