



Pancreatic Cancer: Understanding the Signs and Risks

November is **Pancreatic Cancer Awareness Month**—a time to learn about a disease that often goes unnoticed until it's advanced. Knowing what to look for can help you take proactive steps toward early detection and better outcomes.

What Is Pancreatic Cancer?

The pancreas, located behind the stomach, aids in digestion and blood sugar control. Pancreatic cancer develops when abnormal cells grow out of control, forming tumors that can spread quickly. Because the pancreas is deep in the abdomen, early signs are easy to miss.

Warning Signs to Watch For

See your doctor if you notice:

- **Unexplained weight loss or appetite changes**
- **Persistent abdominal or back pain**
- **Jaundice** (yellowing of skin or eyes)
- **Digestive problems, nausea, or fatigue**
- **New-onset diabetes**, especially after age 50

Who's at Risk?

Risk factors include **smoking, obesity, chronic pancreatitis, family history, and type 2 diabetes**. Discuss your risks with your healthcare provider—especially if several apply to you.

Taking Action

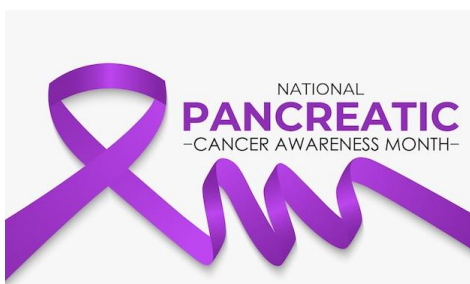
You can lower your risk by:

- Eating a healthy, balanced diet
- Exercising regularly
- Limiting alcohol and quitting smoking
- Staying current on medical check-ups

Bottom Line:

Pancreatic cancer is hard to detect early—but paying attention to your body and talking with your doctor about changes can make a real difference.

Learn more about pancreatic health and support research at PanCAN.org.



Thanksgiving Wellness: Enjoy the Feast, Feel Your Best

Thanksgiving is one of the most joyful (and delicious) times of the year—but it can also be a challenge to stay mindful when the table's full and the schedule's packed. The good news? You don't have to choose between feeling great and enjoying your favorite holiday traditions.

Move Before the Meal

Start your day with something active—a local Turkey Trot, a quick yoga session, or a fun walk with family. A little movement helps balance out the extra calories and gives you that happy endorphin boost before the feast.

Eat with Intention

No need to skip the mashed potatoes or pie! Just go for balance: fill half your plate with colorful veggies and lean protein, then savor every bite of those richer favorites. Mindful eating means enjoying without overdoing.

Hydrate (and Then Hydrate Again)

With all the coffee, wine, and festive cocktails flowing, water often gets forgotten. Keep a glass nearby throughout the day to stay hydrated and help your digestion along.

Take a Breather

Family gatherings can be wonderful—and sometimes a little overwhelming. Step outside for a few deep breaths, a short walk, or a moment of gratitude. It's amazing what five minutes of calm can do.

Rest and Recharge

After the big day, give yourself permission to slow down. Good sleep supports your immune system and helps you feel refreshed for the rest of the season.



Live Better Louisiana

The 2026 Wellness campaign has ended. We thank everyone who has participated in the Live Better Louisiana program. Catapult is currently working with locations to schedule clinics for the 2027 wellness credit. We will share those dates as we get them. Additionally, there is a new Primary Care Provider form for the 2027 wellness credit. You can access that form on the OGB website by clicking [here](#).

If you have not received a confirmation from Catapult Health that you earned your 2025 credit, please follow the steps below to reach out to Catapult for that confirmation:

1. **Confirmation of receipt:** You must provide an email address on your form to receive confirmation. Catapult Health will send you an email to let you know that we have received and processed your form. Please print clearly. If you have not received an email within 14 business days after submission stating Catapult Health has processed your form, please contact our Customer Care team at support@catapulthealth.com, or you can call them at 214.785.2200 (Business Hours Mon-Fri; 8am-5pm CST)
2. **Incomplete forms:** If any information is missing from your form, your form will not be processed. Catapult Health will make one attempt to contact you via the phone number or email address provided on your form to allow you to resubmit the form.

Questions: Contact the Catapult Health Customer Care team at support@catapulthealth.com.



Direct from the Louisiana Blue Doctors: Why Your Annual Wellness Visit Matters

In [this video episode \(9:41\) of Direct from the Doctors](#), Louisiana Blue Medical Directors Dr. Emily Vincent and Dr. Tracy Lemelle dive into the importance of scheduling your Annual Wellness Visit. From early detection of health issues to building a stronger relationship with your healthcare provider, they break down how this yearly check-up can be a powerful tool in maintaining your overall well-being.

