



DID YOU KNOW...

- OF CANCERS THAT AFFECT BOTH MEN AND WOMEN, COLORECTAL CANCER IS THE SECOND LEADING CANCER KILLER IN THE UNITED STATES?
- ABOUT 75% OF COLORECTAL CANCERS OCCUR IN PEOPLE WITH NO KNOWN RISK FACTORS?

INSIDE THIS ISSUE:

Colorectal Cancer	1
First Aid for Eye Emergencies	2
FREE Weight Management Programs	2
FAT: Good vs. Bad	3
Secrets to Successful Weight Loss	3
Here's What's Cooking	3
Wellness Incentives 2010	4

LIVE WELL

Better Health, Greater Opportunity

A Newsletter dedicated to the Health and Wellness of the Iron Workers of Western Pennsylvania and their families.

Colorectal Cancer

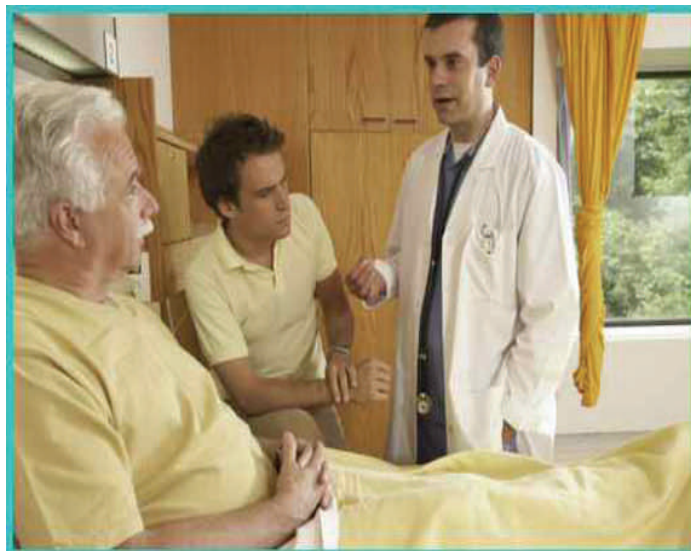
In 2006, 139,127 people were diagnosed with colon cancer. Of those people, 53,196 died from the disease. Men accounted for 26,801 of those deaths and 26,395 were women. ***If everyone, age 50 and older, had regular screenings, as many as 60% of deaths from colon cancer could be prevented.*** Don't be another

number. Contact your doctor, and schedule your screening now. Screenings can find precancerous polyps. Precancerous polyps are abnormal growths in the colon or rectum. Early detection for these polyps is important, so they can be removed before turning into cancer. Screening also finds colorectal cancer at an early stage when treatment can lead to a cure.

HAVE YOU BEEN SCREENED?

Eligible participants and spouses, 50 years of age and older, can receive **\$50** in their Value Bank for being screened. Simply mail your Explanation of Benefits from Highmark to the Plan Office, along with the Value Bank Incentive Request Form, which can be printed from our website, www.ironben.com under the "What's New" tab. All requests must be received at the Plan Office within 3 months of the date of service.

It PAYS to get screened.



Dr. Roizen's
FAB 5
Vitamins...

1. Calcium/ Magnesium

supports bone strength and has gastrointestinal benefits.

2. Vitamin D3

needed for calcium incorporation into the bones and is also associated with decreased risk of memory loss, heart & vascular disease and skin aging.

3. DHA

aids absorption of other fat-soluble vitamins and associated with decreased risk of heart attack, stroke, impotence and wrinkling of skin. Also supports memory and vision.

4. Multivitamin

an insurance policy for a less than perfect diet of nutrients.

5. Probiotics

aid in gastrointestinal health and are associated with decreased infection and inflammation rate.

Always speak with your physician before taking any new vitamins or medications.



LIVE WELL

First Aid For Eye Emergencies

BE PREPARED: Always wear eye protection for hazardous activities at home and on the job. Stock a first aid kit with a rigid eye shield and commercial eyewash.

DO NOT assume that any eye injury is innocent.

Specks in the Eye

DO NOT rub the eye.

Use an eye wash or let tears wash out the speck.

Lift upper eyelid outward and down over lower lid.

If the speck doesn't wash out, keep eye closed, bandage lightly and see a doctor.

Blows to the Eye

Apply cold compress without pressure. Crushed ice in a plastic bag can be taped to the forehead to rest gently on the injured eye.

Seek emergency medical care in cases of pain, reduced vision or discoloration (black eye), as this could mean internal eye damage.

Cuts and Punctures of Eye and Eyelid

DO NOT wash out eye with water.

