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NOVEMBER + DECEMBER 2017

HEALTH

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Now is the Time to Schedule Annual Checkups

Do You Know Which
Screenings You Need?

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WHO TAKES CARE OF THE CAREGIVER?

By Janice Love, MS, Author, Certified Coach

Family members who have the responsibility of caring for a loved one are at risk of exhaustion, health problems and even total burnout. When taking care of others, it's critical that you don't neglect your own mental and physical health. Visit kcourhealthmatters.com to get a few tips from life coach, Janice Love.



Janice R. Love, MS

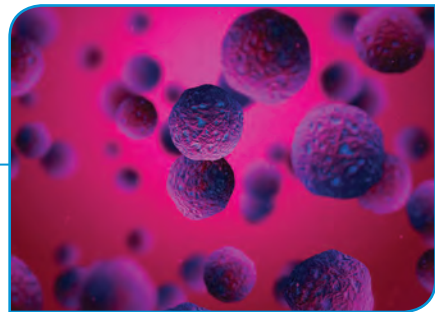
WERE YOU BORN BETWEEN 1945 - 1965? YOU COULD HAVE HEPATITIS C AND NOT KNOW IT

Hepatitis C can lead to liver damage, cirrhosis, and even liver cancer. People can live with hepatitis C for decades without symptoms or feeling sick. Testing is critical so those infected can be treated. Hepatitis C is a curable disease caused by a virus that infects the liver. Visit kcourhealthmatters.com to learn what the Centers for Disease Control (CDC) says about this *contagious virus* and why you need to get tested.



ARE YOUR HANDS SPREADING GERMS?

It's flu and cold season, a time when you become more susceptible to the spread of germs. Visit kcourhealthmatters.com to learn about viruses that thrive on germs and spread quickly to attack your immune system, making you sick.



SPEAK UP, TALK TO YOUR DOCTOR

Are you comfortable with your doctor? Do you know how to explain your health concerns to get the answers you need? It's important to be prepared when you meet with your healthcare provider in order to achieve the best health outcomes. Visit kcourhealthmatters.com to learn how to be better prepared.



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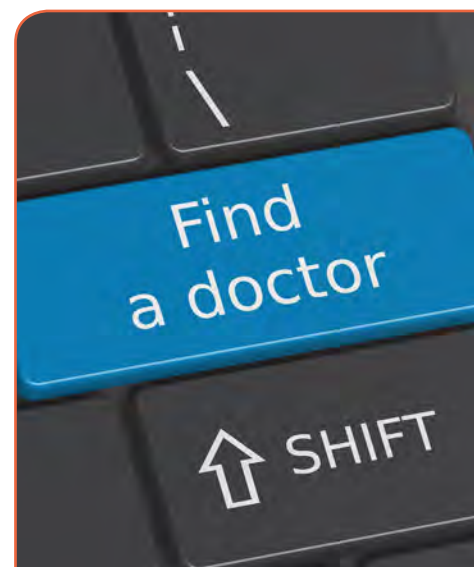
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Health Checkups à la carte...

The word à la carte is used most often on menus when you are given the option of selecting a dish that's not included in the main course. If it is à la carte, you know it's a bit pricey, but once you read the highlighted tag that says "rated # 1 Favorite Customers" it's no holds barred. Your mouth waters with anticipation of that first bite having a "party in your mouth"—so bring it on!

We need to transfer this level of excitement to getting serious about those much-needed annual checkups—based on our gender, age, family history and lifestyle. Take a look at your "menu of health screening options." Early detection and prevention is worth the investment of time and money to identify any concerns before they get worse.

Do you know what tests and exams are needed? Is assessment of your health driven by whether you "feel good or bad?" Are your decisions to get a checkup driven by whether you have to pay out-of-pocket or only if insurance covers it? If you lack resources to pay for healthcare you can find support and locate resources by calling the 211 help line.

In this edition we outline some of the common screenings you may need based on your age, gender and daily activities. *Our Health Matters* encourages you to take all of this to heart. Don't put your health on hold.

Get excited about being proactive. Schedule your doctor appointments and go prepared with questions that will help you better manage your health.

Let's make 2018 our year to be well-informed and healthier. •

Be Healthy, Be Happy.

Ruth Ramsey

Ruth Ramsey, Publisher and CEO



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Roasted Turkey Breast

A Holiday Classic.

