



Topic Of The Month



Top 10 Causes of Death for Women

1. Heart Disease
2. Cancer
3. Lung Disease
4. Stroke
5. Alzheimer's Disease
6. Unintentional Injuries
7. Diabetes
8. Influenza & Pneumonia
9. Kidney Disease
10. Septicemia

**Luckily, most of these
are preventable.**

**Living a happier,
healthier, longer life is
largely within your
control!**



Women's Health

Back to the Basics for 2017

Whether you're an employee or an entrepreneur, ensuring your good health is still the first order of business.

Keeping your health accounts balanced can sometimes seem like a big order, but Sawtooth Mountain clinic is here to assist you!



confidential quitline. You can access unlimited coaching and even get no-cost nicotine replacements.

1. **Just like having an accountant can help sort out your taxes, a trusted health care provider can help sort out medical issues.** Preventative care can often stop problems before they get started, and catch small problems before they become big ones. The "Sage Screening Programs" help keep Minnesotans healthy through screening and early detection of breast, cervical and colorectal cancers. Screenings are provided at participating locations free of charge to people who qualify. Go to <http://www.health.state.mn.us/index.html> and search "Sage" for more information.

2. **It takes quality materials to create any quality product, and it takes healthy food to build a healthy body.** Author Michael Pollan's nutritional advice is simple and on the money - Eat real food, not too much, mostly plants.

3. **Get rid of the tobacco liability.** Smoking, chewing, and vaping are all dangerous. Sawtooth Mountain Clinic can quickly connect you to "Call It Quits" - a free and

4. **Analyze your liquid assets.** What and how much do you drink? Is it mostly water? Pop, sports drinks, and even juice can all be detrimental to good health. How's the alcohol consumption? If it's more than just occasional or moderate, talk to a provider about how you can change that.

5. **Are you running an exercise deficit?** Physical activity is one of the most important aspects of taking good care of yourself. You don't have to be a hard-core fitness fiend to benefit. Find an activity that you enjoy, that gets your heart pumping, and go for it!

6. **The business of our lives can sometimes be overwhelming.** You can invest in yourself by noticing how often you're feeling sad, hopeless, or angry. If these emotions are impacting the quality of your life, our Behavioral Health Consultants are here to work with you, so you can get on with the business at hand!

Taking care of ourselves can take a lot of support. We're here to help! Ask a nurse or provider if you'd like to talk.



January, 2017

Free - Help Yourself!

Topic Of The Month



Top 10 Causes of Death for Men

1. Heart Disease
2. Cancer
3. Unintentional Injuries
4. Stroke
5. Lung Disease
6. Diabetes
7. Influenza and Pneumonia
8. Suicide
9. Kidney Disease
10. Alzheimer's Disease

**Luckily, most of these
are preventable.**

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Men's Health

Back to the Basics for 2017

Imagine going home to find the vehicle of your dreams waiting for you. It's a mechanical marvel, but there's one catch. It's the last vehicle of your life. How will you make sure it runs as well as possible for as long as possible? **MAINTENANCE!** Your body isn't any different. Routine maintenance is key for both new models and classic editions.



sports drinks and juices need to be kept to a minimum. If you choose to drink alcohol, analyze your use. Are you able to drink only occasionally and then only in moderation? If one drink always turns two, and

then four, see #1.

1. **Find a mechanic you trust and visit when needed.** We all have limits to what we can fix ourselves. Getting help from an expert can save time, money, and hassle in the long run. Preventative care can often stop problems before they get started, and catch small problems before they become big ones. The "Sage Screening Programs" help keep Minnesotans healthy through screening and early detection of breast, cervical and colorectal cancers. Screenings are provided at participating locations free of charge to people who qualify. Go to <http://www.health.state.mn.us/index.html> and search "Sage" for more information.
2. **Don't try to run gasoline in a diesel engine.** High quality fuel improves performance. For you, this means more vegetables, fruits and whole grains. Meat can be healthy fuel, just not the biggest part of what you eat.
3. **Check your fluids, and make sure they're mostly water.** Reducing or eliminating pop is one of the easiest ways to improve your nutrition. Even

4. **Keep your air intake clean.** Smoking, chewing, and vaping are all dangerous. Sawtooth Mountain Clinic can quickly connect you to "Call It Quits" - a free and confidential quitline. You can access unlimited coaching and even get free nicotine replacements.
5. **Hit the road.** High performance engines were designed to be used. Sitting in the garage will rot out components. It's the same for you. Find activities that you love to do, that get your heart rate up, and then get busy!
6. **Distracted driving is dangerous.** When we move through life distracted by anger, sadness, or worry, we can't focus on the road in front of us. Sawtooth Mountain Clinic has Behavioral Health Consultants on staff that can help you reassess, regroup, and refocus, so that you can get where you want to go!

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take a lot of support.
We're here to help!
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if you'd like to talk.