

Wellness News June 2025

This issue:

Men's Health Month

Colon Cancer Prevention

PTSD Awareness Month

Recipe: Eating Well Sloppy Joe



“You don’t have to control your thoughts. You just have to stop letting them control you. “

– Dan Millman



Anthem members: You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing. Simply scan this QR code with your smartphone’s camera to download the Sydney Health app.

Tip: Anthem.com and Sydney Health use the same username and password!

June – Men’s Health Month

Good health starts with small things. Focusing on preventive measures like regular checkups can make a big difference in how you feel. Review these tips and resources to help you feel confident in making decisions about your health.



Receive regular checkups

As you age, the risk of diabetes, heart conditions, and certain cancers increases. Taking these preventive steps helps lower your risk and detect problems early:

- Schedule preventive checkups with your primary care doctor every year.
- Receive regular cancer screenings and vaccines, as recommended by your doctor. All men should get screened for colorectal (colon or rectal) cancer by age 50.
- Let your doctor know if any close family members have a history of prostate cancer or other health conditions, such as high cholesterol, diabetes, or heart disease. This can affect how early and how often to receive certain screenings.



Recognize depression

While feeling low from time to time is normal, depression is a mental health condition that shouldn't be ignored. Symptoms of depression in men include:

- Angry, irritable, or aggressive behavior.
- Anxious, restless, sad, or dissatisfied feelings.
- Loss of interest in work, family, or hobbies.
- Suicidal thoughts or suicide attempts.



Improve your overall lifestyle

These are other lifestyle changes you can make to maintain or better your health:

- Fit 30 minutes of physical activity into your everyday routine to help lower your blood pressure, increase energy, strengthen your body, maintain your weight, and potentially decrease your risk for a heart attack or stroke.
- Limit your alcohol intake to no more than two drinks a day.
- Avoid smoking or using tobacco.
- Use sunscreen to protect your skin from the sun.
- Manage your stress levels by spending time with friends and exercising.

Access Virtual Care for Immediate, Preventive Care AND Behavioral Health

Sydney Health gives you access to virtual primary care at low or no additional cost so you can feel confident about your health. Annual wellness visits are a great way to stay on top of your health. That's why the Sydney Health app makes it convenient to connect with a virtual care provider to schedule a virtual annual preventive (wellness) visit. The good news – these preventive visits are available to you at no additional cost.

Meet with a primary care doctor to:

- Discuss your health history
- Review bloodwork
- Review and adjust current medications
- Discuss any health concerns
- Discuss preventive cancer screenings
- Set health goals

How to access the program through virtual care:

Download our no-cost **Sydney Health** sm app.

1. Register (if you haven't yet) and log in
2. Once you register, your username and password are the same for our app and [anthem.com](https://www.anthem.com).
3. Select **Care on the bottom of the home page**, and then select **Virtual Care**.

Visit **[anthem.com](https://www.anthem.com)**.

1. Register (if you haven't yet) and log in.
2. From the **Care tab**, select **Virtual Care** in the drop-down menu to find some of your virtual care options.

Anthem offers an expansive network of providers who offer face to face and virtual care options. You can locate in network providers in Find Care and can even get a personalized match.



Colon Cancer Prevention

Taking time for regular colorectal cancer screenings is one of the most valuable ways you can protect your health and peace of mind.

That's because colorectal cancer is the **third most common type of cancer among adults**, but it often doesn't show any symptoms, especially at first.

The good news is that the **survival rate for colorectal cancer is about 90%** when it's caught early, before it's had the chance to spread. Regular screenings are the No. 1 way to detect it, but **many adults who need screenings don't get them**. Making these important tests a priority is about staying healthy and strong for the ones you love.

Men and women of any race or ethnicity can get colorectal cancer, and it affects some groups differently than others.

What is colorectal cancer?

Colorectal cancer starts when growths called polyps in the colon or rectum turn into cancer. The colon and rectum are parts of your digestive system that work together to turn the food your body doesn't need into waste. Colorectal cancer is also sometimes called colon cancer or rectal cancer, depending on where the polyps start. Polyps don't always turn into cancer, and if they do, it often takes many years. That's why regular screenings are so effective — they can detect polyps when they're still harmless and easy for a doctor to remove.

