

PURSUIT

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Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You

Giving: It Does a Mind and Body Good

When you give to those around you—whether it's to family and friends, to your community, or to an organization you love—you both reap the benefits. Time and again, research shows that practicing generosity improves your mental and physical well-being. Here are four reasons to be more giving in 2018.

It can lower stress.

Both the giver and the receiver get similar benefits from compassion and giving. Specifically, being kind to those around us helps lower our stress level. And since stress is tied to many health ills, keeping it lower helps you stay healthier.

It can increase happiness.

Being willing to help others also can make you happier. Connecting with other people helps ward off social isolation and depression. Plus, when we give to people, we get a psychological reward for our behavior. The more we practice being kind, the happier we are!

It can lower blood pressure.

If you regularly volunteer in your community, you might find that it can lower your blood pressure.



Not only can it increase your physical activity, but it can also reduce stress. Getting involved with a local organization where you give back helps you stay connected to a purpose beyond your own—which, it turns out, has many health benefits, including keeping your heart healthier!

It can add years to your life.

Practicing generosity has many health-related benefits directly tied to our mortality. So this means by being kinder to those around you, you'll literally be adding years to your life—giving you more time to enjoy those you love. What a great way to start off the new year!

Resources: clevelandclinic.org, huffingtonpost.com, news.wisc.edu, health.harvard.edu, psychcentral.com

How Much Do You Know About Cervical Cancer?

Answer true or false to each of the questions below. Then turn to page 2 to see how well you did.

1. Cervical cancer starts in the uterus.
2. Women of all ages are at risk for cervical cancer.
3. The human papillomavirus (HPV) can cause cervical cancer.
4. All women who have HPV get cervical cancer.
5. Only women can get HPV.
6. It is easy to tell if you have HPV.
7. Women should see their gynecologist every 5 years for a pap smear to test for things like cervical cancer.
8. There's no way to prevent HPV.

IN THIS ISSUE

Giving: It Does a Mind and Body Good

Cervical Cancer Quiz: How Did You Do?

Recipe of the Month

Cervical Cancer Quiz: How Did You Do?

1. **False.** Cervical cancer is cancer that is found in the cervix, which is connected to the uterus.
2. **True.** Cervical cancer occurs most often in women over 30.
3. **True.** HPV is a sexually transmitted infection passed between people during sex and can lead to cervical cancer.
4. **False.** At least half of sexually active people will have HPV, but most will never develop cervical cancer.
5. **False.** Men can also get HPV which can cause genital warts and some types of cancer.
6. **False.** Often, HPV has no symptoms.
7. **False.** It depends on your age and health history. Talk to your doctor about what is best for you. Most women can follow these guidelines:
 - **Ages 21–29:** Pap test every 3 years
 - **Ages 30–64:** Both Pap and HPV test every 5 years or just a Pap test every 3 years.
 - **Ages 65+:** Ask your doctor
8. **False.** The best way to protect yourself against this virus is to get the vaccine. The CDC recommends the HPV vaccine for girls ages 11 and 12 and for women ages 13 to 26 who didn't get any of the shots before age 13. It's important to get it before becoming sexually active. Otherwise, it might not work as well. Other ways to help prevent cervical cancer include using a condom during sexual activity, not smoking, limiting long-term use of birth control pills and maintaining a healthy weight.

Resource: mayoclinic.org; cancer.org; cdc.org

Greek Roasted Chicken



This Greek-inspired recipe can be paired with roasted red potatoes, carrots and parsnips. It can also be served with a leafy green salad topped with feta, tomatoes and Kalamata olives.

Serves 6

Ingredients:

- Vegetable oil cooking spray
- 1 whole chicken, washed
- 6 red potatoes, scrubbed (skin on)
- 2 carrots, peeled and sliced

in half lengthwise

- 2 parsnips, peeled and sliced in half lengthwise
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons Greek seasoning

Directions:

1. Preheat oven to 400°F. Coat the roasting pan with the cooking spray. Place the chicken in the pan.
2. Toss the potatoes, carrots and parsnips with the olive oil, and then place them in the roasting pan around the chicken. Sprinkle the chicken and vegetables with Greek seasoning.

3. Bake for 10 minutes and then lower the heat to 350°F.
4. Continue to bake until the chicken temperature is 165°F (test with cooking thermometer near chicken thigh), approximately 45 minutes to 1 hour.
5. Baste the chicken and vegetables at least twice with the cooking juices. Remove and discard the chicken skin. Serve hot.

To intensify the flavor, sprinkle 1 tablespoon of Greek seasoning inside the chicken.

For nutrition facts, go to eatright.org.

Recipe courtesy of eatright.org

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