- ✓ What to expect during your visit
- ✓ How it helps prevent chronic conditions
- ✓ Tips to make the most of your appointment
- ✓ Why it's more than just a routine check-up

Whether you're due for your next visit or helping a loved one stay on track, this conversation is packed with valuable insights to keep your health a top priority.

Pennington Biomedical's Small Shift for November: Balancing the Holiday Season

The holiday season is full of celebrations, family gatherings, and yes – delicious food. But it doesn't have to be a season of overwhelm. This month, Pennington Biomedical will focus on a few small, manageable shifts to help you stay balanced and energized throughout the holidays.

Here's our focus for November:

- **Don't skip breakfast** – but go for a lighter, protein-packed option.
- **Maintain your regular exercise routine** – no need to push yourself harder, just keep moving.
- **Practice mindful eating** – be fully present with each bite, savoring those holiday flavors.

Each week, we'll dive into one of these simple shifts, share some easy and tasty recipes, and help keep you on track.

Looking forward to a healthy, balanced season together! Visit www.pbrc.edu/smallshifts to sign up.



Men's Health Matters: Strong Today, Healthier Tomorrow

November is **Men's Health Awareness Month**—a reminder to focus on prevention, early detection, and regular checkups. Taking charge of your health isn't just about living longer; it's about living better. Staying on top of screenings and everyday care keeps you feeling your best for the moments that matter most.

Yet nearly 60% of men skip annual checkups, often waiting until a problem becomes serious. Conditions like heart disease, diabetes, and certain cancers are far easier to manage when caught early.

With **Access2day Health**, there's no reason to delay. Your membership gives you and your dependents:

- **\$0 copays**
- **\$0 out-of-pocket costs**
- **No appointment needed**
- **Short wait times**

That means convenient, high-quality care with no barriers or surprises.

Know Where to Go: Emergency vs. Everyday Care

Protecting your health also means knowing when to visit an **Access2day clinic** versus the **ER**.

- Go to the **ER** for life-threatening issues like chest pain, major injuries, or severe shortness of breath.
- Visit **Access2day** for common concerns like **colds, flu, sinus infections, stomach issues, or minor injuries**—often with shorter waits and lower costs.

Take Charge This Month

Use Men's Health Awareness Month to make your health a priority:

- **Schedule your annual checkup**—even if you feel fine.
- **Ask about screenings** like blood pressure and cholesterol checks.
- **Get your flu shot** to stay protected this season.

With **Access2day Health**, it's easy—and always at **no cost to you**.



**The Strongest Men
Put Their Health First**

Stay Ahead with Access2day Health

Men's Health Month Word Search

U M N O I T N E V E R P D K J P N
 O E L P L C A H S E Y O Y E U R T
 P N O V A V C S M R C G C V I O J
 C S P N P M Z M I T F C Z A R S V
 X H C R M U I A O F N H T H E T D
 S E L N B R H R N Z U L R S H A B
 R A Q O T P U K C E H C G O T T D
 J L F V G C J L K Z V N S N A E M
 V T A E O S V V T G N S M E F F G
 U H C M D O G R A A E Q R A D C S
 V Q E B D X S S M N Z X E V N C S
 R M N E C K W O E N L I T O A W E
 E C N R O P M R N C Z T H Z R R N
 H Y W H O G A D H U F P G Q G A L
 T G F J I W N N U P S V I T A Z L
 A P D W A S D I U K R S F E J O E
 F M T Z R A L U C I T S E T R R W

Awareness	Cancer	Check Up	Doctor	Face	Father	Fighter
Grandfather	Hairy	Man	Mens Health	Neck	No Shave	November
Prevention	Prostate	Razor	Son	Testicular	Trimmer	Wellness



Join the Great American Smokeout movement on November 20th!

On **Thursday, November 20, 2025**, take a powerful step toward a tobacco-free future. Every year, the American Cancer Society's, Great American Smokeout (GASO) inspires thousands to take the first step toward a smoke-free life. This is a national tobacco cessation awareness day of action to support people who smoke to be encouraged to quit smoking and reclaim their health towards a tobacco-free life.

Whether you are ready to quit or supporting someone who is, November 20 is your chance to commit to change. It is never too late to quit using tobacco since quitting reduces your risk of cancer, heart disease, stroke and other chronic diseases. Quitting improves some aspects of your health immediately and even more the longer you stay quit.

