

## The Journey of Breast Cancer in Bermuda

Patients with cancer no longer have to go overseas for radiation treatment, thanks to Bermuda Cancer and Health Centre's new radiation therapy treatment room with the Varian Truebeam® Linear Accelerator.



Today it is possible for 95% of cancer patients to have a complete diagnosis and treatment without having to leave Bermuda. The benefits for patients include having family, friends, and highly experienced specialised medical teams right there to support them.

**Finding a lump.** Technology has improved significantly, and the Bermuda Cancer and Health Centre (BCHC) is the first to offer the latest state-of-the-art 3-D tomosynthesis. This screening can detect small cancers that may otherwise be difficult to identify and allows for the imaging of thin layers of tissue, making it easier to rule out suspicious findings.

**Surgery.** Bermuda is home to many qualified surgeons, and the Bermuda Hospitals Board (BHB) works with specialised consultants who visit the island several times per year to provide higher levels of expertise.

**Treatment.** The Chemotherapy Clinic located at the BHB is where patients receive chemotherapy treatments and meet with their oncology specialists. Patients can also receive radiation therapy, thanks to BCHC's clinical affiliation with the Dana-Farber/Brigham and Women's Cancer Center. The facility was built specifically for radiation treatment, and has world-class equipment and highly qualified oncology specialists in both Bermuda and Boston.

**Life after cancer.** After completing cancer treatment, it is important for patients to have regular follow-ups with their physicians. Balanced nutrition and consistent exercise will help patients recover and get back to normal as soon as possible.



### HAVE YOUR CANCER QUESTIONS ANSWERED

What are the best ways to prevent breast cancer?  
What are the screening recommendations? Find out at [www.cancer.bm/cancer-information/breast-cancer-prevention--early-detection](http://www.cancer.bm/cancer-information/breast-cancer-prevention--early-detection).

[www.bfm.bm](http://www.bfm.bm)

### BF&M Overseas Healthcare Toll-Free Helpline

BF&M medical assistance is available 24/7 with our toll-free numbers:

- 1-888-674-1367 (from Bermuda)
- 1-877-236-2338 (from outside Bermuda)
- 1-519-251-5186 (from Bermuda: collect calls)
- 1-519-251-5185 (from outside Bermuda: collect calls)

See back issues of *healthmatters* online at [www.bfm.bm/news/healthmatters/index.html](http://www.bfm.bm/news/healthmatters/index.html).

### At BF&M Wellness Matters!

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### EDITOR

Brenda Dale, AVP, Wellness

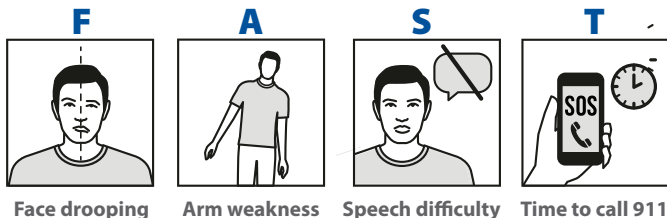
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# Stroke Signs: Should FAST Change to BE-FAST?

You may have heard the mnemonic FAST when it comes to spotting stroke symptoms.



Some hospitals and organizations are adding two more letters: **B** for balance and **E** for eyes—turning it into **BE-FAST**.

Many stroke patients don't have **FAST** symptoms, but they do have balance troubles and the sudden onset of visual problems.

The most important letter in both **FAST** and **BE-FAST** is the **T**—time is of the essence. The treatments that work the best are only effective if the stroke is diagnosed within three hours. If you or someone you know might be having a stroke, call **911** immediately.

Almost **23%** of Bermudians have an immediate family member who had a stroke.

## PREVENTING STROKE

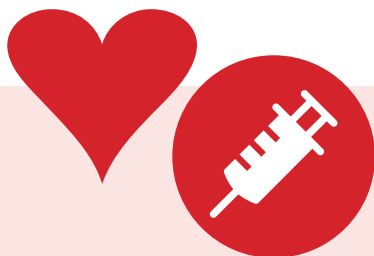
To reduce your risk for stroke, try these tips:

- Treat high blood pressure
- Don't smoke and avoid secondhand smoke
- Eat a diet low in added sugars and salt
- Control your blood sugar if you have diabetes
- Maintain a healthy weight
- Take your medications as prescribed



### GET A PERSONAL HEALTH COACH!

Making healthy choices can help lower your risk for stroke. Need a little encouragement to move more and eat better? Work with a personal health coach from Kurbo via texts and video chats. And the mobile app is a fun and easy way to keep tabs on food and exercise. Get started today at [www.kurbo.com/bfm](http://www.kurbo.com/bfm).



## Protect Your Loved Ones from Flu and Pneumonia

Being vaccinated is the number one way to guard against the flu and pneumonia. Because you're less likely to become sick if you're vaccinated, you're also less likely to infect your loved ones.

### Receive Your Yearly Flu Shot ASAP

Have the shot as soon as you can this fall. That way, you're protected when flu season hits. Even if you had a shot last year, you need another one to fight the most current flu strains.

