

Health Ambassadors & Champions – Making a Difference for Retirees’ Health

The Dow Retiree Health Empowerment Program exists to educate and motivate retirees to take charge of their health. We provide information, activities and programs designed to encourage healthy lifestyles, active healthcare consumerism and support for each other and our communities.

But we can only do so much! Thankfully, several retirees have stepped up and volunteered to be Health Ambassadors and Champions, reinforcing the message of better health, and promoting participation in Dow activities and programs among their fellow retirees since the Program’s inception in 2007.

These retirees have a passion for health – they are physically and mentally active, serve their retiree groups and communities, and have a strong desire

Health Ambassadors and Champions



Gene Walker
Houston, Texas



Jim Friedel
Victoria, Texas



Carolyn Null & Julie Weese
Teay’s Valley, West Virginia



Bill Elrod
Luling, Louisiana



Vince Villani
Fernandina Beach, FL.



Gene Brown
Raleigh, North Carolina



Robert Buchanan
LaMarque, Texas

to help others get the most out of life. Their energy and enthusiasm are contagious, and the retirees they serve are more engaged in the Program, and in their own health, as a result of their efforts.

We need more retirees like these folks! If you are interested in joining them, contact Leslie Sosebee, Dow Retiree Health Promotion Coordinator, at (281) 966-2839 or LSosebee@dow.com.

Protect Your Health – Get Screened!



Only one in three older adults is getting all recommended health screening measures. Older adults can live stronger, longer by making sure they get all health screenings on the schedule recommended by their doctor.

Cancer Screenings

- Colorectal cancer is the second-leading cause of death in the United States. Early detection greatly improves chances of survival, yet 60 percent of adults over age 50 have not had a colonoscopy in the past 10 years.
- Currently, 61 percent of breast cancers are diagnosed at a localized stage, with a 98 percent survival rate. Timely mammography screening among women older than 50 could prevent at least 17 percent of all breast cancer deaths. Yet nearly 50 percent of women older than 50 have not had a mammogram in the last year, and more than one in three women over age 65 has not had a mammogram within the past two years.

- Cervical cancer incidence and mortality rates have decreased 67 percent over the past three decades, primarily attributable to increased screening (Pap test). Up to 80 percent of women diagnosed with advanced cervical cancer had not had a Pap test in the previous five years. Nationally, 80 percent of women over age 50 have had a Pap test in the last 3 years; **however, Dow retirees lag far behind the national average, with only 60 percent participation.**
- Prostate cancer is the second-leading cause of cancer death among men, but can be treated if detected early. Talk to your physician to determine if prostate cancer screening is appropriate for you.

Other Screenings

- High blood pressure, which increases the risk of heart disease and stroke, is the most common chronic condition among older adults. Because high blood pressure does not have any

noticeable symptoms, regular blood pressure screenings are critical.

- Half of all Americans with diabetes are over 60 years of age. Nearly 20 percent of people aged 65-74 years have diabetes, and more than 20 million older adults have higher than normal blood glucose levels, a condition called “pre-diabetes.” If detected early, lifestyle changes can prevent the onset and/or complications of diabetes. Glucose testing is especially indicated for individuals with high blood pressure or who are overweight.
- An estimated 34 million older adults have low bone mass, placing them at an increased risk of developing osteoporosis. Half of all women over 50, and 25 percent of

men, will break a bone because of osteoporosis, leading to chronic pain and disability. If diagnosed early, osteoporosis can be treated with new drugs that help strengthen bones before life-threatening fractures occur.

Medicare provides coverage for all these screenings, as well as tests for cholesterol, glaucoma and abdominal aortic aneurysm. For more information on Medicare Preventive services, visit www.medicare.gov/Health/Overview.asp. Most private health insurance also provides coverage for preventive services; retirees under 65 and those with Medicare supplemental insurance or other insurance should contact their insurance provider to determine coverage.

Alzheimer's Disease – Early Detection Offers Benefits



- Explore treatments that may slow the progression or improve symptoms of some types of dementia and help maintain a level of independence longer.

Schedule an appointment with your doctor. There are a number of other conditions that could be causing your memory loss. Some of these may be treatable or reversed if caught early.

If you are diagnosed with Alzheimer's, the Alzheimer's Association can help you learn how to best communicate your needs and make the most out of each visit to your doctor. They also provide care consultation, information and referral, and support groups where you can meet others with similar experience.

For more information about the 10 warning signs, and early detection and diagnosis of Alzheimer's disease, contact the Alzheimer's Association at (877) 474-8259 or visit www.alz.org/10signs.

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your daily life, it's time to see your doctor. By learning more, you will be able to get the best help possible. Other benefits of knowing what's causing memory loss include:

- Determine if it's Alzheimer's or another kind of dementia.
- Learn more about the disease to make better decisions about living with Alzheimer's.
- Participate in decisions about care, transportation, living options and financial and legal matters.
- Develop a relationship with doctors and care partners.

As Americans continue to live longer, the number of people with Alzheimer's disease is increasing at an alarming rate. Today, more than 5 million people have Alzheimer's in the United States. Currently, there is no cure for Alzheimer's, but treatments for symptoms, combined with support services, can make life better for people living with the disease.

If you or someone you know is concerned about memory changes, you can take steps to find out if it's Alzheimer's or a related dementia. When changes in memory and thinking are having an impact on

You or your spouse has become forgetful – is it Alzheimer's? Attend November's Retiree Good Health Phone-In Presentation,

"Understanding Alzheimer's Disease"

Steve Schapiro, Alzheimer's Association National Office, will discuss risk factors, warning signs, early detection and diagnosis, and treatment options for Alzheimer's disease.

**Tuesday,
November 10, 2009**

**Time: 2 p.m. Eastern /
1 p.m. Central / 11 a.m.
Pacific time**

To participate, call the Toll Free Conference Number: (866) 803-2146

After a brief silence, you will hear the voice prompt to enter the passcode:

**Call-In Passcode:
9327626#**

You will hear "Your passcode has been confirmed ..." and then you will be connected to the call.

Presentation slides and materials will be available on www.DowFriends.com after November 1, 2009.

Open to all DOW, UCC, DAS and ROH retirees and spouse/partners.