

## Alcohol Awareness Month

Did you know that alcohol is linked to seven different types of cancer?

Did you know that nearly 15% of breast cancer deaths among women in the U.S. are linked to alcohol consumption?

When it comes to the effects that alcohol has on the brain and body, nothing compares to the education provided by Dr. Andrew Huberman's podcast "What Alcohol Does to Your Brain, Body & Health."

Dr. Huberman is a neuroscientist and tenured professor at Stanford University.

We encourage you to listen to his very important podcast.



## A Gastroesophageal Reflux Disease (GERD) Journey

Can you imagine having more than 15 visits to the Emergency Room within one year for the same issue?! One plan participant did. His symptoms included: abdominal pain, heartburn, chest pain, bloating, burning esophagus, and diarrhea -- all GI symptoms. After talking with HR, he called VezaHealth.

### The Plan:

VezaHealth coordinated a Remote Second Opinion with a leading GI physician. He also met with VezaHealth's Health & Nutrition Coach over a period of several months. Lifestyle changes were made based on the education and information provided in collaboration with his established primary care provider.

### Participant Feedback:

"Because of VezaHealth, I killed a GERD episode in 6-12 hours. Normally it would last a week and I'd be in agonizing pain. I followed what the physician and nurses told me to do and it worked! I ate different foods that were suggested that I knew would help. I couldn't have done this without VezaHealth! VezaHealth has changed my life!"



## Finishing Life Well: Cori Zavada, J.D.

Prostate cancer is one of the most common types of cancer affecting men. In the U.S., the lifetime risk of being diagnosed with prostate cancer is approximately 11%. Many men with prostate cancer never experience symptoms and without proper screening would never know they have the disease. Screening for prostate cancer begins with a test that measures the amount of PSA in the blood. In almost all cases the PSA level increases, which is why the PSA test is used as a screening tool. Another important screening tool is the digital rectal examination (DRE). Although the DRE is still endorsed by the American Cancer Society, the U.S. Preventive Services Task Force recently stopped recommending the DRE for screening due to a lack of evidence of its benefit and due to false positives causing psychological harm.

The goal of any prostate screening should be to identify high-risk, localized prostate cancer that can be successfully treated, thereby preventing the morbidity and mortality associated with advanced or metastatic prostate cancer.

**Pops** has been my Dad for the past 38 years. At the age of 69, after years of having annual exams with PSA levels around 5 or 6 and a primary care physician who stopped performing DRE exams at the recommendation of the U.S. Preventive Services Task Force, has recently been diagnosed with Stage 4 metastatic prostate cancer. A DRE performed much earlier would have prevented him from being diagnosed with advanced metastatic prostate cancer and I am certain that his diagnosis has caused far more psychological harm than a false positive would have caused.

For you and your loved ones, please be proactive in all of your recommended screenings and if you find it challenging to advocate on your own behalf, or on behalf of a loved one, please reach out to someone at VezaHealth. We are here to help you! I only wish I knew Pops wasn't receiving an annual DRE along with his PSA screening.

Finish Life Well,  
*Cori*

***If VezaHealth is part of your health plan, we are available at no cost to you.  
If not, please have your Human Resource Director contact us today!***