### Are You Due for a Pneumonia Vaccine?

The flu can sometimes lead to pneumonia, a lung infection. Having a weakened immune system and certain health problems increase your risk for pneumonia. A flu shot is one way to protect yourself. You may also need one or both of the two available pneumonia vaccines.

Adults ages 65 and older should be vaccinated against pneumonia. You also need to be vaccinated if you smoke or have diabetes, heart disease, or asthma.

By protecting yourself against the flu and pneumonia, you help protect the people you love.

## health facts

### Eat Right, Stress Less

STRESSED OUT? Many people are turning to foods high in carbohydrates and sugar as an unhealthy crutch—about 75% of adults in Bermuda are overweight or obese. Next time you're tense, opt for these five foods that will help boost your mood, calm your nerves, and promote good health:



#### Avocados.

This nutritious fruit is rich in potassium, which promotes lower blood pressure. Avocados are also an excellent source of vitamin B-6, which has been shown to reduce stress and lift your mood.



#### Fatty fish.

Salmon and tuna are rich in omega-3

fatty acids that help protect the brain and nervous system from stress-related disorders, such as depression or anxiety.



#### Turkey.

This poultry is packed with tryptophan, an amino acid that helps release serotonin. Without

enough serotonin, there's a greater chance of developing depression.



#### Citrus fruits.

Regular consumption of vitamin C has

been associated with lower blood pressure in patients with hypertension. If you're feeling stressed, snack on an orange or add lemon slices to your water.



#### Dark chocolate.

If stress attracts your sweet tooth, you're

not completely out of luck. Researchers have found that dark chocolate increases blood flow among patients with heart disease.

# 8 Benefits to Finding Alzheimer's Early On

September is World Alzheimer's Month, and the theme is "Remember me," which highlights the importance of early detection and diagnosis of dementia.

In high-income countries, such as Bermuda, only 20 to 50% of dementia cases are recognized in primary care. This suggests that at least 2,000 people in Bermuda have not been diagnosed, and therefore do not have access to treatment, care, and organized support.

Other benefits of diagnosing Alzheimer's early on include:

- 1** Ruling out treatable causes of dementia such as vitamin B-12 deficiency and thyroid problems.
- 2** Delaying or reversing symptoms. When detected early, Alzheimer's disease may be slowed and in some cases reversed.
- 3** Having time to plan for medical and financial decisions. An early diagnosis can allow people with dementia to prepare for the future by designating a medical/financial power of attorney and creating a living will.
- 4** Providing an answer. Most people find it helpful to finally have a name for the symptoms they've been experiencing.
- 5** Allowing time to record memories, which can serve as a wonderful way to cherish loved ones.
- 6** Providing time to identify and address safety concerns such as driving and errors in medication administration.
- 7** Becoming informed about what to expect. This is helpful for both people with Alzheimer's and their families.
- 8** Benefitting from support groups, where you can share and learn how others cope with the challenges of Alzheimer's.



## How 'Elder Orphans' Can Plan for the Future

AS WE LIVE LONGER—about 13% of people in Bermuda are age 65 or older—some of us will face the challenge of aging without a family member or caretaker looking after our needs. This emerging group is known as "elder orphans." It may be difficult to think about, but you can make it less scary by preparing in advance.

**Build a network.** Your support system could include relatives, neighbors, and friends. Take a class or join a club to meet like-minded people.

**Make a plan for your long-term living situation.** Can your current home accommodate you as you age and lose mobility? Would you prefer to live somewhere walkable so that driving isn't an issue? Would living in a senior community provide you with more social opportunities?

**Get your finances in order.** You may need to hire help for things such as housework, errands, and home repairs. For tips on doing this, visit [www.caregiver.org/hiring-home-help](http://www.caregiver.org/hiring-home-help). And now is the time to save. Consider talking with a financial adviser.

**Create advance directives.** These documents, such as a living will and durable power of attorney for healthcare, make sure that others know your wishes related to your health.



**SHINE A LIGHT ON DEMENTIA IN BERMUDA.** Come visit Bermuda Alzheimer's & Memory Services (BEAMS) for memory/cognitive testing, diagnosis, and treatment services for dementia. Check out our office at 131 Front Street (the Maiden House building), call 1-441-292-3267, or go to <https://beamsbermuda.org>.

## 21<sup>st</sup> BF&M Breast Cancer Awareness Walk

Come on out - Walk and Talk!

DATE	Wednesday, October 18, 2017
TIME	5:00PM Health Fair   6:00PM Walk Starts
VENUE	Barr's Bay Park
REGISTER	<a href="http://www.racedayworld.com">www.racedayworld.com</a> , Bermuda Cancer and Health Centre, Sportseller, BF&M
DONATE	By raising/donating \$315, you will cover the cost of a mammogram for someone who cannot afford one.
CONTACT	<a href="http://www.chc.bm">www.chc.bm</a> or email <a href="mailto:events@chc.bm">events@chc.bm</a>

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