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CONCIERGE NURSE NAVIGATOR

A HEALTHCARE NEWSLETTER ABOUT OUR SERVICE AND EXPERIENCE



Preventative Screenings Can Save Your Life!

Written by Faith Barron, R.N.

Cancer is a scary word...You could help to prevent it! Colon cancer is the second leading cause of cancer death among men and women. During 2020, the medical community saw a 90% decrease in preventive cancer screenings due to the COVID-19 pandemic. This means that cancers which were once detected early and easily treatable are now being diagnosed in later stages requiring much more invasive treatment, while delivering a higher mortality rate. For example, early stages of colon cancer have no symptoms but can be detected early with routine preventative screenings such as colonoscopies or an at-home test which can save your life! Both men and women should have a colonoscopy/at-home-test starting at age 50. For a comprehensive list of preventive cancer screenings by age, please visit the cancer screening guidelines page on the American Cancer Society's website or call your Concierge Nurse Navigator for guidance. Take your health into your own hands and be proactive with your preventative screenings. Let us help you be part of the 10% of patients that are getting their annual screening. Together with your nurse you can take charge of your health and well-being!

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Feeling Stressed? Take a Breath!

Written by Nicole Jelovic LISW-S, RYT 200 of Emvitals

Our emotions and our breath are closely linked. When we feel anxious, worried, or overwhelmed, our body's built-in emergency response system, known as fight-or-flight mode, automatically kicks in and our breath becomes shallow. When this happens, we take in less air with each breath, which increases our heart rate and reinforces our feelings of stress.

For many of us, our emergency response system is constantly in overdrive. However, our bodies are not built to live in fight-or-flight mode long term.

Introducing Beth Holko R.N.

Concierge Nurse Navigator

Hi! My name is Beth Holko, and I am a Concierge Nurse Navigator. My nursing career began in 1978 when I received my RN degree from Youngstown State University. Since then, I have worked in nursing and hospital administration in a variety of roles, including ICU Nurse, Cardiac Case Manager, Cath Lab Manager, and Director of Inpatient Services. I have four great children and seven beautiful grandchildren who are the light of my life. I recently downsized and moved from a big farmhouse to a cozy lake cottage. I love living by the water, it's my "happy place." I enjoy all water-related activities, including swimming, kayaking, and combing the beach for sea glass. I like working with people and I am excited to join this amazing team! I will be here to answer your call and make sure that you get the services and support you need.



Over time, unmanaged, chronic stress can take a serious toll on our health and well-being. The good news is that there's an upside to this link between our breath and emotions: we can harness our breath to calm the stress response. When we consciously slow down and deepen our breath, we quickly interrupt fight-or-flight mode and shift our body and brain into a state of relaxation. The good news is that there's an upside to this link between our breath and emotions: we can harness our breath to calm the stress response. When we consciously slow down and deepen our breath, we quickly interrupt fight-or-flight mode and shift our body and brain into a state of relaxation.

Our breath is one of the most powerful tools to manage stress. It's simple. It's available to us anytime, anywhere. Plus, it's free! To give it a try, simply take a slow, deep breath in through your nose, allowing your breath to fill up your chest and expand your belly. Then, exhale through your mouth slowly and completely. Make sure that your "out" breath is a bit longer than your "in" breath (this is the secret ingredient to kicking in the relaxation response). Repeat several times until you feel relaxed and calm.

The next time you notice yourself feeling stressed, remember: just breathe!

**"OUR BREATH IS ONE OF THE MOST POWERFUL TOOLS TO
MANAGE STRESS. IT'S SIMPLE. IT'S AVAILABLE TO US ANYTIME,
ANYWHERE. PLUS, IT'S FREE!"
-NICOLE JELOVIC**



Meet Kelly Lutman

Certified Functional Medicine Health Coach

Kelly Lutman is a Certified Functional Medicine Health Coach and best-selling author who helps her clients regain their health through sustainable food and lifestyle changes - enabling them to discover how good they can feel in their bodies. Having seen the difference that food made in resolving her son's ADD, Kelly embarked on a mission to learn about nutrition and seeking the root cause of dis-ease. She bases her approach with each client on their individual needs, coming alongside them to educate and guide them in nourishing their body as they pursue wellness.

