

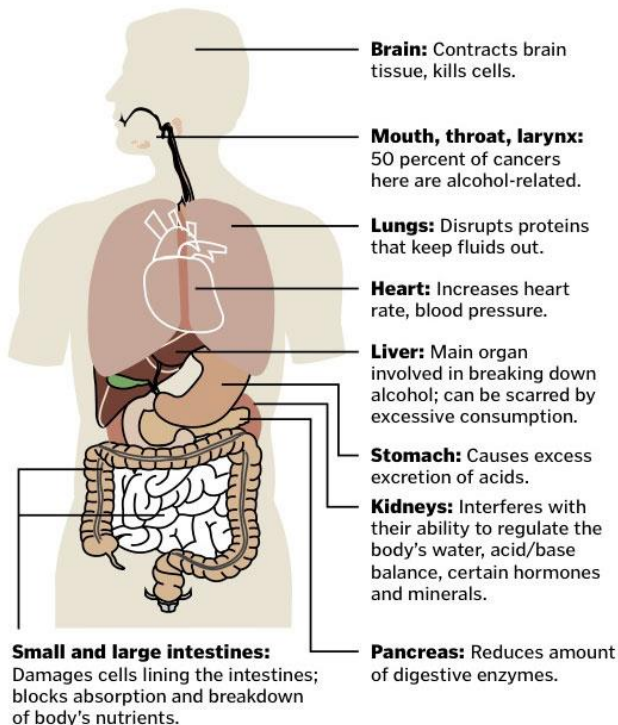


awareness 2016

What is autism? Autism spectrum disorder (ASD) or for short, autism, are terms for a group of complex disorders of brain development. These disorders are characterized in varying degrees, by difficulties in social interaction, verbal and nonverbal communication and repetitive behaviors. ASD can be associated with intellectual disability, difficulties in motor coordination & attention and physical health issues. The most obvious signs and symptoms of autism tend to emerge between 2 and 3 years of age.

Learn the Signs! Some of the following signs may indicate that your child is at risk for autism: no joyful expressions by 6+ months, no back-and-forth sharing of sounds by 9 months, no babbling by 12 months, no back-and-forth gestures by 12 months and no words by 16 months. If you notice any of these signs in your child, do not hesitate to schedule a check-up or testing with your local pediatrician. For more information on autism and early signs, visit www.autismspeaks.org.

How does alcohol affect your body?



SOURCES: Johns Hopkins University; bloodalcohol.info; alcohol.org; McClatchy-Tribune



Women's Eye Health & Safety Month

Did you know that two-thirds of blindness and other visual impairments worldwide occur in women?

According to friendsforsight.org, women are more likely than men to have eye-related problems and here are a few reasons why.

First off, women have hormonal fluctuations during their lives that negatively affect their eyes. Secondly, women who take birth control may experience blood clots and strokes which can cause vision problems. Birth control can also increase women's chances for cataracts and dry eye. Lastly, pregnancy causes several changes in a woman's body. This includes dry eye syndrome, light sensitivity and eye puffiness.

Higher blood pressure during pregnancy can also cause blurry vision and retinal detachment.

The good news is that there are ways to lessen or prevent future vision problems and one of the most important ways is to receive an annual eye exam. Regular dilated eye exams help to monitor your vision status. Call one of Netcare's customer service representatives today if you are not familiar with your eye exam coverage. Also, eat a healthy diet. Eating a diet rich in water intake, vitamins C & E, beta carotene, lutein, zinc, omega-3 fatty acids, and zeaxanthin will help you maintain healthy vision. Keep in mind that your diet should be low in sodium and caffeine as well.

Visit www.friendsforsight.org for more information on women's eye health and ways to prevent or lessen future vision problems.

April is women's eye health & safety awareness month! Tired of those glasses and contacts? Visit Island Eye Specialists for your Lasik surgery needs. Netcare members receive up to \$600.00 off Lasik surgery! *Please note that this is a cosmetic procedure and is not a covered benefit under Netcare's medical plan. Call 637-2020 for more information.



Featured Rewards Partners



Visit Goody's Sporting Goods located at N. Marine Corps Drive Tamuning, GU 96913 to receive 10% discount on footwear and apparel. Contact them at 646-4800 for further information.



