



Quality Cancer Care Right on the Island

Since opening its doors in May 2017, the Bermuda Cancer and Health Centre Radiation Therapy Unit has treated more than 120 patients and expects to serve upward of 150 patients on an annual basis.

Cancer Treatment Near Loved Ones

“For the majority of Bermudian oncology patients, this translates into access to high-quality care at home, near loved ones, with minimal disruptions to their daily lives,” says Gerard Walsh, executive director of radiation oncology. “It also means that Bermudians who could not afford to travel [overseas for care] can now receive this vital treatment.”

The radiation therapy unit is a state-of-the-art facility with advanced equipment that can treat up to 95% of all cancers. In combination with a highly trained team of specialists, the unit is an indispensable option for local cancer patients.

Tina Graham, chief radiation therapist at the unit, says that not having to travel for treatment helps improve patients’ quality of life and health

outcomes. “When patients are facing a cancer journey, it’s important to have a feeling of home, a good support system, and access to care as often as they need,” she explains.

Fans of the Radiation Therapy Unit

Patient testimonials speak volumes:

- “I decided to go with local treatment at the radiation unit. I am so glad I did because it allowed me to have the treatment and still go home and to work. The radiation team members were really second to none. They were professional and made me feel at home.”
—Irvin Hendrickson
- “The quality of care I was given was perfect. This is a great thing for Bermuda.”
—Rose Marie Franks

While it has been a long process to bring high-quality radiation treatment to Bermuda, it is proving worth the work. Patients can now take comfort in knowing they can remain close to home, near those who matter most.

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.

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HOW CAN THE RADIATION THERAPY UNIT HELP YOU?

At some point, about 67% of cancer patients will need radiation therapy. Fortunately they no longer have to go overseas for treatment. Discover more about the new Bermuda Cancer and Health Centre Radiation Therapy Unit at www.cancer.bm/what-we-do/radiation-therapy.

TV Watchers, Get Moving to Avoid Blood Clots

Netflix. Amazon. Hulu. However you view your favorite shows, you may want to hit “pause” on your binge-watching habit. According to new research, people who watched TV “very often” were nearly twice as likely to develop a condition called venous thromboembolism (VTE) than those who “rarely or seldom” watched TV.

VTE Explained

VTE occurs when a blood clot develops in a vein. If a blood clot forms in a deep vein in the body, such as in the leg—known as deep vein thrombosis—it can cause symptoms such as:

- Pain
- Swelling
- Skin that feels warm or appears reddish

If the blood clot breaks off and travels from the leg to the lungs, it can block the blood supply to the lungs and cause a life-threatening condition called pulmonary embolism.

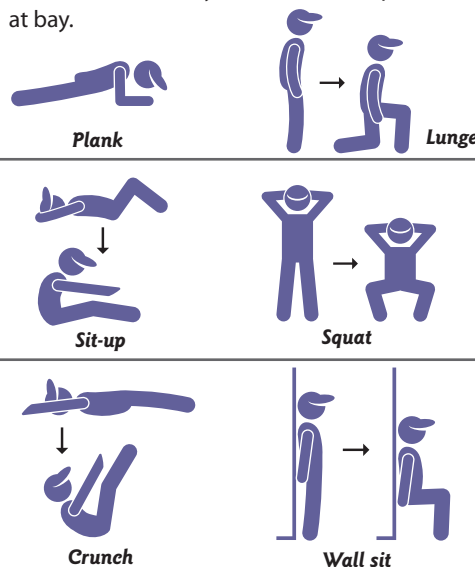
Stand Up Against Blood Clots

When you go into couch potato mode, blood can get stuck in your lower extremities and lead to blood clots. The key, it seems, is to spend more time on your feet.

Did you know that adults in Bermuda are inactive for more than five hours each day? Here are a few activities you can do even while catching up on your favorite shows:

- Planks
- Sit-ups
- Crunches
- Lunges
- Squats
- Wall sits

Talk with your doctor about your risk for blood clots and what else you can do to keep them at bay.



The Brain Explained: Alzheimer’s and Dementia

Not sure of the difference between Alzheimer’s disease and dementia? It’s a bit of a trick question.

Dementia isn’t actually a condition. It’s a general term for several diseases that cause a loss of brain function. Here’s a closer look at three of them:

Alzheimer’s disease is caused by abnormal protein deposits and tangled fibers inside the brain, as well as a loss of connections between neurons in the brain. Early symptoms include memory loss, getting lost, trouble with daily tasks, and impaired judgment. Alzheimer’s affects as many as 1,000 Bermudians.

Vascular dementia occurs when blood vessels in the brain get blocked. It often happens after a stroke. Symptoms can include confusion, vision loss, and trouble speaking or understanding words.