Who is at risk for colorectal cancer?

Anyone can get colorectal cancer, regardless of race, gender, or ethnicity. Some factors that **increase the risk of colorectal cancer** are out of your control, like age, a family history of colorectal cancer, or having certain inflammatory bowel diseases like Crohn's

View screening recommendations and guidelines based on your age and gender:
<https://www.anthem.com/preventive-care>

However, you can take several actions to **reduce your risk of colorectal cancer** and protect your whole health at the same time::

- Exercise regularly
- Maintain a health weight
- Eat a high-fiber, low-fat diet rich in fruits, veggies and whole grains.
- Quit or avoid smoking
- Drink alcohol in moderation or not at all

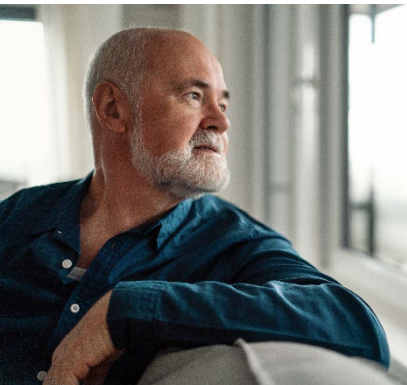
When should I start getting colorectal screenings?

The **American Cancer Society** recommends that most adults have regular colorectal cancer screenings from age 45 to age 75. You should talk to your doctor about when and how often you should be tested, since they may recommend starting before 45 and testing more frequently if you have certain risk factors. How often you need colorectal cancer screenings will also depend on **which type of test you receive**.

What should I know about the different options?

Colonoscopy: A colonoscopy is the most common way to screen for colorectal cancer. During a colonoscopy, a doctor will check for and remove polyps in the colon and rectum. The entire screening takes less than an hour, and you'll get a sedative to help you go to sleep. If you're at average risk for colorectal cancer, your doctor will typically recommend you have a colonoscopy every 10 years

Home testing kits: Home testing kits such as Insure® One™ and other fecal immunochemical test (FIT) kits are an easier and less invasive alternative to colonoscopies. To order a kit, you will need a referral from your doctor. When the kit arrives, it contains everything you need to collect a sample, making it quick and simple to use. You'll mail the sample to a lab, where they can look for signs of cancer. If the lab finds anything abnormal, your doctor will likely ask you to come in for a colonoscopy. Depending on the kit, your doctor will typically tell you to use them once a year to once every five years





Although often associated with combat veterans, Posttraumatic Stress Disorder (PTSD) is a mental health condition that can impact any person of any age after experiencing or witnessing a traumatic event. Such traumatic events might include military combat, sexual or physical violence, natural disasters, or severe accidents.

The term “PTSD” first appeared in 1980 in the third edition of the *Diagnostic and Statistical Manual of Mental Disorders*. However, earlier medical publications referred to conditions described as “soldier’s heart,” “shell shock,” and “war neurosis.” With the prevalence of PTSD in the military community, it is not surprising that the effort to create awareness was launched as a tribute to a service member. On June 27, 2010, PTSD Awareness Day was established in recognition of Staff Sergeant, Joe Biel, a National Guard service member who experienced PTSD after two tours in Iraq and died by suicide in 2007. In 2014, the federal government designated the entire month of June as PTSD Awareness Month.

Many organizations engage in PTSD-awareness activities throughout June to highlight information about PTSD symptoms, including available treatments. This year, PTSD awareness certainly has a critical role as communities throughout our nation have experienced recent mass casualty events involving children, as well as people who were targeted due to being members of diverse populations. Additionally, next month, the National Suicide Prevention Lifeline will become available by dialing [988](#) - the nation’s first three-digit mental health crisis number. This is a vital step in increasing accessibility and use of mental health crisis interventions and resources. Years of clinical research show that effective treatments for PTSD include psychotherapies and medications. Some of these [evidence-based treatments](#) include Prolonged Exposure, Cognitive Processing Therapy, and Eye Movement Desensitization and Reprocessing.