Perfect for a holiday gathering, this roast turkey breast can be prepared in less time than a whole turkey. Include this flavorful dish on your holiday table and win the praise of your family and guests. Enjoy!

INGREDIENTS

- > 3 pounds turkey breast half (with skin and bones)
- > 1 onion, large quartered
- > 1 carrot, large quartered
- > 1 teaspoon dried sage
- > 1 teaspoon dried thyme
- > 1 teaspoon rosemary
- > 3 tablespoons olive oil
- > Salt and pepper (to taste, optional)
- > Chicken broth (or margarine, for basting, optional)

INSTRUCTIONS

1. Preheat oven to 400°F. Place turkey breast in roasting pan along with onion and carrot.
2. Mix spices with olive oil. Rub turkey with olive oil.
3. Roast turkey at 400°F for 15 minutes. Baste with margarine and chicken broth (optional).
4. Reduce turkey temperature to 350°F and roast turkey, basting every 20 minutes with pan juices (or margarine and chicken broth), about 1 hour and 15 minutes, or until meat thermometer inserted in thick part of meat registers 165°F.
5. Remove to carving board and let rest for 10 minutes.

KEY NUTRITION AMOUNT

Calories	399
Total Fat	19g
Saturated Fat	5g
Cholesterol	134mg
Sodium	232mg
Total Carbohydrate	3g
Dietary Fiber	1g
Total Sugars	1g
Protein	52g
Vitamin D	0IU
Calcium	51mg
Iron	3mg
Potassium	581mg

Source: Utah State University Cooperative



Find
a doctor

Things to Consider and Ask About a New Doctor

It is important to determine what your expectations are when selecting a new doctor. Gather as much information as possible to make the best decision for you and your family. The following are a few questions to consider:

- Is the doctor taking new patients?
- Is the doctor in my network or covered by my insurance plan?
- Does the doctor accept Medicare or Medicaid patients?

QUALIFICATIONS AND CHARACTERISTICS

- Is the doctor board certified? In what field?
- Is the age, sex, race, or religion of the doctor important to me?
- Will language be an obstacle to communication? Is there someone in the office who speaks my language?
- Do I prefer a group practice or a doctor in private practice??
- Does it matter which hospital the doctor admits patients to?

PROVIDER LOCATION QUESTIONS

- Is the location of the doctor's office important to me? How far am I willing to travel to see the doctor?
- Is there parking? What does it cost? Is the office on a public transit route?

- Does the building have an elevator?
- Is the office wheelchair or walker accessible?

OFFICE POLICIES

- What days and hours are the office open? Do you accept walk-ins?
- What happens if I miss an appointment?
- Are there times set aside for the doctor to take phone calls? Does the doctor accept emailed questions?
- Does the doctor make house calls or offer telehealth communication methods?
- How far in advance do I have to make appointments?
- What's the process for urgent care? How do I reach my doctor when I have an emergency?
- Who takes care of patients after hours or when the doctor is away?

This is just a short list of things you need to know. Just remember to be proactive and take charge of your health. •

Source: National Institute of Aging, National Institute of Health

The Importance of Getting a Checkup... for Both Men and Women

Health Screenings for Women

Whether you're 18 or 88, there are certain health screenings every woman should have. A woman's health depends on a many factors. Every woman should make time for healthy habits — regular exercise, stress management, eating the right foods — and she should also be scheduling routine health screenings so potential problems can be detected early. In fact, health screenings can make keeping tabs on your health simple.

You and your doctor will discuss what you need during your visit. The following list is good place to start:

BLOOD PRESSURE

- Starting at age 18, every woman needs to have her blood pressure checked at least every two years.



- Have your blood pressure checked once a year. If the top number (systolic number) is between 120 and 139 or the bottom number (diastolic number) is between 80 and 89 mm Hg or higher, have it checked every year.
- Watch for blood pressure screenings in your area. Ask your provider if you can stop in to have your blood pressure checked. You can also check your blood pressure using the automated machines at local grocery stores and pharmacies.
- If the top number is greater than 140, or the bottom number is greater than 90, schedule an appointment with your provider.
- If you have diabetes, heart disease, kidney problems, or certain other conditions, you may need to have your blood pressure checked more often.

CHOLESTEROL

- Begin cholesterol screening between the ages of 40 to 45.
- Once cholesterol screening has started, your cholesterol should be checked every 5 years.
- If you have high cholesterol levels, diabetes, heart disease, kidney problems, or certain other conditions, you may need to be checked more often.

