



DID YOU KNOW...

• PROSTATE CANCER IS THE MOST COMMON CAUSE OF DEATH FROM CANCER IN MEN OVER AGE 75?

• YOUR EXPLANATION OF BENEFITS CAN BE VIEWED AND PRINTED BY LOGGING ON TO WWW.HIGHMARKBCBS.COM? IF THIS IS YOUR FIRST TIME, CLICK REGISTER NOW.

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LIVE WELL

Better Health, Greater Opportunity

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

PROSTATE CANCER

As the third most common cause of death from cancer in men of all ages, prostate cancer is rarely found in men younger than 40. Symptoms of prostate cancer can include:

- Urinary hesitancy, dribbling, retention or leakage
•Pain with urination, ejaculation or pain with bowel movement
•Lower back pain
•Abdominal pain
•Excessive urination at night
•Bone pain or tenderness
•Blood in the urine
•Low red blood cell count

- Lethargy
•Unintentional weight loss

You should make an appointment with your health care provider if you are a man over the age of 40 who has:

- never been screened for prostate cancer,
•not had regular, annual exams or
•a family history of prostate cancer.

Although there is no known way to prevent prostate cancer, you may lower your risk by following a vegetarian, low fat diet or one similar to the traditional Japanese diet. Early

identification is now possible by screening men who are over age 40 each year with a digital rectal examination and PSA blood test.

You should always speak openly and freely with your physician about any concerns you may have. You can find this and more information regarding this disease by logging on to www.highmarkbcbcs and searching the Health Library.



GET UP AND GO!

If you are like most Western Pennsylvanians, you complained all winter about how cold it was and how you wished the snow would melt. Well, the snow is long gone, and summer is here. So take advantage of it! Get outside, and enjoy the weather. If you live in the Pittsburgh area, go for a walk or bike

ride on the trail in the South Side, or spend the day at South Park or North Park. For you lucky ones in Erie, walk along the beach, and if you are in Clearfield, go canoeing on the Susquehanna! Western PA has plenty of outdoor activities to offer. So turn the TV off, put the video games down and GET UP AND GO!!!

## Triggers That May Cause Fainting

- ◇ The sudden onset of extreme distress or fear
- ◇ Being in severe pain
- ◇ Straining to have a bowel movement
- ◇ Standing up for a long period
- ◇ Excessive and forceful coughing
- ◇ A rapid drop in blood pressure, which can be triggered by dehydration, medications, bleeding or standing too quickly
- ◇ Abusing drugs or alcohol
- ◇ Having low blood sugar
- ◇ Having a stroke or heart attack

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## Back Pain

Back pain affects an estimated 8 in 10 people and is one of our society's most common medical problems. It is a problem that can range from a dull, constant ache to a sudden, sharp pain that leaves you incapacitated. Back pain should not be taken lightly, and if it does not go away with medication and rest, you should see your physician. If you experience back pain with any of the following symptoms, you should see your physician as well: trouble urinating, weakness, pain or numbness in your legs, fever or unintentional weight loss.



### 5 Steps to Follow When Lifting an Object

**1. Get as close to the object as possible. This will put less stress on your lower back.**



**2. Keep yourself in an upright position while squatting to pick the object up.**

**3. Tighten your stomach muscles to help support your spine. Do not hold your breath.**

**4. Your legs are the strongest muscle in your body; use them!**

**5. Turn with your feet, not your back. Your back isn't built for twisting from side to side.**

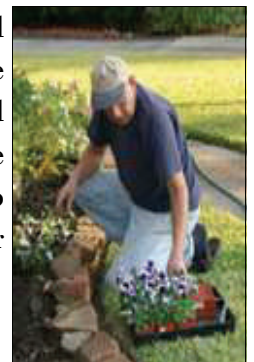
Information from the U.S. Department of Health and Human Services, Handout on Health and Highmark Blue Cross Blue Shield

### *Mike's Tip To Unwind*

When you are feeling stressed, sometimes just spending time outdoors can help you relax. Being in the sun and breathing fresh air helps to calm your nerves. The next time

your stress begins to take over, or you are getting upset, take a walk around the block or do yard work. Soon enough, your stress levels will begin to decrease,

your mind will become clear and you will be able to reset your priorities.



