

Healthy Aging: Preventing Unwanted Medical Conditions

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Healthy Aging

Your health is always important, but especially as you become older. You can lessen your risk of acquiring many health conditions, including various cancers, by making healthy choices such as not smoking, maintaining a healthy weight, eating a nutritious diet, staying active and getting age-recommended screenings and vaccinations. Being proactive is the best way to stay healthy, detect cancer before symptoms occur and prevent unwanted medical conditions.

Age Related Screenings and Vaccinations Include:

- Men:
 - Prostate Examination
- Women:
 - Breast Examination
- Everyone:
 - Skin Examination
 - Colorectal Examination
 - Vaccinations



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SEIB Information and Services

Prostate Exam

- **Starting at age 50**, men should discuss the pros and cons of receiving a prostate exam with their health care provider so they can determine if testing is the right choice for them
- **Starting at age 45, if you are African American or have a father or brother who had prostate cancer before age 65**, you should discuss testing with your health care provider
- If you decide to be tested, you should get a PSA (prostate specific antigen) blood test with or without a rectal exam
 - How often you are tested depends on your PSA level

Preventive
Health
check-ups

Prevention is Better than Cure



Colorectal Exam

Colorectal cancer is the third most common cancer in both men and women in the United States. Early detection is key in reducing cancer related death in older adults.

There are multiple tests that can be used to screen for colon cancer such as a fecal occult blood test, sigmoidoscopy, or colonoscopy.

Beginning at age 50, adults should be screened regularly with one of these tests.

How often should I get screened?

- Fecal Occult Blood Test – once a year
- Flexible Sigmoidoscopy – every 5 years with a fecal occult blood test every 3 years
- Colonoscopy - every 10 years

****Talk to your doctor to find out which screening is best for you***

Breast Exam

Factors that Increase Your Risk for Developing Breast Cancer:

Factors you **CAN'T** change

- Gender (Female > Male)
- Family history: first degree relative (parent or sibling)
- Personal history of breast cancer
- Race (White > Other Races)
- Advancing age
- Non-cancerous breast conditions
- Early puberty (<12 years old) or late menopause (>55 years old)
- Radiation exposure to chest
- Genetic mutation (BRCA1, BRCA2)

Factors you **CAN** change

- Not having children or having first child after age 30
- Contraceptive use (prescription birth control)
- Hormone replacement therapy
- Alcohol consumption
- Being overweight/obese
- Inactive lifestyle

****Talk to you doctor if you have any questions regarding your personal risk factors***

American Cancer Society Screening Recommendations:

<p>Breast Self-Exam – helps identify changes in your breasts over time</p>	<p>Monitoring optional for women ≥ 20 years old</p> <p><i>*You should report any changes in the way your breast(s) looks and feels to a health care provider immediately</i></p>
<p>Clinical Breast Exam – performed by a health care professional; helps identify changes in breast composition (size, shape, skin of breast or nipple)</p>	<p>Not routinely recommended</p>
<p>Mammogram (X-ray of the breasts) – identifies changes in breast tissue such as calcifications and masses</p>	<p>Women with Normal Risk:</p> <ul style="list-style-type: none"> • Ages 45-54: annual mammogram (can start at 40-44 years old) • Ages ≥ 55: twice annual mammogram <p>Women with High Risk (those with a positive family history or presence of genetic mutations):</p> <ul style="list-style-type: none"> • Ages ≥ 25: annual mammogram

Vaccinations

★ PNEUMOCOCCAL VACCINE (PNEUMONIA)

- For most adults **≥ 65 years old** it is recommended that you receive a 2-vaccine series starting at age 65. These vaccines will likely be separated by 12 months
- For some adults ages 19-64 with certain medical conditions (such as heart disease, lung disease, diabetes, alcoholism, chronic liver disease, or people who smoke) one dose of the vaccine is recommended before the age of 65

★ HERPES ZOSTER VACCINE (SHINGLES)

The CDC/ACIP Recommend:

- One dose of the shingles vaccine for most adults **≥60 years old**
- SEIB SWC follows the FDA recommendations and offers this vaccine for patients **≥50 years old**
- Talk to your healthcare provider if you are unsure when you should receive this vaccine

★ INFLUENZA VACCINE (FLU)

- This vaccine is recommended once a year during flu season, regardless of age, to prevent the occurrence of influenza (flu season typically starts in October)

** Talk to your doctor or pharmacist if you have any questions about which vaccines are appropriate for you*



Skin Exam

Skin Cancer Risk Factors:

- Personal or family history of skin cancer (especially melanomas)
- Numerous moles, irregularly shaped moles, or moles of large size
- Freckles, burning prior to tanning
- Fair skin, blue or green eyes, or blond/red/light brown hair
- Medications that increase sun sensitivity or suppress your immune system
- High altitudes
- Spending lots of time outdoors
- Autoimmune disorders
- Organ transplantation

Skin Cancer Screening:

What makes a spot suspicious?

- **A: Asymmetry** – dissimilar from side to side
- **B: Border** – irregular, ragged, notched, or blurred border
- **C: Color** – any spot that is not uniform in color
- **D: Diameter** – size of a pencil eraser or larger
- **E: Evolving** – changes in size, shape, and/or color

**See a dermatologist for examination of any suspicious spots!*

Ways to Prevent Skin Cancer:

- Stay in the shade (especially between 10AM-2PM)
- Wear sunscreen and sunglasses
- Wear clothing that covers exposed areas – long-sleeved shirts, pants and wide-brimmed hats
- Avoid tanning beds and tanning in the sun – try and get vitamin D through your diet instead of the sun
- Self-examine your skin annually to look for changes or unusual spots

1. Colorectal Cancer: Early Detection [Internet]. Prostate Cancer: Early Detection [Internet]. Breast Cancer: Early Detection [Internet]. Atlanta: American Cancer Society; c2013. 2013 Jan 24[cited 2016 Aug 10]; [about 2 screens]. Available from: <http://www.cancer.org/healthy/findcancerearly/cancerscreeningguidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer>
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3. Sunscreen FAQs [Internet]. Schaumburg (Ill): American Academy of Dermatology. [cited 2016 Aug 10]. Available from: <https://www.aad.org/media/stats/prevention-and-care/sunscreen-faqs>.
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5. Colorectal Cancer Screening Guidelines. Centers for Disease Control and Prevention. [updated 2014 Feb 26, cited 2016 Aug 11]. Available from: http://www.cdc.gov/cancer/colorectal/basic_info/screening/guidelines.htm



Please let us know how we are doing by filling out a survey at the following link:

https://auburn.qualtrics.com/SE/?SID=SV_3DXRXyUp8KC7Lzn

www.alseib.org

**CALL FOR AN
APPOINTMENT
TODAY!**

(334) 263-8470

State Wellness Center

101 S. Union Street
Montgomery, AL 36104

All active employees, covered spouses of active employees, non-Medicare retirees and covered non-Medicare spouses of retirees that use the State Employees' Health Insurance Plan (Group 13000) as their primary insurance plan are eligible for a wellness premium discount. Each wellness plan year is November 1 through October 31.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the patients located in Montgomery. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management