



2016 Pacific Islands Summer Promo From June 1 to August 31, 2016

10% Discount

- ❖ **Breast Care Center**
 - Breast Ultrasound
 - 2D + 3D Breast Ultrasound
- ❖ **Cardiac Catheterization Laboratory** (Diagnostic only)
 - Coronary Angiogram- Procedure Only
- ❖ **Diagnostic X-Ray** (All ancillary procedures)
- ❖ **General Ultrasonography** (All ancillary procedures)
- ❖ **Institute of Digestive and Liver Diseases**
 - Colonoscopy
 - Gastroscopy
 - Gastro-Colonoscopy
- ❖ **Nuclear Medicine**
 - Bone Densitometry
 - Whole Body Bone Densitometry
- ❖ **Vision Laser Center**
 - Lasik
 - PRK
 - Lasik Femto
 - Smile
- ❖ **Women's Health Care**
 - (All procedures requiring ultrasound)
- ❖ **Dental Prophylaxis**
- ❖ **CT Scan**
- ❖ **Magnetic Resonance Imaging (MRI)**

5% Discount

- ❖ **Wellness Executive Check-Up Packages**

* Contact your NetCare Off-Island Coordinator for any questions or to schedule your off-island appointments.

Featured Rewards Partners



Receive 25% off standard daily rates when you rent a car from Avis Rent-A-Car. Call them at (671) 646-2847 for more information.



Dri-fit clothing discounts and discount on retail Guam shirts are available for Netcare members at the T-Factor. Please call them at (671) 472-TEES or visit store for details.



Essence Hair Artistry offers 25% off your first visit. *Discount may not be used with promotional prices. Call (671) 472-2887 for more details.



Healthy Liver:
This is a healthy liver.



Fibrotic Liver:
The continuous inflammation of the liver caused by Hepatitis B can lead to fibrosis – a formation of scar tissue within the liver.



Cirrhotic Liver:
In cirrhosis of the liver, scar tissue replaces normal, healthy tissue, blocking the flow of blood through the liver and preventing it from working as it should.



Liver Cancer:
Liver cancer is the formation of a malignant tumor in the liver.

July 28th is World Hepatitis Day! Eliminate Hepatitis, Raise Awareness!

What is hepatitis? Hepatitis comes from the Ancient Greek word *hepar* meaning 'liver' and the Latin word *itis*, meaning inflammation. Hepatitis is injury to the liver with inflammation of the liver cells. There are five main types of hepatitis, which commonly is determined by a laboratory test.

Types of Hepatitis:

- **Main types**
 - **Hepatitis A:** caused by consuming contaminated food and water.
 - **Hepatitis B:** a sexually transmitted disease.
 - **Hepatitis C:** commonly spread via direct contact with the blood of a person who has the disease.
 - **Hepatitis D:** only a person who is already infected with hepatitis B can become infected with hepatitis D. Infection is through contact with infected blood, unprotected sex, and perforation of the skin with infected needles.
 - **Hepatitis E:** caused by drinking contaminated water.
- **Other Types:**
 - **Hepatitis X:** hepatitis of an unknown virus
 - **Hepatitis G:** caused by the hepatitis G virus (HGV) with mild to no symptoms.

For more information on hepatitis, visit www.medicalnewstoday.com

Did You Know? Below are a few health benefits of cherries!

- Improves kidneys, liver, and heart health
- Full of antioxidants
- Anti-inflammatory
- Reduces cholesterol



- Improves immunity
- Great for arthritis
- Anti-aging
- Full of vitamin A
- Eases digestion

10 Health Benefits of Blueberries:

1. SUPERFRUIT!
2. Aids digestion and UT health
3. Slows breakdown of bones
4. Lowers heart disease risk
5. Full of antioxidants
6. Reduces belly fat
7. Full of vitamins
8. Improves vision
9. Prevents cancer
10. Enhances mood



We're on the clock for you!



Netcare's office is open every Saturday from 9am – 1pm, excluding holidays.



What is Group B Strep? Group B Streptococcus (GBS) is a type of bacteria that is naturally found in the digestive tract and birth canal in up to 1 in 4 pregnant women. Unfortunately, babies can be infected by GBS before birth and up to about 6 month of age due to their underdeveloped immune systems.

