

**September is
World Alzheimer's Month and
Gynecologic Cancer Awareness Month**

Here at VezaHealth we love a great podcast!

We previously shared a Peter Attia podcast featuring Kellyann Niotis, M.D. regarding Neurodegenerative Disease. Given that September is dedicated to Alzheimer Awareness, we couldn't help but share another great podcast featuring Peter Attia and Rhonda Patrick, Ph.D., and their discussion on how diet and lifestyle play a significant role in the risk of developing Alzheimer's disease and the significance of Type 2 Diabetes.

VezaHealth has an excellent program for those with a diabetes diagnosis and we partner with an amazing endocrinologist. If VezaHealth is part of your health plan it is free for you to access at your convenience. We are here to help you get started on a better path and a healthier lifestyle.

Please see the attached flyer for more information!



Finishing Life Well: Cori Zavada, J.D.

Who dictates your cancer screening intervals?

Throughout the month of September, you will see various Gynecologic Cancer Awareness campaigns to raise awareness and promote women's health. Gynecologic cancers are cancers of the reproductive organs (cervical, ovarian, uterine, vaginal, vulvar) and cervical cancer is the *only* gynecologic cancer that has recommended screenings.

For years the recommendation was for women to receive a yearly Pap smear. Then along came 'evolving research' indicating a yearly Pap smear is no longer recommended for most people and that depending on your age and risk factors you may only need a Pap smear every 3 to 5 years. A Pap smear is the recommended screening for cervical cancer and now, due to 'evolving research' they apparently have a better understanding of the way cervical cancer develops and how it can take years to develop so they expanded the time in between screenings. Cervical cancer is the 4th most common cancer in women worldwide and the 7th most common cancer overall, and if caught early, the 5-year survival rate is 92%.

I don't know how you feel about this but I am *that* patient that goes in annually for my Pap smear and every year my OBGYN states that I don't need one because I had one last year and I remind him that I scheduled my appointment specifically for this purpose and I will not be relying on the "evolving research" and then, to lighten the mood, I ask him whether he knows if the decision to expand the time in between screenings was made by someone that actually has a cervix.

I am not providing medical advice, but I am encouraging you to be your own advocate and if you, like me, are not comfortable waiting 3 to 5 years to find out if cancer is present, demand that you have your Pap smear more frequently.

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 HR Director contact us today!

The VezaHealth newsletter is not medical advice. Only seek medical advice from a qualified physician.