



## May is Skin Cancer Awareness Month

Winter is over and that means many of us will be spending more time outside in the sun. With over 5 million cases diagnosed each year, skin cancer is the *most common cancer* in the United States. Fortunately, skin cancer is also one of the most *preventable* forms of cancer. About 90 percent of non-melanoma skin cancers and 85 percent of melanoma cases are associated with exposure to ultraviolet radiation from the sun. Using a sunscreen with an SPF 15 or higher as one important part of a complete sun protection regimen, but sunscreen alone is not enough. Here are some skin cancer prevention tips to keep in mind before you head out into the sun:

- **Seek the shade**, especially between 10 AM and 4 PM.
- **Do not burn.**
- **Avoid tanning and UV tanning beds.**
- **Cover up** with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- **Use a broad spectrum (UVA/UVB) sunscreen** with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- **Apply 1 ounce** (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- **Keep newborns out of the sun.** Sunscreens should be used on babies over the age of six months.
- **Examine your skin** head-to-toe every month.
- **See your physician every year** for a professional skin exam.

## Live Better Louisiana Health Capsule

Knowing when to seek treatment for mental health disorders is important for parents and family members. Familiarizing yourself with the common behaviors of children, teens, and adults will help to identify any problems early on when they can be best treated. Always remember to speak with your healthcare provider for a diagnosis. Click below to learn more.

### MENTAL HEALTH: FINDING HELP



## Live Better Louisiana

Earn your 2019 premium credit in just one step: by completing your preventive health checkup. Blue Cross works with an industry leader, Catapult Health, to bring preventive checkups to a **site near you**. You can schedule a free checkup with a licensed nurse practitioner and health technician through the online scheduler. You'll get **lab-accurate diagnostic tests** and receive a full **Personal Health Report** with checkup results and recommendations.

**What do you do?** Schedule your appointment online at [www.TimeConfirm.com/OGB](http://www.TimeConfirm.com/OGB) or call **1-877-841-3058**. Complete your clinic to get the credit. If you are not able to go to a clinic, have your doctor fax a completed Primary Care Provider form, found at [info.groupbenefits.org](http://info.groupbenefits.org), to Catapult Health.

## Upcoming Clinics

Below is a list of clinics scheduled throughout the state. Remember, you have until **August 31, 2018** to get your preventive health checkup in order to be eligible for the 2019 wellness credit!

### Live Better Louisiana Clinics

#### Date (Week)

#### Location

**04/30 – 05/04/2018**

Concordia PSB - Vidalia Junior High School  
Department of Wildlife and Fisheries (Baton Rouge)  
Nicholls State University (Thibodaux)  
Department of Agriculture and Forestry (Baton Rouge)  
Jefferson Parish School Board - Central Office (Harvey)  
DOTD District 04 (Bossier City)  
Concordia PSB - Monterey High School  
Concordia PSB - Vidalia Upper Elementary School  
SOWELA Tech Community College (Lake Charles)  
Media Center - Concordia Parish School Board  
Delgado CC City Park (New Orleans)

**05/07 – 11/2018**

LSU Shreveport (Shreveport)  
Claiborne Building (Baton Rouge)  
Jefferson Parish School Board Emenes Building (Harahan)  
LA Workforce Commission (Baton Rouge)  
DCFS (Covington)  
DCFS (Gonzales)  
Sterlington Elementary School Ouachita PSB (Sterlington)  
DOTD District 02 Crescent City Connection Division (New Orleans)  
Avoyelles Correctional Center (Cottonport)  
State Military Department (Carville)  
Washington Parish School Board - Central Office (Franklinton)  
Southeast Louisiana Veterans Home (Reserve)  
Lakeside Jr/Sr- Webster Parish School Board (Sibley)

**05/14 - 18/2018**

Southeast Louisiana Flood Protection Authority West (Marrero)  
DOTD District 03 (Lafayette)  
Southeastern Louisiana University (Hammond) Pennington Center  
University of Louisiana Lafayette (Lafayette)  
North Webster Jr HS- Webster Parish School Board (Sarepta)  
Florida Parishes Human Services Authority (Hammond)  
Northwestern State University (Natchitoches)  
State Archives Building (Baton Rouge)  
DCFS (Thibodaux)  
State Military Department (New Orleans)  
Brown Upper Elementary- Webster Parish School Board (Springhill)

**05/21 – 25/2018**

DOTD District 45 (Baton Rouge)  
Jefferson Parish School Board Emenes Building (Harahan)  
Department of Agriculture and Forestry (Crowley)  
J.L. Jones Elementary- Webster Parish School Board (Miden)  
Acadiana Area Human SVC District (Lafayette)  
DOC Headquarters (Baton Rouge)  
Probation and Parole New Orleans District  
DOTD District 02 Crescent City Connection Division (New Orleans)  
DCFS (Bogalusa)

