



November is Prematurity & Maternal Health, Smoking Cessation and Diabetes Awareness Month

Prematurity & Maternal Health

According to the March of Dimes, preparing for a healthy baby starts even before you're pregnant. Find out what you need to know to [get ready for pregnancy](#), like taking a multivitamin with [folic acid](#). During your pregnancy, your baby is growing, [your body is changing](#) and so is [your life](#). Taking care of yourself is the best thing you can do for the two of you. [Exercising](#) and [eating healthy](#) are important. Your [prenatal care](#) appointments are, too. There are many websites in the Tools and Resources section that can provide additional information on maternal health.

However, according to the National Healthy Mothers, Healthy Babies Coalition and the March of Dimes, this country still has more than 500,000 babies born prematurely and an estimated 28,000 children die before their first birthday each year in the U.S. **November has been chosen as Prematurity Awareness Month** to raise awareness. Many factors cause these negative outcomes, including health care access, poverty, and negative health behaviors, but research supports that increasing knowledge around health can help people stay healthier.

If you are pregnant or planning to get pregnant there are steps you can take for a healthy pregnancy and a healthy baby. Visit the Center for Disease Controls' website at www.cdc.gov/ncbddd/pregnancy_gateway/index.html or the March of Dimes at www.marchofdimes.com. There is another great resource for pregnant women and new moms to receive information about caring for their health and giving their babies the best possible start in life through the National Healthy Mothers, Healthy Babies Coalition (HMHB) text4baby. This is the first free health text messaging service in the U.S. Text4baby supports moms by providing accurate, text-length health information and resources in a format that is personal and timely, using a channel she knows and uses. Visit www.text4baby.org for more information.

VISIT US ON  [the link](#)

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HEALTHY TIP

Know Your Numbers

Keep track of your numbers for blood pressure, blood sugar, cholesterol, body mass index (BMI), and others. These numbers can provide a glimpse of your health status and risk for certain diseases and conditions, including heart disease, diabetes, obesity, and more. Be sure to ask your health care provider what tests you need and how often. If your numbers are too high or too low, he/she can make recommendations to help you get them to a healthier range.

- [Body Mass Index: \(cdc.gov/healthyweight/assessing\)](#)

Benefit Tips – Did you know?

If you are enrolled in the Hologic Medical Plan, you and your enrolled family members have access to BCBS's Living Healthy Babies program. [Living Healthy Babies](#) is BCBS's free online resource for parents-to-be providing information you need before, during and after pregnancy.

[Resources On Call \(ROC\)](#) is a free benefit to help you manage your work and life needs. ROC can help you with needs in many areas of your life, including preparation for an addition to your family, by helping you locate daycare programs, pediatricians, and parenting classes in your area and much more. Hologic has partnered with ROC to provide a booklet of resources for new parents. [See the booklet](#) or go to the Work Life and Discount Programs Folder in the Benefits folder on the Link.

- [Cholesterol Fact Sheet: \(cdc.gov/cholesterol/docs/ConsumerEd_Cholesterol.pdf\)](#)
- [Diabetes and Me: \(cdc.gov/diabetes\)](#)
- [High Blood Pressure: \(cdc.gov/bloodpressure\)](#)

HEALTHY RECIPE

Homemade Turkey Soup



» [Get the recipe below](#)

Additional information on prematurity and maternal health:

- Log onto livinghealthybabies.com to learn more and to check out [Text 4 Babies](#).
- Centers for Disease Control's Healthy Pregnancy (cdc.gov/ncbddd/pregnancy_gateway/index.html)
- March of Dimes (marchofdimes.com)
- National Healthy Mothers, Healthy Babies Coalition (text4baby.org)

Smoking Cessation

According to the American Cancer Society, tobacco use remains the single largest preventable cause of disease and premature death in the U.S. Lung cancer is the leading cause of cancer death in the United States for both men and women (*Source: Cancer Facts & Figures 2011*) and yet is the most preventable form of cancer death in our society.

Quitting tobacco is not easy, but it can be done. Whether you're a smoker, someone who uses smokeless tobacco, or just someone trying to help a friend or loved one, you'll find the information you need in this section.

The American Cancer Society is marking the 36th [Great American Smokeout](#) on November 17 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk.

PROGRAMS FOR WELLNESS

Take a step towards a healthier life and quit smoking!

November 17th is the Great American Smoke-out. This a great reminder of the health benefits of quitting smoking. Visit the [American Cancer Society website](#) for information about using this day to make a plan to quit smoking. Additionally, in order to help associates quit smoking, we have partnered with BCBS to make QuitNet, an online and telephonic smoking cessation program, available to associates who are enrolled in the Hologic Medical Plan.

Take the first step to a healthier, smoke-free you with the QuitNet smoking cessation

Benefit Tips – Did you know?

If you are enrolled in Hologic Medical Plan, smoking cessation aids such as Nicotine Gum and Patches are covered under the prescription plan when prescribed by a Physician. These benefits are limited to a 90-day supply for each member in each calendar year with the applicable copayment.