Lewy body dementia is caused by abnormal protein deposits in the brain called Lewy bodies. Symptoms can include changes in thinking, confusion, balance problems or stiff muscles, hallucinations, and sleep problems.

If you or a loved one has any of these symptoms, see your doctor. Although there is no cure for dementia, early treatment may help.



DEMENTIA SUPPORT IS A CLICK AWAY

Patients with dementia, family members, and caregivers have a great resource right in their backyard. Visit Bermuda Alzheimer’s & Memory Services (BEAMS) at www.beamsbermuda.org or email admin@beamsbermuda.org.

Prevent Norovirus with a Simple Tip

Few viruses are more dreaded than norovirus—an übercontagious illness that causes vomiting, diarrhea, nausea, stomach pain, fever, and body aches. But by simply washing your hands, you can stop the spread of this nasty bug.

How the Virus Spreads

Handwashing is so effective at stopping norovirus because of how it’s spread. As unpleasant as it sounds, you can get sick when vomit or stool from an infected person gets into your mouth. This can happen by:

- Touching a surface or an object that may be contaminated and then putting your fingers in your mouth
- Coming into contact with someone who’s infected, such as by shaking hands, sharing utensils, or caring for the person

When to Wash

Be sure to wash your hands at these crucial times:

- Before, during, and after preparing food
- Before eating
- Before and after taking care of someone who’s sick
- After using the restroom
- After changing a diaper or helping a child use the toilet
- After handling garbage
- After touching an animal, pet food, or animal waste



DIABETES & YOU

11.8% of people in Bermuda have diabetes,
and 8.1% have prediabetes,

a condition in which your blood sugar is higher than it should be, but not yet high enough to be diagnosed as diabetes. Here's what you should know.

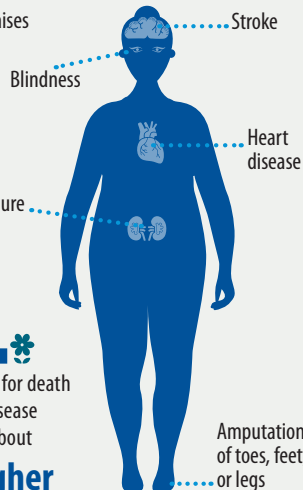


More than half of Bermudians with diabetes take medication to control their blood sugar.



DIABETES IS SERIOUS

Having diabetes raises your risk for:



Death—your risk for death from heart disease or stroke is about **50% higher** compared with someone without diabetes.

YOU CAN REDUCE YOUR RISK

If you have **prediabetes**, you can reduce your risk of developing type 2 diabetes by:

eating a healthy diet



being more active.

If you have **diabetes**, you can reduce your risk of developing type 2 diabetes by:

working with a health-care provider

+ eating a healthy diet

+ being more active.



i IS TYPE 2 DIABETES IN YOUR FUTURE?

Your lifestyle choices and family history may be clues to whether you may develop type 2 diabetes. Check your risk by answering a few questions at www.diabetes.bm/BDA%20risk%20form.pdf.



8 Ways to Slash Stroke Risk

Did you know that up to 80% of strokes could be prevented? Here are eight things that can contribute to stroke risk and what you can do about them:

- 1 High blood pressure.** This is a leading cause of stroke. Get your numbers checked regularly.
- 2 Diabetes.** High blood sugar damages blood vessels and nerves that control your heart. Work with your doctor to manage your blood glucose.
- 3 Heart disease.** Coronary artery disease or an irregular heartbeat could contribute to stroke. Your doctor might recommend surgery or medication.
- 4 Abnormal cholesterol.** Unhealthy cholesterol levels can lead to clogged arteries—including those in your brain. Have your number checked at least once every five years.
- 5 Unhealthy weight.** Being overweight or obese increases your risk for stroke. To maintain a healthy weight, balance the number of calories you eat with your physical activity level.
- 6 Unhealthy diet.** Choosing healthy foods can help prevent stroke.
- 7 Not exercising.** Working out helps you stay at a healthy weight and can lower your cholesterol and blood pressure.
- 8 Smoking.** Cigarette smoking can damage heart and blood vessels, which increases your risk for stroke. Kick the habit and your stroke risk drops.

BF&M BREAST CANCER AWARENESS WALK

DATE: WEDNESDAY, OCT. 17, 2018
TIME: 6 P.M.
VENUE: BARR'S BAY PARK

Register online at racedayworld.com

Registration fee is \$30, which includes a free walk pack (while supplies last). Dates and times for walk pack pick up are listed on racedayworld.com.



Bermuda Registered Charity #070

RETHINK
PINK
MORE THAN JUST A COLOUR.

All funds raised support BCHC's Equal Access Fund and the Prevention and Early Detection Programmes.