Arcadia High School - Bienville PSB (Arcadia)  
Media Center - Natchitoches PSB (Natchitoches)  
South Central LA Technical College (Morgan City)  
Pierre Part Middle/Primary School - Assumption Parish (Pierre Part)  
Vernon Parish School Board - North Polk Elementary School (Fort Polk)

**05/28 – 06/01/2018**

Office of Public Health - Calcasieu Parish Health Unit (Lake Charles)  
St. Bernard Parish School Board - Admin Building (Chalmette)  
Louisiana Tech University - (Ruston)  
DOTD Headquarters (Baton Rouge)  
Northeast LA War Veterans Home (Monroe)  
DOTD District 02 Crescent City Connection Division (New Orleans)  
Office of Public Health Laboratory (Baton Rouge)  
Housing Authority of New Orleans (New Orleans)

## Stroke Awareness

Stroke is the fifth leading cause of death in the United States and is a major cause of serious disability for adults. About **795,000** people in the United States have a stroke each year. However, you can help prevent stroke by making healthy lifestyle choices:

- **Healthy Diet** - Choosing healthy meal and snack options can help you prevent stroke. Be sure to eat plenty of fresh fruits and vegetables. Eating foods low in saturated fats, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt in your diet can also lower your blood pressure. High cholesterol and high blood pressure increase your chances of having a stroke.
- **Healthy Weight** - Being overweight or obese increases your risk for stroke.
- **Physical Activity** - Physical activity can help you stay at a healthy weight and lower your cholesterol and blood pressure levels. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity aerobic physical activity, such as a brisk walk, each week. Children and teens should get 1 hour of physical activity every day.
- **No Smoking** - Cigarette smoking greatly increases your chances of having a stroke. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for stroke. Your doctor can suggest ways to help you quit.
- **Limited Alcohol** - Avoid drinking too much alcohol, which can raise your blood pressure. Men should have no more than two drinks per day, and women only one.

You can also prevent stroke by managing other medical conditions you may have. For example, if you have heart disease, high cholesterol, high blood pressure, or diabetes you can take steps to lower your risk for stroke.

- **Check Cholesterol** - Your doctor should test your cholesterol levels at least once every 5 years. Talk with your health care team about this simple blood test. If you have high cholesterol, medicine and lifestyle changes can help lower your risk for stroke.
- **Control Blood Pressure** - High blood pressure usually has no symptoms, so be sure to have it checked on a regular basis. Talk to your health care team about how often you should check your levels. If you have high blood pressure, your doctor might prescribe medicine, suggest some changes in your lifestyle, or recommend you to choose foods with lower sodium.
- **Control Diabetes** - If you have diabetes, check your blood sugar levels regularly. Talk with your health care team about treatment options. Your doctor may recommend certain lifestyle changes, such as getting more physical activity or choosing healthier foods. These actions will help keep your blood sugar under good control and help lower your risk for stroke.
- **Treat Heart Disease** - If you have certain heart conditions, such as coronary artery disease atrial fibrillation (irregular heartbeat), your health care team may recommend medical treatment or surgery. Taking care of heart problems can help prevent stroke.
- **Take Your Medicine** - If you take medicine to treat heart disease, high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Never stop taking your medicine without first talking to your doctor or pharmacist.

## Easy Chicken Gyros & Tzatziki Sauce



The Mediterranean Diet is a lifestyle approach to easy, healthy eating. Scientific evidence shows that it can help with weight loss, reduce risk of heart disease and high blood pressure, fight certain cancers and more. Embracing the Med Diet is all about making some simple but profound changes in the way you eat today, tomorrow, and for the rest of your life. Try these quick Greek-style chicken gyros that you can whip up on busy nights in just 20 minutes!

### Ingredients

- 4 chicken breasts, pounded to ½ inch thickness
- 1 tbsp Mediterranean seasoning (you can substitute Italian seasoning in a pinch)
- 1 red pepper, thinly sliced
- ½ red onion, thinly sliced
- ¼ tsp freshly ground black pepper
- 6 lemon wedges
- 4 pitas (this is a Greek-style flatbread you can find in any grocery store near the bread or in the bakery.)
- Optional: lettuce, feta cheese crumbles

### Tzatziki Sauce

- ½ cucumber, peeled and diced
- 2 cups cold, plain Greek yogurt
- 4 tsps minced garlic
- 1/3 cup chopped dill (may substitute 2 tbsp dried dill)
- 1 ½ tbsp freshly squeezed lemon juice
- ½ tsp salt
- 1/8 tsp black pepper

1. Puree all sauce ingredients in a blender or food processor. Cover and chill until ready to serve. (If you have time, make this a few hours in advance or the night before.)
2. Season chicken breasts with Mediterranean seasoning. Cook in a large skillet or pan over medium heat 5-6 minutes on each side until cooked through. Cut into strips.
3. Lay pitas on a clean surface. Add lettuce (if desired), chicken, red pepper strips and onions. Top with tzatziki sauce and feta (if desired). Fold pita over like a sandwich or roll it into a “tunnel shape.”
4. Serve fish with the remoulade.

\*\*\*Makes approximately 4 servings\*\*\*

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