DO NOT try to remove an object stuck in the eye.

Cover the eye with a rigid shield without pressure. The bottom half of a paper cup can be used. See a doctor at once.

For more information on first aid for eye emergencies visit preventblindness.org

FREE Weight Management Programs

You have seen the commercials for diet pills and weight loss programs. They are all over the TV and radio. What you may not know is how much you are paying for these programs and pills. Why pay for these so called weight loss miracles when you can sign up for a Highmark Community Program for **FREE** and earn a **\$50** incentive upon completion? Call **1-800-879-2217** for a location near you.

Eat Well for Life I and II is a free program designed to teach you how to prepare great tasting foods that are healthy for you and your family. You will also learn smart shopping strategies and the connection between mood and food. **Personal Nutrition Coaching** is a one-on-one counseling service with a registered dietician to help you make healthy lifestyle choices that address weight management, heart health and diabetes.

After completing one of these programs, have your instructor sign the Instructor Sign-off Sheet and send it to the Plan Office, along with a Value Bank Incentive Request Form to earn **\$50** in your Value Bank!

Both forms can be printed from our website, www.ironben.com under the "What's New" tab.

Remember, all requests must be received at the Plan Office within 3 months of the date of completion.



FAT: Good vs. Bad

“Good” fats, include monounsaturated and polyunsaturated fats.

Monounsaturated fats lower your total cholesterol and LDL or “bad” cholesterol and also increase your HDL or “good” cholesterol. You can get monounsaturated fats from almonds, avocados, canola and olive oils.

Polyunsaturated fats lower your total cholesterol, including LDL. To get polyunsaturated fats into your diet, you should eat salmon, fish oil, corn soy, safflower and sunflower oils.

“Bad” fats include saturated and trans fats.

Saturated fats raise your total cholesterol as well as LDL and include foods such as meat, dairy, eggs and seafood. Saturated fats are also found in coconut and palm oils.

Trans fats are found in commercially fried foods and other packaged snacks. Microwave popcorn, vegetable shortening and hard stick margarine all have trans fats.



www.healthcastle.com/goodfats-badfats.shtml

SECRETS TO SUCCESSFUL WEIGHT LOSS

Have Self Control.

Satisfy Yourself Without Indulging.

Take Note of What You Put in Your Mouth.

Do Not Deprive Yourself.

Here’s What’s Cooking...

Try this refreshing drink on a hot summer day...

Sparkling Strawberry-Lemonade Slush

What you will need:

- 1, 12 oz. can Cascadian Farm® frozen organic lemonade concentrate, thawed
- 1, 10oz. Cascadian

Farm® frozen organic strawberries, thawed

- 1 cup of water
- 5 cups of ginger ale, club soda or lemon lime carbonated beverage

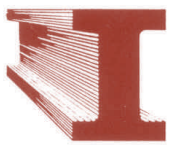
Using a blender, mix lemonade concentrate and strawberries on high speed until smooth. Pour into a

nonmetal freezer container. Stir in water, cover and freeze for 4 hours. Once mixture is frozen, let stand at room temperature for 15 minutes. Next, measure 1/2 cup slush mixture into an 8oz. glass and stir in 1/2 cup ginger ale, club soda or lemon-lime carbonated beverage.



Serve and enjoy!

This recipe can be found at eatbetteramerica.com



Iron Workers of Western Pennsylvania Benefit Plans

2201 Liberty Avenue
Room 203
Pittsburgh, Pennsylvania 15222

Phone: 412-227-6740

Toll Free: 1-800-927-3199

Fax: 412-261-3816

E-mail: ironben@ironben.com

Website: www.ironben.com

Look for your next
issue in October!

LIVE WELL

Better Health, Greater Opportunity

Wellness Incentives 2010

Time is running out for you to receive an incentive for 2010!

Not only will you receive **\$50** in your Value Bank, but you will also be getting health benefits that could save your life!

Choose from the following:

- **9 different Highmark Community Programs**
- **Women age 40+ have a mammogram during 2010**

- **Women age 40+ have a gynecological exam during 2010**
- **Women age 50+ have a colorectal cancer screening during 2010**
- **Men age 50+ have a colorectal cancer screening during 2010**
- **Men age 50+ have a prostate exam during 2010**
- **Member and/or spouse**

complete HealthMedia® Succeed™ Questionnaire

Incentive requests must be received at the Plan Office within 3 months of the date of service/completion. You can go to our website to get a Value Bank Incentive Request Form and other appropriate forms you may need. Click on the "What's New" tab at www.ironben.com.