

# Innovative WellNews



## August Are You Up To Date On Your Exams?



### Did you know?



7 out of 10 deaths are caused by chronic disease



Half of the US population has been diagnosed with a chronic but preventable illness



Annual physical exams are essential for your health and well-being. Focusing on preventive care by making yearly appointments to see your primary care provider when you aren't actively "sick" is the best way to stay on top of your overall health. At these appointments, you can make sure you are assessing your risks for chronic disease, updating your vaccinations, screening for cancer, and updating your medical records with any new family history or specialist recommendations.

## Health and Wellness Observances

### Immunization Awareness Month

#### Before Vaccines...

- Polio would paralyze 10,000 children
- A bacterium called Haemophilus influenzae type b (Hib) would cause meningitis in 15,000 children, leaving many with permanent brain damage



The best way to protect against serious disease is through regular immunizations. Throughout history, many vaccines have been successfully developed against life-threatening diseases, including meningitis, tetanus, measles, wild poliovirus, and most recently COVID-19. Vaccines protect both individuals and the community, as many people are unable to get vaccines. Immunizations for adults help prevent diseases due to age, job, lifestyle, travel, and health conditions. They help create an "army" of defense for our immune system so that when a pathogen (bacteria or virus) enters our body, we have antibodies already present and ready to immediately fight and thereby reduce our risk of serious illness.

For the adult immunization schedule by age please check [HERE](#).

# World Lung Cancer Day

World Lung Cancer Day is recognized on Thursday, August 1, 2024. To reduce your risk of lung disease:

- Don't smoke – the chemicals in cigarettes lead to inflammation, narrow air passages, and can change cells to grow into cancer
- Improve air quality – dust and vacuum regularly, change appliance filters regularly
- Reduce air pollution – avoid exercising in high-traffic areas and bad air days, limit burning wood and trash
- Get regular check-ups – to check for a chronic cough, shortness of breath, coughing up blood, chest pain or wheezing
- Exercise – keeps your lungs healthy

Vaccinations are especially important for adults with lung disease who are at higher risk for serious illness and death. These include:

- COVID-19
- Influenza
- Pneumococcal pneumonia
- RSV
- Tdap
- Zoster



## Did You Know?

If you are between the ages of 55 and 80 years old and have smoked 30 pack years and currently smoke or quit within the last 15 years, it is recommended that you receive a low-dose CT scan of your lungs every year.

## Monthly Nutrition Fact

Boost your immune system with vitamins and nutrients in the foods you eat!



Vitamin C



Zinc



Vitamin D



Probiotics



## Chance to Win

Try out our recommended recipe this month! Send in a picture of your finished product to [wellness@ibpllc.com](mailto:wellness@ibpllc.com) for a chance to win a gift card.

## Monthly Physical Activity Tip

Please don't give up your physical activity routine when the air outside is bad. If it's too hot and humid to get outside or if the air quality is poor, take a walk indoors in a shopping mall or gym or use an exercise machine.



## Grilled Prosciutto and Peach Flatbread Pizza

### Ingredients:

- Flatbread of your choice EVOO
- 1 (3 oz) package prosciutto
- 1-2 fresh peaches, grilled and sliced
- 1 cup arugula
- 1 cup shredded mozzarella cheese
- 2 burrata cheeses
- Hot honey
- Balsamic glaze
- Fresh basil, thinly sliced for garnish.

### Directions:

- Preheat oven 400 degrees (or recommended temp of your flatbread)
- Drizzle flatbread with EVOO
- Top flatbread with arugula, mozzarella cheese, and prosciutto
- Bake for recommended time
- Remove from oven, top with grilled peaches, burrata cheese torn and spread, drizzle with hot honey and balsamic glaze, garnish with fresh basil

Sources [publichealth.org](http://publichealth.org), [Cdc.gov](http://Cdc.gov), [Lung.org](http://Lung.org), [Who.int](http://Who.int)