Do you want to exercise and have fun at the same time? Check out Urban Fitness and Dance to receive any of the following promos! Promo 1: Pay one full years membership and get one month free. Promo 2: refer a friend to sign up for a full year and get one month free. Promo 3: GovGuam & Judiciary members get 20% off kid's summer camp fee. Call them at 969-7308 for more details.



April is National Facial Protection Month!



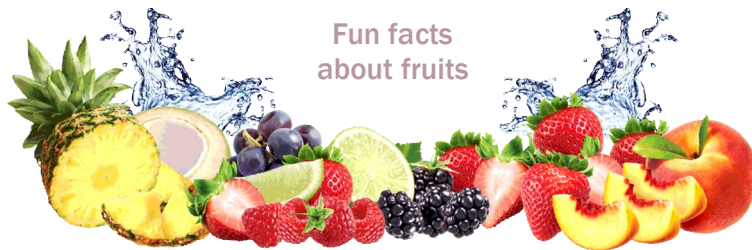
Five of the nation's top dental associations want to remind everyone to play it safe during recreational and organized sports to help prevent serious, painful facial injuries that can take the fun out of any game. Take five, and take in the following simple safety tips.

1. Mouth guards are a must.
2. Helmets are always helpful.
3. Have 20/20 vision with protective eyewear.
4. Face shields save skin...and more.

Whether your child is playing a contact sport or just monkeying around, accidents happen. Researchers have found that the five most common causes of childhood injuries were basketball, football, bicycling, playgrounds and soccer.

An estimated 12 million people ages 5 and 22 years suffer sports-related injury annually. Yet, some of these injuries could be prevented with protective gear.

For more information on national facial protection month, visit www.academyforsportsdentistry.org.



Fun facts about fruits

- A banana is not just a fruit, it is also an herb
- Apples, peaches and raspberries are all members of the rose family
- Strawberries have more vitamin C than oranges
- Grapes explode when you put them in the microwave
- The world's most popular fruit is the tomato
- Square watermelons are grown by Japanese farmers for easier stack and store
- The coc de mer palm tree has the earth's largest fruit, weighing 92 lbs and seeds weighing 37 lbs
- The pineapple is actually a berry



to all our Netcare members born in April!
From: Your Netcare Family

What is Irritable Bowel Syndrome (IBS)?



According to the staff at Mayo Clinic, irritable bowel syndrome (IBS) is a common disorder that affects the large intestine. It is a chronic condition that you will need to manage long term.

Even though signs and symptoms are uncomfortable, IBS doesn't cause changes in bowel tissue or increase your risk of colorectal cancer. Only a small number of people with IBS have severe signs and symptoms. Some of them can control their symptoms by managing diet, lifestyle and stress while others will need medication and counseling.

The signs and symptoms of IBS can vary widely from person to person and often resemble those of other diseases. Among the most common symptoms are: abdominal pain or cramping, a bloated feeling, gas, diarrhea or constipation and mucus in the stool.

When should you see a doctor? It's important to see your doctor if you have a persistent change in bowel habits or if you have any other signs or symptoms of IBS, because these may indicate a more serious condition such as colon cancer. Symptoms that may indicate a more serious condition include: rectal bleeding, abdominal pain that progresses or occurs at night and weight loss.

For more information on irritable bowel syndrome, visit www.mayoclinic.org.

Soy Pancakes Recipe



More soy recipes at www.soyfoods.org

Ingredients:

- 1 cup soy flour
- 2 $\frac{3}{4}$ cups all-purpose flour
- 3 tbsp baking powder
- 1 $\frac{1}{2}$ tsp salt
- 3 eggs
- 3 cups soymilk
- 6 tbsp soybean oil

Directions:

1. Mix all ingredients together until moistened. Add extra soymilk for thinner pancakes.
2. Spray griddle with a non-stick cooking spray and preheat to 350°F.
3. Pour $\frac{1}{2}$ cup of batter on griddle for each pancake.
4. Cook until golden brown then remove from griddle.

Nutritional Information:

Serving size: 1 pancake | Calories per serving: 188 | Protein: 7g (2g of soy protein) | Carbohydrate: 23g | Total fat: 7.5g (1.3g sat fat) | Sodium: 441g | Cholesterol: 41mg | Dietary fiber: 1g