Ready to quit? Well-Ahead Louisiana is here to help you with the resources and support you need to quit tobacco for good!

The Louisiana Tobacco Quitline (1-800-QUIT-NOW): is available 24 hours per day, 7 days a week, and incorporates evidence-based strategies for tobacco cessation. It provides telephone and web-based tobacco cessation coaching to all Louisianans, including nicotine replacement therapy (NRT), web and text messaging support, printed materials, and referral to community resources.

Quit With Us, Louisiana: The website, quitwithusla.org, includes resources for those seeking to quit tobacco, as well as those wanting to help others quit. Quit With Us, Louisiana provides links for both residents and healthcare providers to access the benefits of quitting, web enrollment into the Louisiana Quitline, and the support line numbers for the Louisiana Quitline.

For help quitting tobacco, visit quitwithusla.org, text "READY" to 34191, call 1-800-QUIT-NOW or refer to the [Quit With Us, Louisiana push card](#).



Take Charge of Your Health with Omada for Prevention

If you've been thinking about making healthy changes but aren't sure where to start, **Omada for Prevention** can help you take that first step—and keep going. This virtual program is designed to make weight management and healthy living simpler, more personal, and more effective.

Through Omada, you'll build sustainable habits that help you feel better, have more energy, and reduce your risk for chronic conditions—all at your own pace. You'll be supported every step of the way by a dedicated care team and equipped with digital tools that make progress easy to see and celebrate.

Here's what you'll get with **Omada for Prevention**:

- **Personal guidance from a health coach:** Get one-on-one support and encouragement from a certified expert who will help you set realistic goals and stay motivated.
- **Smart scale for easy tracking:** Receive a connected scale that automatically syncs with your Omada account, so you can effortlessly monitor your progress.
- **OmadaSpark AI:** Meet your AI-powered nutrition companion. OmadaSpark answers your food-related questions in real time and offers suggestions for healthier meals and snacks.
- **Simple food logging:** Track what you eat the easy way—snap a picture, scan a barcode, use your voice, or type it in. Omada makes healthy eating more intuitive and less stressful.

No fad diets. No complicated routines. Just personalized, science-backed support to help you feel your best—one small change at a time.

Ready to start your journey toward better health? Learn more or enroll in **Omada for Prevention** today!



Ready to put your financial wellness in **focus?**

Prudential
PATHWAYS



Have you visualized your retirement? Do you see yourself on a beach, traveling, or spending time with your loved ones? Join us for some timely information on your financial wellness strategy, including how to manage expenses, protect your savings, and create your dream outcomes from your income.

Join us for a financial wellness educational seminar hosted by industry innovator, Prudential Pathways. Prudential Pathways aims to make building a financial planning strategy less intimidating and more empowering through easy-to-understand educational programs.

Retirement & Insurance Planning in Your 50's & 60's

This seminar will cover important topics like these:

- Understanding cash flow
- Estate planning
- Investing and protecting your assets
- And more

[Option 1] Tuesday, November 4th | 11:30 a.m. – 12:30 p.m. CT

[Option 2] Wednesday, November 12th | 2:00 p.m. – 3:00 p.m. CT

Virtual – Zoom

Click Here to Register

Make sure to add the event to your calendar!

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These mini phyllo cups are packed with creamy, melty brie and a burst of tart cranberry flavor, making them the perfect festive appetizer. Easy to make and light on calories, they bring elegance to your Thanksgiving table without the guilt.

Ingredients:

- 12 mini phyllo cups (or mini tart shells)
- 3–4 oz brie cheese, cut into small cubes
- 1/2 cup fresh cranberry sauce (or low-sugar homemade cranberry sauce)
- 1 tsp chopped fresh thyme (optional)
- Honey or maple syrup for drizzle (optional)

Instructions:

1. **Preheat oven** to 350°F (175°C).
2. **Assemble bites:** Place a cube of brie into each phyllo cup.
3. **Add cranberry topping:** Spoon about 1 tsp of cranberry sauce over each brie cube.
4. **Add herbs:** Sprinkle a little chopped fresh thyme on top, if using.
5. **Bake:** Place on a baking sheet and bake for 8–10 minutes, until the brie is soft and slightly melted.
6. **Optional drizzle:** Add a small drizzle of honey or maple syrup right before serving for a touch of sweetness.
7. **Serve warm:** Enjoy immediately while the cheese is soft and gooey.

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