DIABETES

- If you are over age 44, you should be screened every 3 years.
- If you are overweight, ask your provider if you should be screened at a younger age. Asian Americans should be screened if their BMI is greater than 23.
- If you have a family history or other risk factors for diabetes, your provider may test your blood sugar level for diabetes.

COLON CANCER

If you are under age 50, you should be screened if you have a strong family history of colon cancer or polyps. Screening may also be considered if you have risk factors such as a history of inflammatory bowel disease or polyps.

If you are between ages 50 to 75, you should be screened for colorectal cancer. There are several screening tests available. Some common screening tests include:

- A fecal occult blood test done every year.
- Flexible sigmoidoscopy every 5 years along with a fecal occult blood test every 3 years.
- Colonoscopy every 10 years.

You may need a colonoscopy more often if you have risk factors for colon cancer, such as:

- Ulcerative colitis.
- A personal or family history of colorectal cancer.

BREAST EXAM

- Women may do a monthly breast self-exam. However, experts do not agree about the benefits of breast self-exams in finding breast cancer or saving lives. Talk to your provider about what is best for you.
- You should contact your provider immediately if you notice a change in your breasts, whether or not you do self-exams.
- Your provider may do a clinical breast exam as part of your preventive exam.

MAMMOGRAM

- Women ages 40 to 49 may have a mammogram every 1 to 2 years. However, not all experts agree about the benefits of having a mammogram when women are in their forties. Talk to your provider about what is best for you.
- Women ages 50 to 75 should have a mammogram every 1 to 2 years depending on their risk factors, to check for breast cancer.
- Women with a mother or sister who had breast cancer at a younger age should consider yearly mammograms. They should begin earlier than the age at which their youngest family member was diagnosed.

OSTEOPOROSIS

- All women over age 50 with fractures should have a bone density test (DEXA scan).

- If you are under age 65 and have risk factors for osteoporosis, you should be screened.

PELVIC EXAM AND PAP SMEAR

- You should have a Pap smear every 3 years. If you have both a Pap smear and human papilloma virus (HPV) test, you may be tested every 5 years. HPV is the virus that causes genital warts and cervical cancer.
- Your provider may do pelvic exams more often if you develop problems.
- If you have had your uterus and cervix removed (total hysterectomy), and you have not been diagnosed with cervical cancer, you do not need to have Pap smears.
- Women who are sexually active and at high risk should be screened for chlamydia and gonorrhea. Your provider may talk with you about testing for other infections.
- Your provider will ask you questions about alcohol and tobacco, and may ask you about depression.

LUNG CANCER

The U.S. Preventive Services Task Force recommends annual screening for lung cancer with low-dose computed tomography in adults aged 55 to 80 years who:

- Have a 30 pack-year smoking history AND
- Currently smoke or have quit within the past 15 years

BODY MASS INDEX (BMI)

For people who are considered obese (BMI greater than or equal to 30) or those who are overweight (BMI of 25 to 29.9) and have two or more risk factors, the guidelines recommend weight loss. Even a small weight loss (just 10 percent of your current weight) will help to lower your risk of developing diseases associated with obesity.

Mammograms, blood glucose tests, and Pap smears — these are just a few of the health exams that are essential to a woman's health. Is it time for you to schedule one of these screenings? Call your physician today! •

Routine Health Screenings For Men

When it comes to men and health care, the numbers don't lie: According to the Centers for Disease Control, compared to women, men are 24 percent less likely to visit their doctors in any given year and 22 percent less likely to get their cholesterol checked. They're also less willing to be screened for cancer, despite the fact that their cancer mortality (death) rates are higher.

Skipping important health tests could be a matter of life and death, especially for men. Men should not ignore these essential routine screenings.

BLOOD PRESSURE

- Have your blood pressure checked once a year. If the top number (systolic number) is between 120 and 139 or the bottom number (diastolic number) is between 80 and 89 mm Hg, then continue to have it checked every year.
- Watch for blood pressure screenings in your area. Ask your provider if you can stop in to have your blood pressure checked. You can also check your blood pressure using the automated machines at local grocery stores and pharmacies.
- If the top number is greater than 140 or the bottom number is greater than 90, schedule an appointment with your provider.
- If you have diabetes, heart disease, kidney problems, or certain other conditions, you may need to have your blood pressure checked more often.

