

UC BENEFITS/HEALTH & WELLNESS NEWSLETTER

MARK YOUR CALENDARS NOW!

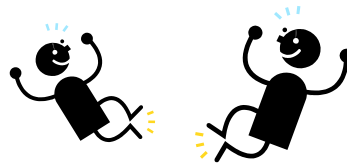
OCTOBER 17 MARKS THE KICK-OFF OF OUR NEW
HEALTH & WELLNESS PROGRAM

Join us in Strebel Student Center from 2-4 for a preview of some planned wellness activities. Meet some of the practitioners who will be offering brown bag Lunch & Learns. Have your blood pressure checked. Get your hand massaged. Talk with an acupuncturist. Enroll with Curves to take advantage of the special UC employee discount price. Enter your name into a raffle for a chance to win a \$300 gift certificate to Schuss and more! (You must be present to enter)

BEGINNING ON OCTOBER 17...

IT'S EXCITING! IT'S TASTY!

IT WILL MAKE YOUR LIFE EASIER!



LET SODEXO COOK YOUR DINNER!

WATCH YOUR E-MAIL FOR MORE INFORMATION

October is Breast Cancer Awareness Month

The Myth: Finding a lump in your breast means you have breast cancer.

The Truth: If you discover a persistent lump in your breast or any changes in breast tissue, it is very important that you see a physician immediately. However, 8 out of 10 breast lumps are benign, or not cancerous. Sometimes women stay away from medical care because they fear what they might find. Take charge of your health by performing routine breast self-exams, establishing ongoing communication with your doctor, and scheduling regular mammograms.

The Myth: Men do not get breast cancer.

The Truth: Quite the contrary. Each year it is estimated that approximately 1,700 men will be diagnosed with breast cancer and 450 will die. While this percentage is still small, men should also give themselves regular breast self-exams and note any changes to their physicians.

The Myth: Having a family history of breast cancer means you will get it.

The Truth: While women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history. If you have a mother, daughter, sister, or grandmother who had breast cancer, you should have a mammogram five years before the age of their diagnosis, or starting at age 35.

The Myth: Antiperspirants and deodorants cause breast cancer.

The Truth: Researchers at the National Cancer Institute (NCI) are not aware of any conclusive evidence linking the use of underarm antiperspirants or deodorants and the subsequent development of breast cancer.

For more information, please visit: <http://www.cancer.gov/cancertopics/factsheet/Risk/AP-Deo>.

From the National Breast Cancer Foundation, Inc.

Keep visiting the Health & Wellness website for the latest information <http://www.utica.edu/hr/wellness/>

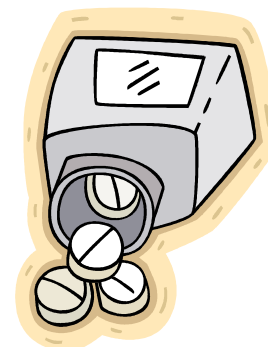
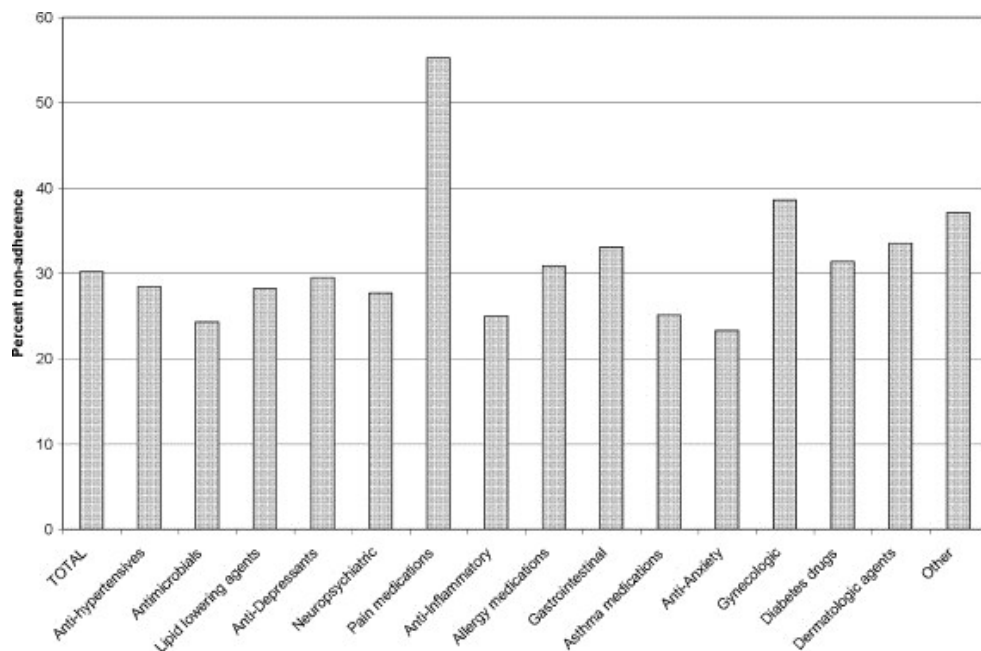
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So what happens after a prescription is written?



Underuse of prescription medicines constitutes a large problem for the United States healthcare system. Some underuse is due to under-diagnosis, some to under-treatment, but at least part may be attributed to the fact that many patients do not take medications that they have been prescribed, a phenomenon referred to as medication non-adherence.

Many doctors are now using e-prescriptions, which are sent directly to pharmacies, instead of handed to the patient. The high rate of non-adherence is alarming, particularly to medications for hypertension, diabetes, and hyperlipidemia; these three conditions contribute greatly to the burden of mortality and morbidity from cardiovascular disease in the United States. It has previously been shown that many patients with these conditions either lack awareness of their diagnoses or are not receiving treatment. If over one-quarter of such patients do not fill the medications prescribed by their physicians, the potential health gains from these medications will not be realized. *J Gen Intern Med.* 2010 April; 25(4): 284–290.



Of 195,930 e-prescriptions, 151,837 (78%) were filled. Of 82,245 e-prescriptions for new medications, 58,984 (72%) were filled. Primary adherence rates were higher for prescriptions written by primary care specialists, especially pediatricians (84%). Patients aged 18 and younger filled prescriptions at the highest rate (87%). In multivariate analyses, medication class was the strongest predictor of adherence, and non-adherence was common for newly prescribed medications treating chronic conditions such as hypertension (28.4%), hyperlipidemia (28.2%), and diabetes (31.4%).

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WEDNESDAYS 5:15 – 6:15 IN THE MINI GYM

CLARKE ATHLETIC CENTER

FUN!