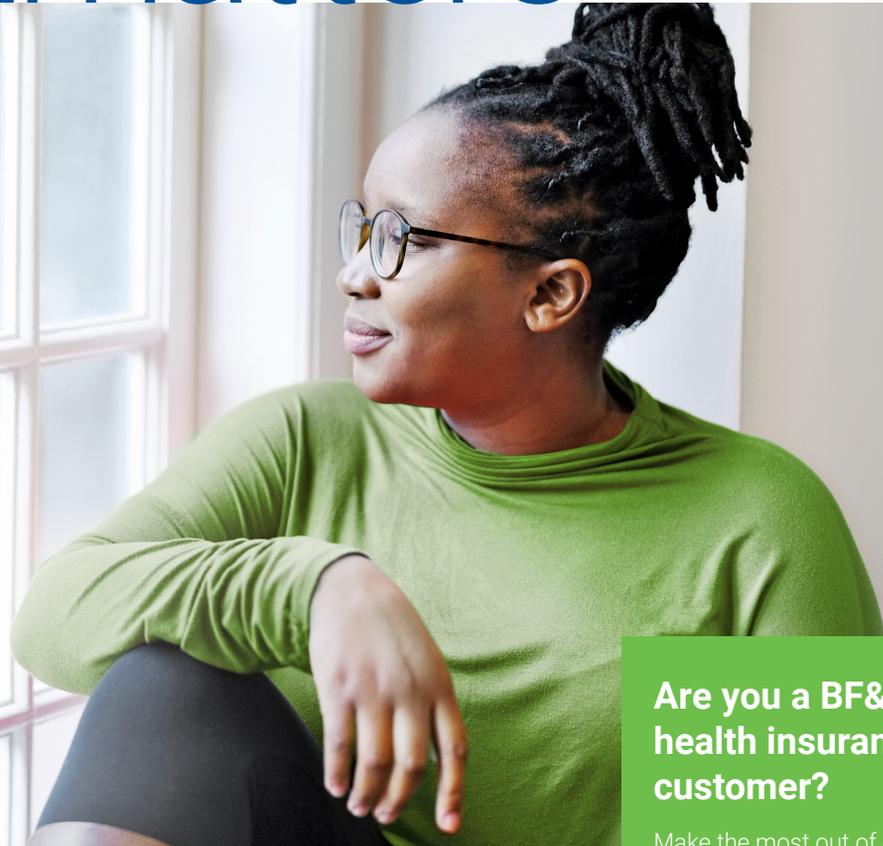


# healthmatters

Spring 2023

## Strengthen your emotional fitness



Just as workouts at the gym build muscle, mental exercises strengthen your mind. Try one of these routines the next time you're stressed or anxious.



### 1. Give yourself advice.

When you're in a tough situation, imagine how you'd advise a close friend dealing with the same worries.



### 2. Relax your body.

Easing tension in your muscles also eases your mind. Try progressive relaxation. In a comfortable position, inhale deeply and tighten the muscles in your feet and lower legs, and then exhale and relax them. Repeat with your upper legs. Gradually work your way up until your whole body is unwound.



**3. Shake things up.** Learn to cope with unpredictability by trying new things in your daily life. Take a different

route on your walk or try that recently opened restaurant.



**4. Stop the spiral.** When your thinking turns dark, pause to consider the best-case scenario instead—and whether you can

play a role in creating it.



**5. Take action.** Big issues can feel out of your control. But there are ways individuals can make a difference, such as voting,

volunteering, and getting involved in the community. Taking just one step can help you feel empowered instead of hopeless.

## Are you a BF&M health insurance customer?

Make the most out of our free wellness programme, LiveWell. Through its engaging online platform and in-person sessions, LiveWell offers:

- ✓ Wellness assessments
- ✓ Personalised advice
- ✓ Nutrition education
- ✓ Healthy living workshops
- ✓ Mental health and lifestyle management support
- ✓ Wellness challenges with prizes

All included as part of your BF&M health insurance so you can live your healthiest life.

LiveWell with BF&M

Get started today at [bfm.bm/LiveWell](https://bfm.bm/LiveWell).

# 10-Minute Circuit Training Workout

Short on time? This quick circuit workout can get your heart pumping and your muscles firing.

## THE CIRCUIT

To make your workout more efficient and effective, try not to rest between exercises.



Repeat sequence 3 to 4 times.

## THE BENEFITS

Customise your workout | Do it anywhere | Burn more calories in less time

## 4 health concerns your dentist might detect

Besides checking your mouth for cavities and gum disease, your dentist can help spot signs of other serious health conditions, including:

- **Cancer.** Signs include red or white patches, lumps or thick tissue, or a swollen jaw.
- **Diabetes-related problems.** If you have diabetes, your dentist can alert you to symptoms that your condition isn't controlled. These include dry or burning mouth, bad breath, slow-healing wounds, infections, or enlarged salivary glands.
- **HIV.** Mouth sores are among the first signs of human immunodeficiency virus (HIV).

- **Osteoporosis.** Dental X-rays could spot bone loss in your jaw—a possible early warning sign of this bone-thinning disease.