CHOLESTEROL SCREENING AND HEART DISEASE PREVENTION

- Your cholesterol should be checked every five years.
- If you have a high cholesterol level, diabetes, heart disease, kidney problems, or certain

other conditions, you may need to be checked more often.

- Some men should consider taking aspirin to prevent heart attacks. Ask your provider before you start aspirin because aspirin may increase your risk for bleeding.

DIABETES

- If you are age 45 or older, you should be screened every 3 years.
- If you are overweight, ask your provider if you should be screened at a younger age. Asian Americans should be screened if their BMI is greater than 23.
- If your blood pressure is above 135/80 mm Hg, or, if you are physically active less than three days a week, your provider may test your blood sugar level for diabetes.

COLON CANCER

If you are under age 50, you should be screened if you have a strong family history of colon cancer or polyps. Screening may also be considered if you have risk factors such as a history of inflammatory bowel disease or polyps.

If you are between ages 50 to 75, you should be screened for colorectal cancer. There are several screening tests available. Some common screening tests include:

- A stool occult blood test done every year
- Flexible sigmoidoscopy every 5 years along with a stool occult blood test every 3 years
- Colonoscopy every 10 years



You may need a colonoscopy more often if you have risk factors for colon cancer, such as:

- Ulcerative colitis.
- A personal or family history of colorectal cancer.

PROSTATE CANCER

- Most men age 50 or older should discuss screening for prostate cancer with their provider. African American men and those with a family history of prostate cancer in a first degree relative younger than age 65 should discuss screening at age 45.
- The potential benefits of PSA testing as a routine screening test have not been shown to outweigh the harms of testing and treatment. If you choose to be tested, the PSA blood test is most often done every year.
- Prostate examinations are no longer routinely done on men with no symptoms.

LUNG CANCER

The U.S. Preventive Services Task Force recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 55 to 80 years who:

- Have a 30 pack-year smoking history AND
- Currently smoke or have quit within the past 15 years.

Depending on risk factors your doctor may also recommend screening for skin cancer, sexually transmitted diseases, HIV infection, and alcohol abuse. •

Source: Centers for Disease Control



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Annual Checkups Contribute to Better Health Outcomes

Make family checkups a priority. Preventive care and early detection help to identify harmful health conditions. Undiagnosed chronic conditions such as diabetes, heart disease and uncontrolled high blood pressure can become life-threatening over time. If you are looking for a medical practice to meet your family's needs – then Rodgers Health is the place.

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- Children's health services: immunizations, well-child exams and treatment of childhood illnesses and infections, WIC services
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FIVE THINGS TO DO BEFORE YOUR NEXT CHECKUP

Getting a check-up is one of many things you can do to help stay healthy and prevent disease and a variety of illnesses and disabilities. You've made the appointment to see your doctor. You've followed the instructions on how to prepare for specific tests. But before your next checkup, make sure you do these five things.

✓ REVIEW YOUR FAMILY HEALTH HISTORY

Are there any new conditions or diseases that have occurred with close relatives since your last doctor's visit? If so, let your doctor know. Family history might influence your risk of developing heart disease, stroke, diabetes, or cancer. Your physician may also recommend things you can do to help prevent disease, such as exercising more, improving your diet, or screenings to help detect any abnormalities.

✓ FIND OUT IF YOU ARE DUE FOR ANY GENERAL SCREENINGS OR VACCINATIONS

Check with your doctor to see if it's time for any vaccinations, follow-up exams, or tests. For example, is it time for your mammogram, prostate cancer screening, colon cancer screening, blood pressure check, tetanus shot, eye exam or other tests?

✓ WRITE DOWN A LIST OF ISSUES AND QUESTIONS TO TAKE WITH YOU

Review any existing health problems and note any changes like:

- Have you noticed any body changes, including lumps or skin changes?

- Are you having pain, dizziness, fatigue, problems with urine or stool, or menstrual cycle changes?

- Are you experiencing depression, anxiety, trauma, distress, or sleeping problems?

If so, note when the change began, how it's different from before, and any other observation that you think might be helpful.

✓ THINK ABOUT ISSUES THAT MIGHT IMPACT YOUR FUTURE

Are there specific health concerns you need to address that will impact your future? Are you thinking about having infertility treatment, losing weight, taking a hazardous job, or quitting smoking? Discuss these types of issues with your provider so that you can make better decisions.

✓ UNDERSTAND YOUR INSURANCE COVERAGE

Before your next appointment take time to check what tests your healthcare plan covers. This will help you understand what portions of the bill you have to pay, to avoid surprises later.