## Signs and Symptoms of Sun Poisoning

You can become sunburned after just 15 minutes of sun exposure. The symptoms listed below, however, may not show up for hours later. Always wear sun block with an SPF of at least 30. If you are planning to be in the sun for an extended amount of time, reapply every two hours.

**Skin redness and blistering**  
**Pain and tingling**

**Swelling**  
**Headache**

**Fever and chills**  
**Nausea**

**Dizziness**  
**Dehydration**

### 2010

#### **Eligible Value Bank Reimbursements**

*Currently, members with Value Bank balances may seek reimbursement from their Value Bank for unreimbursed deductibles, co-insurance and co-pays that occurred after January 1, 2010 while eligible and incurred under the Iron Workers Welfare Plan of Western PA.*

Eligible expenses include:

- Deductibles
- Co-insurance
- Co-payments for medical
- Co-payments for prescription drugs
- Premiums for the Voluntary Dental Plan currently offered

*You must complete a Value Bank Medical Care Reimbursement Request Form, and send it to the Plan Office with Proper Supporting Documentation. For all medical expenses, you must attach your Highmark BCBS Explanation of Benefits. For prescription drug co-pays, you must attach an itemized receipt with the patient name, date, drug and amount.*

### 2011

#### **Eligible Value Bank Reimbursements**

*In addition to the eligible reimbursements currently in place for 2010, the following will also be eligible for reimbursement beginning **January 1, 2011**. Please note the incurred date must be after January 1, 2011 as well.*

- Dental Treatment and Artificial Teeth
- Eye Exams, Eyeglasses and Contact Lenses
- Eye Surgery
- Hearing Aids
- Insurance Premiums for Dental and Vision Care
- Stop Smoking Programs

*Proper Supporting Documentation will be required. In order to be reimbursed, beginning January 1, 2011, you must have a minimum of 3 months of premium banked at the coverage level and tier in which you are enrolled. Look for more information to come on reimbursements, as well as Wellness.*

## **Here's What's Cooking...**

For a fun new dessert, try

### **Frozen Chocolate-Covered Bananas**

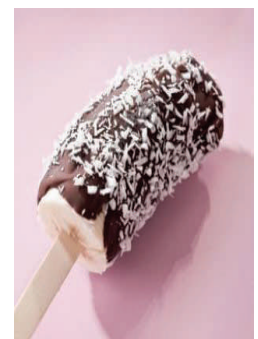
**What you will need:**

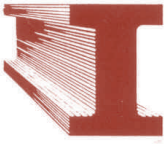
- 4 large ripe bananas, peeled and cut into thirds crosswise

- 3/4 cup semisweet or bittersweet chocolate chips melted
- 1/4 cup shredded coconut

Line a baking sheet with wax paper. Insert a popsicle stick into each

banana. Cover each piece of banana with melted chocolate and sprinkle with coconut. Place bananas on baking sheet and freeze for two hours or until frozen. This tasty snack has only 100 calories per serving!





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Look for your next  
issue in August!

# LIVE WELL

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## Alcohol and Drug Abuse

It can happen to anyone, the young, the old, the rich, the poor. Millions of Americans are dependent on alcohol and/or drugs. The majority of them think that they are drinking normally or that "everyone" is doing drugs. This type of thinking is called denial. Drug or alcohol dependence disorders are medical conditions that

can be effectively treated. If someone close to you is abusing drugs or alcohol, the first step is to be honest about the problem and seek help for yourself, your family and your loved one. Treatment can occur in a variety of different settings and for various lengths of time. You can get help from your Member Assistance

Program. They are available to you free of charge day or night. If you need help or have a loved one who needs help, call MAP today at 1-888-877-8997.