View your benefits at [BCBS of MA Plan Summaries](#) on the Link, under Human Resources/Benefits/BlueCross Blue Shield

Additional information on smoking cessation:

- American Cancer Society (cancer.org)
- Center for Disease Control (cdc.gov/tobacco)

Diabetes Awareness

According to the American Diabetes Association, nearly 26 million children and adults in America live with diabetes, and another 79 million are at high risk for developing type 2 diabetes. Diabetes is a group of diseases characterized by high blood glucose levels that result from defects in the body's ability to produce and/or use insulin.

Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Only 5% of people with diabetes have this form of the disease.

Type 2 diabetes is the most common form of diabetes. Millions of Americans have been diagnosed with type 2 diabetes, and many more are unaware they are at high risk. In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use glucose for energy. When you eat food, the body breaks down all of the sugars and starches into glucose, which is the basic fuel for the cells in the body. Insulin takes the sugar from the blood into the cells. More than 90% of patients diagnosed with diabetes will have type 2 diabetes. Type 2 diabetes is typically recognized in adulthood, usually after the age of 45.

Although experts don't know exactly why some people develop type 2 diabetes and others don't, we do know which factors can increase your chances. Being obese or overweight, having poor eating habits, not getting enough exercise, and genetics all play a role. Calculate your chance of

program! Quitting tobacco is one of the best things you can do to improve your health and the health of those around you. [Visit the Link](#) to learn how to participate.

Healthy Perks!

Educational Pamphlets

During the month of November, educational brochures will be available at local offices to help you learn more about your diabetes risk, maternal dental care, QuitNet and Living Healthy Babies.

Healthy Perks!

Sugar Free Candy

In honor of Diabetes Awareness Month, sugar free candy will be available at local offices.

developing Type 2 diabetes using the tool from the American Diabetes Association in the Tools & Resources Section.

Remember, you can prevent or delay the onset of type 2 diabetes through a healthy lifestyle. Change your diet, increase your level of physical activity, and maintain a healthy weight.

Benefit Tips – Did you know?

If you have been diagnosed with diabetes, and you are enrolled in the Hologic Medical Plan, you have access to coverage for Diabetes Self Management Outpatient Training. This is one-on-one comprehensive education to help you manage your medication, nutrition, and lifestyle needs. If you are interested in meeting with a diabetes educator, speak with your medical provider.

Blue Cross Blue Shield's health website, ahealthyme.com has a webpage dedicated to Diabetes. Go to the [Diabetes center on ahealthyme.com](#) to find the following:

- General Overview of Diabetes
- InDepth- Where the user can find in-depth reports on Diabetes
- Diabetes Management Videos
- Living with Diabetes
- Special Topics on Diabetes
- Natural and Alternative Treatments

Additional information on diabetes:

- American Diabetes Association (diabetes.org)
- American Diabetes Association Risk Test ([handout provided](#))
- Center for Disease Control (cdc.gov/diabetes)
- Juvenile Diabetes Research Foundation (jdrf.org)
- National Institutes of Health (nlm.nih.gov/medlineplus/diabetes.html)

This newsletter provides general information on healthy living. It is not meant to be used in place of the advice of your healthcare provider.

If there is any difference between the Hologic healthcare plan information included here and your actual plan documents and/or insurance contracts, the documents and/or contract will govern. Hologic reserves the right to amend or terminate these plans at any time.



healthyliving
A Hologic Wellness Program

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Homemade Turkey Soup

Ingredients:

- 6 lb turkey breast. It should have some meat (at least 2 cups) remaining on it to make a good, rich soup
- 2 medium onions
- 3 stalks of celery
- 1 tsp dried thyme
- 1/2 tsp dried rosemary
- 1/2 tsp dried sage
- 1 tsp dried basil
- 1/2 tsp dried marjoram
- 1/2 tsp dried tarragon
- 1/2 tsp salt
- to taste black pepper
- 1/2 lb Italian pastina or pasta



Each serving provides:

Calories:	226
Total fat:	5 g
Saturated fat:	1 g
Cholesterol:	93 mg
Sodium:	217 mg

Directions:

1. Place turkey breast in a large 6-quart pot. Cover with water, at least 3/4 full.
2. Peel onions, cut in large pieces, and add to pot. Wash celery stalks, slice, and add to pot also.
3. Simmer covered for about 2-1/2 hours.
4. Remove bones from pot. Divide soup into smaller, shallower containers for quick cooling in the refrigerator.
5. After cooling, skim off fat.
6. While soup is cooling, remove remaining meat from turkey bones. Cut into pieces.
7. Add turkey meat to skimmed soup along with herbs and spices.
8. Bring to a boil and add pastina. Continue cooking on low boil for about 20 minutes until pastina is done. Serve at once or refrigerate for later reheating.

Yield: About 4 quarts of soup (16 servings) – Serving Size: 1 cup

Source: <http://www.nhlbi.nih.gov/health/public/heart/other/syah/homtrksp.htm> - linked from CDC website

