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# The Wellness Exchange



A Publication of  
**BUSINESS HEALTH SERVICES™**  
*Solutions for a Healthier Workplace™*

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## Take Your Daughters and Sons To Work Day - April 23, 2009

When you were little, did anyone ever ask you, "What do you want to be when you grow up?" If so, what was your answer? As adults in the workforce, we have the opportunity to educate and encourage our children to actively explore their areas of interest. April 23, 2009 is Take Your Daughters and Sons to Work Day – a special day for our children to think about their future.

This day was started as a way to introduce girls to the professional workplace. It was changed to include boys in 2003. Today, the program focuses on giving children the experience of an actual workplace that will provide them the chance to explore their options and observe how an organization actually functions.



### About the Event

- The program offers an opportunity for participating organizations to help shape the future workforce.
- Children see their parents in a different role in the work environment and they have the opportunity to meet co-workers. As a result, the children are more connected with this aspect of their parent's lives.
- Children gain an awareness of jobs and careers within a specific organizational setting.
- This event is an occasion for the company to demonstrate their commitment to the community.



This unique event allows children ages 8-12 to learn about jobs and careers in a real-life work environment. Boys and girls gain an awareness of jobs and are able to imagine their future. Since many children are only exposed to a few occupations (such as their parent's), exploring other occupations allows children to realize additional available options.

**Master's Level Clinicians are available 24 hours a day, seven days a week, to speak with you about any issues you may be experiencing. Call us today!**

**1-800-765-3277**

### Talk To Your Children

As adults we often face the challenge of balancing work, family, community, and personal responsibilities. The Take Our Daughters and Sons to Work program aims to persuade our children to think about these issues, and other challenges of daily life. Therefore, encourage your children to participate in family life, work life, and community life.

It is important to talk with your children about your career, as well as the different areas within your career field. This will allow children to explore the different areas with the company that are available. In addition, this discussion will show children all of the options available to them within the specific field. Be open with your children and encourage them to ask questions. Try not to discourage a particular career.

Provide your children with an outline of your daily tasks and responsibilities. Spending time discussing the adult's responsibilities gives a realistic idea of what the job is all about.

**For more information please visit [www.daughtersandsonstowork.org](http://www.daughtersandsonstowork.org)**



# Cancer Control Month

The American Cancer Society has designated April as Cancer Control Month. During April, people are encouraged to learn about the prevention, early detection, and treatment of cancer. In addition, it focuses on the steps towards a healthy lifestyle.

## What is Cancer?

Cancer is a broad name for more than 100 diseases in which a person's cells grow out of control. If untreated, cancers can cause serious illness and death. According to the American Cancer Society, half of all men and one-third of all women in the US will develop cancer during their lifetimes. Anyone at any age can get cancer, but 77% of people diagnosed are 55 and older.

## What Causes Cancer?

The exact cause remains a mystery for many people who are diagnosed. Some cancers, however, are caused by things we do. For example, smoking can cause cancers of the lungs, mouth, throat, bladder, kidneys and several other organs.

## Cancer and Emotions

Not only is the body affected by cancer, but so are one's emotions and spirit. Most people experience a variety of emotions. After you are diagnosed with cancer, you may feel shock, disbelief, fear, anxiety, guilt, sadness, grief, depression, and anger. Please remember that it is normal to feel emotional when diagnosed with cancer, as well as during and after treatment.



*Please note that the information contained herein should not be used for diagnosis or treatment of any medical condition, and is provided for your information only.*

## How To Cope

- Make a list of questions to ask your doctor. Ask your doctor to explain anything you don't understand.
- Pay attention to your physical needs for rest, nutrition, and other self-care measures.
- Find ways to express your feelings, such as talking or writing in a journal.
- Allow yourself private time and space.
- Walk or exercise.
- Find out what helped other patients and families cope with cancer, and/or talk with other people diagnosed with the same type of cancer.
- Make changes at home to create a healthier environment.

## Do Your Research

Learn more about cancer at:  
[www.cancer.org](http://www.cancer.org)

## Major Risk Factors

**Cancers of the lung, mouth, larynx, bladder, kidney, cervix, esophagus, and pancreas** are related to tobacco use, including cigarettes, cigars, chewing tobacco, and snuff. Smoking alone causes one-third of all cancer deaths.

**Skin cancer** is related to unprotected exposure to strong sunlight.

**Breast cancer** risk factors include several factors: age; changes in hormone levels throughout life; obesity; and physical activity.

While all men are at risk for **prostate cancer**, several factors can increase the chances of developing the disease, such as age, race, and diet. The chance of getting prostate cancer goes up with age.

Please remember that having one or more risk factors does not necessarily mean that you will get cancer. However, it is important to speak to your physician about your risk factors



**Business Health Services is a free and confidential program provided by your employer for you and your household members. BHS can help resolve personal and professional problems.**

**For additional information call BHS today.**

**1-800-765-3277**