Most of all be honest with your doctor. If you haven't been taking your medication as directed, exercising as much, say so. You may be at risk for certain diseases and conditions because of how you live, work, and play. Remember, your doctor develops a plan based partly on what you say you do. Help ensure that you get the best guidance by providing the most up-to-date and accurate information about yourself. •

Source: [Centers for Disease Control \(CDC\)](#)



POWER TO OVERCOME FAMILY VIOLENCE



Synergy House • SafeHaven • STOP Violence

Where does the child rescued from an abusive home, the teen running away from violence, or the woman desperate to escape her abuser turn? In our community, the answer is often Synergy Services.

Synergy House opened its doors in Parkville 46 years ago and was the only shelter of its kind for runaway and homeless youth in western Missouri. In the years since the name changed to Synergy Services and expanded to include young children and women victimized by abuse. They address a wide range of issues that result from family violence.

Synergy provides a full range of services to give victims of family violence safety, support and the strength needed to change their lives.

Synergy addresses the entire continuum of family violence with a unique blend of services including:

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- **Case management, life skills/employment training, and transitional housing to give clients the confidence and abilities they need to get back on their feet and build a foundation for sustainable success.**
- **Violence prevention services that teach healthy relationship skills, support young parents and struggling families, and work with batterers to change their behavior.**



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Handwashing is Vital to Fighting the Spread of Germs

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs, especially the seasonal flu virus. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands. (NOTE: Swallowing alcohol-based hand sanitizers can cause alcohol poisoning. Keep it out of reach of young children.)

When should you wash your hands?

- Before, during, and after preparing food.
- Before eating food.
- Before and after caring for someone who is sick.
- Before and after treating a cut or wound.
- After using the toilet.
- After changing diapers or cleaning up a child who has used the toilet.
- After blowing your nose, coughing, or sneezing.
- After touching an animal, animal feed, or animal waste.
- After handling pet food or pet treats.
- After touching garbage.

Good hygiene practices includes washing hands and also keeping fingernails trimmed and clean. **Common infections associated with lack of proper hand washing and hygiene include:**

- **COLD AND FLU.**
- **GASTROENTERITIS**, caused by viruses such as noroviruses and rotaviruses (Rotavirus spreads easily among infants and young children.) People who are infected with rotavirus shed rotavirus in their feces (poop).

- **HEPATITIS A**, a highly contagious viral infection of the liver transmitted by either person-to-person contact or consumption of contaminated food or water.

- **SHIGELLOSIS**, a bacterial infection with symptoms that include watery diarrhea, abdominal cramps and fever that can be caused by ingesting food contaminated by infected people who do not wash hands after using the bathroom.
- **HAND-FOOT-AND-MOUTH DISEASE**, a mild, contagious viral infection common in young children — is characterized by sores in the mouth and a rash on the hands and feet. Hand-foot-and-mouth disease is most commonly caused by a coxsackievirus.

Visit kcourhealthmatters.com to learn more details about these and other infections that can make you sick.

Handwashing helps prevent infections because:

- People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick.
- Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick.
- Germs from unwashed hands can be transferred to other objects, like handrails, grocery store carts, table tops, or toys, and then transferred to another person's hands.
- Removing germs through handwashing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.

Source: [American Journal of Public Health](#), CDC

January-February 2018 Heart Health Edition

According to the CDC about 610,000 people die of heart disease in the United States every year — that’s one in every four deaths.

Technology: Electronic Medical Records and Telehealth Medicine

April 13th Anniversary Edition Understanding Cancer in Men, Women and Children

Cancer impacts men, women and children of all ages and race. Learn the many signs, symptoms and trends of treatment and care.

Technology: Health APPS, Kiosks & Podcasts

May-June Trends in Orthopedic Care Edition

Exploring common causes, care and treatment for muscle and bone injuries and related chronic conditions.

Technology: Remote health monitoring devices

July-August Mindfulness Edition

Mindfulness goes mainstream as more people understand and apply it.

Technology: Trends in Mobil Health APPS/Devices

September-October Understanding Memory Loss Edition

Recognizing the difference between age-related memory loss and signs of more serious impairment or dementia.

Technology: Memory loss and medical alert devices

November-December Seasonal Depression Edition

Some episodes of depression are linked to seasonal changes, especially during fall and winter months.

Technology: Wearable Technology

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