Investing a little time in the dentist's chair helps keep your teeth and gums healthy—and may also unmask other medical issues earlier to help keep you well from head to toe.

### NEED A DENTIST?

Find a dentist by visiting the Bermuda Dental Association at [bermudadentalassociation.org/find-a-dentist.html](http://bermudadentalassociation.org/find-a-dentist.html).



## Act to prevent CERVICAL CANCER

Every year, healthcare providers diagnose thousands of new cases of cervical cancer. When it's caught early enough, this cancer is highly treatable. The main cause of cervical cancer is long-lasting infection of HPV (human papillomavirus).

To lower your risk of developing cervical cancer:

- **Get an HPV vaccine.** All children, male and female, should receive the HPV vaccine at age 11. It is available from local pediatricians and at the Department of Health's Hamilton Health Centre. The vaccine is estimated to prevent 90% of HPV-related cancers.
- **Receive cervical cancer screenings.** With a Pap test, your healthcare provider can inspect your cervix for abnormal cell changes that may lead to cervical cancer. They may also conduct an HPV test to check if you're infected with the virus.
- **Practice safe sex.** Using condoms correctly doesn't fully prevent HPV transmission, but it can lower your chance of getting the virus.

### ARE YOU DUE FOR A SCREENING?

Find cervical cancer screening recommendations at [cancer.bm/cancer-information/cervical-cancer](http://cancer.bm/cancer-information/cervical-cancer).

# Take control of heart failure



**D**o you have heart failure? These recommendations can help you live a healthier life.

- **Find a comprehensive healthcare team.** People with heart failure should look for a team of experts who specialise in different aspects of heart health. This might include a primary care provider, cardiologist, pharmacist, dietitian, mental health provider, physical therapist, and nurse. Your team should help you learn how to monitor your symptoms.
- **Talk about testing options.** In patients with coronary artery disease who need coronary revascularisation—a procedure to get the blood flowing—noninvasive stress imaging can be used. This can help your surgeon decide what kind of procedure would be best.

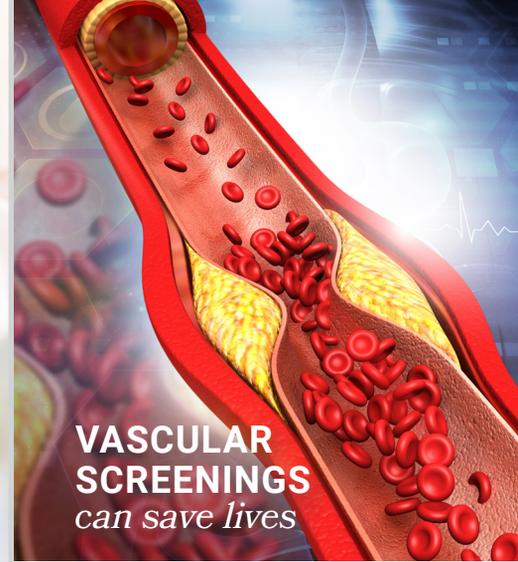
- **Get vaccinated.** It's important to receive vaccines for respiratory illnesses, such as flu, pneumonia, and COVID-19.

It can be more difficult to fight off illness when you have heart disease. And some infections can increase your risk for heart attack.

- **Take care of your mental well-being.** Those with both depression and heart failure are less likely to take care of themselves and more likely to end up in the hospital. If you're feeling sad or lose interest in activities you once enjoyed, talk with your healthcare provider about treatment.

## GET HEART-SMART

Learn more about heart health from the Bermuda Heart Foundation at [bermudaheartfoundation.com](http://bermudaheartfoundation.com).



## VASCULAR SCREENINGS can save lives

Blocked or narrowed arteries put you at risk for heart attacks, stroke, aneurysms—even limb loss. These tests can detect vascular diseases linked to narrowed arteries, even if you aren't having symptoms:

- **Carotid duplex ultrasound.** Using sound waves, this painless test helps find narrowing of or blockages in the carotid arteries—the major vessels in the neck that carry blood from the heart to the brain.
- **Abdominal aortic aneurysm ultrasound.** This type of duplex ultrasound can identify a potentially fatal aneurysm in the abdominal portion of the aorta—the major artery that directs blood from the heart to the rest of the body.
- **Ankle-brachial index (ABI) test.** To diagnose peripheral arterial disease (PAD), which affects blood flow to the legs and feet, providers do an ABI test during a physical exam. Using a blood pressure cuff and ultrasound device, they can compare blood pressure readings and blood flow in your arm and ankle.

Talk with your healthcare provider about screening for vascular diseases. Risk factors include advancing age, high blood pressure, high cholesterol, diabetes, smoking, and a family history of heart or vascular disease.



## Preventative healthcare matters.

Remember to schedule the screenings and healthcare provider appointments to which you are entitled under your coverage, because preventative healthcare matters.

Learn more online at [bfm.bm/preventativehealthcare](http://bfm.bm/preventativehealthcare)

With **BF&M** you can.

\* LiveWell is intended to complement rather than substitute for proper medical advice or treatment.

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