According to the [National Center for PTSD](#) about six percent of the population will have PTSD at some point in their lives and about 12 million adults in the United States have PTSD during a given year. Additionally, the number of Veterans with PTSD varies by service era. Approximately 11-20 out of every 100 Veterans who served in Operation Iraqi Freedom or Operation Enduring Freedom have PTSD and in any given year, about 12 out of every 100 Gulf War veterans have had PTSD. It is estimated that about 30 out of every 100 Vietnam Veterans have had PTSD in their lifetime.

After a traumatic event, it is normal to have stress reactions including upsetting memories, feeling on edge, or having trouble sleeping. If symptoms exist for longer than a few months, a person may have PTSD. Individuals with PTSD may experience nightmares or unwanted memories of the trauma, avoidance of situations that bring back memories of the trauma, heightened reactions, anxiety, or depressed mood that impact their ability to perform in their social life, work life, or other important activities. PTSD in children may present differently. They might think there were signs that the trauma was going to happen and subsequently look for similar signs thinking that this will help them avoid future traumas. These children may present with hypervigilance and challenges with executive functioning that impede academic performance. Symptoms of PTSD might also show through their play (e.g., playing shooting games after a school shooting).

Source: <https://www.samhsa.gov/blog/posttraumatic-stress-disorder-awareness-month>

Anthem members: Access programs, providers and community support through Sydney. Log-in and click **MENU** on the bottom navigation bar. Select **ACCESS CARE**, My Health Dashboard, Programs or **Community Resources** > Search for resources in your area.

If you or a loved one are experiencing symptoms of PTSD, it’s important to know that multiple treatment and support resources exist:

- [Find treatment](#) through SAMHSA’s treatment locators and helplines. These services are often free, confidential, anonymous, and available 24/7.
- Call or text the SAMHSA [Disaster Distress Helpline](#) for immediate support for people experiencing emotional distress related to natural or human-caused disasters. Services are provided by trained crisis counselors 24/7.
- [Hear from](#) Veterans, family members, and mental health providers sharing their experiences with PTSD and PTSD treatment.
- Review the National Child Traumatic Stress Network’s resource on [how to talk to children](#) about mass violence.
- Learn about [First Responder training opportunities](#) to recognize and address various stressors, and how to build behavioral health resilience.

We can all help [spread the word](#) to raise PTSD awareness. Individuals, families, behavioral health providers, and communities all play a vital role in addressing the needs of trauma survivors and individuals who are living with PTSD.

Eating Well Sloppy Joe

Stanford Medicine Cancer Fighting Recipes for Patients

Total Prep and Cook time: 1 hour, 20 minutes
Servings: 8; generous ½ cup servings

Feel free to make any substitutions you prefer. Ground turkey or soy works great in place of the lean ground beef.

Ingredients

12 oz 90% lean ground beef	½ cup water
1 large onion, finely diced	¼ cup cider vinegar
5 plum tomatoes, diced	¼ cup chili sauce, such as Heinz
2 Tbsp all-purpose flour	¼ cup ketchup
2 cups finely chopped cremini mushrooms (4 oz)	8 whole-wheat hamburger buns, toasted or consider using a lettuce leaf to make it a lettuce wrap for an even healthier option.

Cooking Directions:

1. Crumble beef into a large nonstick skillet; cook over medium heat until it starts to sizzle, about 1 minute. Add onion and mushrooms and cook, stirring occasionally, breaking up the meat with a wooden spoon, until the vegetables are soft and the moisture has evaporated, 8-10 minutes.
2. Add tomatoes and flour; stir to combine. Stir in water, vinegar, chili sauce and ketchup and bring to a simmer, stirring often. Reduce heat to a low simmer and cook, stirring occasionally, until the sauce is thickened and the onion is very tender, 8-10 minutes.
3. Serve warm on buns or cool lettuce wraps.

Per Serving: 237 calories, 6g fat, 2g saturated fat, 34g carbs, 14g protein, 5g fiber, 15mg cholesterol, 438mg sodium