There are three types of GBS disease, each with their own prevention challenges which are mentioned below.

- Prenatal-onset GBS disease (before birth)
- Early-onset GBS disease (birth through the first week of life)
- Late-onset GBS disease (1 week of age through several months of life)

Visit www.groupbstrepinternational.org for more information on GBS.

Fresh Cherry Cheesecake Bars



Nutritional facts:

Calories: 136 | Fat: 6.9g
| Sfat: 4g | Monofat: 1.8g | Polyfat: 0.3g |
Protein: 2.9g |
Carbohydrates: 16g |
Fiber: 0.5g | Cholesterol: 33mg | Iron: 0.5mg |
Sodium: 92mg |
Calcium: 23mg

Preparation:

1. Preheat oven to 350°.

2. Line an 8-inch square glass or ceramic baking dish with parchment paper. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Place flour, powdered sugar, and salt in a food processor; pulse 2 times to combine. Add chilled butter, and drizzle with ice water. Pulse 10 times or until mixture resembles coarse meal. Pour the mixture into prepared baking dish (mixture will be crumbly). Press mixture into bottom of dish. Bake at 350° for 23 minutes or until lightly browned. Cool completely. Reduce oven temperature to 325°.

3. Place cherries, 1 tablespoon granulated sugar, and 1 tablespoon water in a small saucepan. Bring to a boil. Reduce heat, and simmer 5 minutes or until cherries are tender. Combine lemon juice and cornstarch in a small bowl, stirring with a whisk. Stir cornstarch mixture into cherry mixture; cook for 1 minute or until thickened. Cool mixture slightly. Spoon the cherry mixture into food processor, and process until smooth. Spoon pureed mixture into a bowl, and set aside.

4. Wipe food processor clean. Place cream cheese and remaining ingredients in food processor; process until smooth. Spoon cream cheese mixture over cooled crust; spread evenly. Dollop cherry mixture over cream cheese mixture, and swirl together with a knife. Bake at 325° for 36 minutes or until set. Cool on a wire rack. Cover and chill at least 3 hours.

Ingredients:

- 4.5 oz all-purpose flour
- 3 tbsp powdered sugar
- 1/8 tsp salt
- 5 tbsp chilled butter
- 3 1/2 tsp iced water
- 1 1/4 cups chopped pitted fresh cherries
- 1 tbsp granulated sugar
- 1 tbsp water
- 2 tsp fresh lemon juice
- 1/2 tsp cornstarch
- 3/4 cup 1/3-less-fat cream cheese
- 1/3 cup fat-free plain Greek yogurt
- 1/3 cup granulated sugar
- 1/2 tsp vanilla extract
- 1 large egg



Netcare's 24 Hour Nurse Line is available for you!

Call 1-877-585-5376

The NetCare 24 hour Nurse Line provides information based on physician-approved guidelines such as: general information on all types of health concerns and answers about medication usage and interaction. The NetCare Nurse Hotline is an immediate, reliable and caring source of health information, education and support and the call is toll free. *Please have your member ID number ready for them to assist you.

Five "Useless" Human Body Parts

- Coccyx: More useful as a game-winning Scrabble word than part of the anatomy, the coccyx (tailbone) is several fused vertebrae (backbones) left over from when we had tails.
- Erector Pili: When we were hairier, these muscles under our skin made the hairs stand on end when we needed to appear bigger and scarier. Now, it just gives us goose bumps.
- Wisdom Teeth: Back in the day, when we ate mammoth meat off the bone and didn't floss afterward, our teeth tended to fall out. Therefore when these reserve molars came in, they were welcomed. Nowadays, fluoride and dental plans have just made them a huge pain.
- Plica Semilunaris (3rd eyelid): You may not know it, but you have a third eyelid. Pull open the more noticeable eyelids and it's located right in the corner by the tear duct. The 3rd eyelid is left over from what's known as a nictitating membrane, which is still present in animals like chickens and sharks.
- Appendix: Darwin claimed the appendix was useful for digestion during our early plant-eating years; it's dwindled down to little since we started eating more digestible foods.

Source: Science Channel



**HAPPY 72ND
LIBERATION
DAY, GUAM!**



Happy Birthday to
all our members
born in July!

From, Your
Netcare Family