SIGN UP FOR KELLY LUTMAN'S COURSE

Practical Strategies to Boost Your Immune System & Protect Your Body From the Unknown

Now more than ever, it's time we learn about the factors that play a role in immunity. When was the last time your doctor asked you about your sleep? Stress level? Digestion? When was the last time your health care provider delved into the type of food you eat ... the cleaning products you use in your home ... the lotions you use? All of these do matter. They all can impact immunity in big ways. At a time when the pandemic is on everyone's mind, do something to help yourself and your family. Join our class and learn what matters!

Go to the following link to sign-up today!

www.PursueWellnessForYou.com/boost-immune-system



Patient Story: Guidance and Kindness

"Let me start off by saying I really can't thank you enough for all of your help over the years. I am one of the people that hates going to the doctors. It's for all of the stereotypical reasons men don't like going plus a few more. The main one is, I rarely feel like I get answers and am left with nothing but bills. You specifically have helped me get so much done health wise and guided me through so many processes and I really do appreciate it."



Jacob Bleil's Kidney Donation Anniversary

In February of 2020, our own, Jacob Bleil donated his kidney to his life-long friend, Allison Rees. Jacob would tell you he is always ready and willing to be there for his friends. However, he showed up in a very life-giving way for Miss Allison. Read the full article online here:

<https://www.wkyc.com/article/life/heartwarming/local-man-surprises-friend-with-kidney-transplant/95-6794aad5-e7b1-4c1f-b562-2c0381cf4f0d>

Smart Care Centers of Excellence

If you, or covered family members, are facing surgery or have received a complex diagnosis from this covered list, EDISON Healthcare CAN HELP!

- Second opinions for a complex diagnosis
- Spine, Back & Neck
- Orthopedic & Joint (Knee, Hip, Shoulder)
- Heart & Valve
- Cancer (Diagnosis, Surgery & Treatment)
- Pediatric Complex Care & Surgery
- Adult Complex Care & Surgery

Call or email your Concierge Nurse Navigators today!

**info@mynursenavigators.com
(440)992-7000**



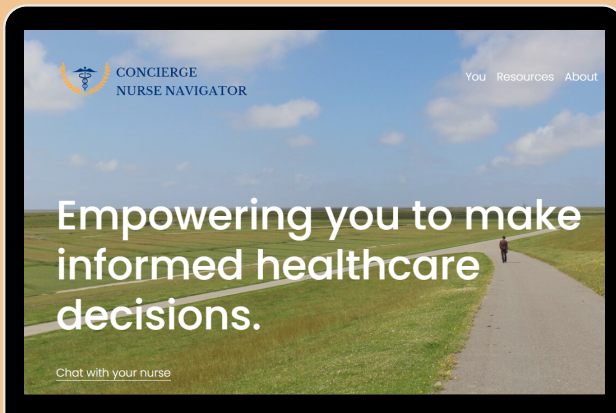
Workout and Win!

To celebrate our new Facebook page, we want to invite you to a #WorkoutAndWin CHALLENGE. Exercise is important to keep you healthy. Ideally, you should try to work out 3-5 times a week for at least 30 minutes. Exercise can help decrease your risk for heart disease, diabetes, osteoporosis and obesity. It can improve your mental health, endurance, and balance...that is important to prevent falls and broken bones! Even if you already have some health issues, exercise can improve your outcomes and may even decrease your need for medications. Exercise doesn't have to be expensive or complex...start simple and don't give up. It takes time to improve stamina and endurance but keep at it! So, here is the chance to workout and win.....get out and get active...post a picture of you doing something active to our new Facebook page, Concierge Nurse Navigators, to be entered into a drawing for a VISA giftcard. Entries are due by April 1, 2021.

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CHECK OUT OUR NEW WEBSITE




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