News for You, from Your Trust Board

March 2017

2016 Road Show Recap
The Atlanta Road Show was held on October 26, 2016 at the Delta Flight Museum. We had a great turnout again this year! A good mix of new and returning members joined us to learn more about the benefits, get news and updates for 2017, and visit with friends. We hope everyone had a wonderful time and left reassured that we are working hard for you, our Members!

Current Chairman, Bob Werner, presented Special Board Service Recognition plaques in appreciation for service and dedication to the Members of ITDR!

Keep your feedback coming!
There is no better feedback than from our Members! Send your ideas and suggestions to the Trust Board at trustmailbox@itdr.com. Remember your Trust Board cannot receive your protected health information (PHI).

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March is
COLON CANCER AWARENESS MONTH

Research has shown people with certain risk factors are more likely than others to develop colon cancer. Although no one knows the exact cause of colon cancer, we do know this disease is not contagious. Pay particular attention to these factors that may increase your risk:

**Age over 50:** Colon cancer becomes more common as people get older. In fact, more than 90% of people with this disease are diagnosed after age 50. The average age at diagnosis is 72.

**Family history of polyps:** If you or a family member has a history of polyps, you should be screened more frequently as this puts you at a higher risk for colon cancer.

**Family history of colon cancer:** First degree relatives (parents, brothers, sisters or children) of a person with a history of colon cancer are more likely to develop this disease, especially if the relative was diagnosed at a young age. If many close relatives have a history of colon cancer, the risk is even greater.

**Ulcerative colitis or Crohn’s disease:** If you have a condition that causes inflammation of the colon (such as ulcerative colitis or Crohn’s disease), you may be at increased risk of developing colon cancer.

**Personal history of cancer:** If you have already had colon cancer, you may be at increased risk for developing the disease a second time. Also, women with a history of ovarian, breast or uterine cancer are at a somewhat higher risk of developing colon cancer.

**Diet and Lifestyle:** Inactivity and obesity have also been linked to higher risk of colon cancer. Studies have shown that daily physical activity can decrease colon cancer risk by as much as 50%.

**Cigarette smoking:** A person who smokes cigarettes may be at increased risk of developing polyps and colon cancer.

**People who have colon cancer are at an increased risk of developing the disease again, it is important to have regular checkups. Plan to speak with your healthcare provider about getting your screening!**

**Medicare Part B covers part or all of several types of colorectal cancer screening tests. Members can contact Health Advocate at 1-877-325-7265, option 2 for assistance on how Medicare and the ITDR plan will work together on these screenings.**

Visit us online at itdr.com
Save us in your favorites and check the Message Center often for updates.
Caregiving is an act of love. It’s also frequently a round-the-clock job—and one that can be overwhelming without the support of family and friends.

Caregivers are often so busy caring for others that they neglect their own health and needs. If you don’t get the physical and emotional support you need, the stress of caregiving leaves you vulnerable to a wide range of problems, including depression, anxiety, and burnout.

When you’re burned out, it’s tough to do anything, let alone look after someone else. Taking care of yourself isn’t a luxury—it’s a necessity. When you get to burnout stage, both you and the person you’re caring for suffer.

Find ways to feel empowered
- Embrace your choice. Focus on the positive reasons behind your choice. This can help sustain you through difficult times.
- Focus on what you can control. Rather than stressing over things you can’t control, focus on the way you choose to react to problems.
- Celebrate small victories. If you start to feel discouraged, remind yourself that all your efforts matter.

Tips for getting help
- Speak up. Don’t expect friends and family members to automatically know what you need or how you’re feeling.
- Spread the responsibility. Try to get family and friends as involved as possible. Divvying up the tasks is a great way to keep others engaged.
- Set up regular check-ins. Ask a family member, friend, or volunteer from your church to call you on a set basis to help you update and coordinate with other family members.
- Say “yes” when offered help. Don’t be shy about accepting help. It’s helpful to have a list ready of small tasks that others could help with.

Ask for help
Don’t try to do everything yourself. Ask for help from family and friends. There are also many ways that Health Advocate can support you and your family—relieving some of the stress associated with caring for loved ones.

Call anytime to reach a Personal Health Advocate, who can help:
- Find doctors and arrange appointments
- Research transportation to and from appointments
- Arrange second opinions and transfer medical records
- Find in-home care and nursing support
- Coordinate care and equipment following a hospital stay
- Answer questions about Medicare and your ITDR plan
- Locate adult day care, assisted living and long term care

Reach out today: 1-877-325-7265, option 2.
How to Dispose of Unused and Expired Prescription Drugs

What does your medicine cabinet look like? Odds are there are one or two old medicine bottles in the mix. If you have a health condition requiring regular prescriptions or you’ve had a surgery in the past, you may have a handful of medicine bottles with expired contents. Proper prescription disposal keeps you, your family, and the environment safe.

Expired medications can become dangerous as their chemical composition can change and, over time, may become less effective or potentially harmful. Having fewer medications at home can also help prevent mix-ups. Those who may be easily confused could take the wrong medication because the unwanted or expired medication wasn’t disposed of properly.

A safe way to dispose of expired prescriptions is to take advantage of drug take-back events or drop boxes in your community. Many police departments have secure drop-boxes available for use around the clock. Keep in mind that needles, sprays, inhalers, liquids and creams are usually not accepted at the drop boxes. Visit www.americanmedicinechest.com for a search tool to find the drop off location closest to you.

No medicine take-back program in your community? Mix the medication(s) with water and something inedible like dirt, kitty litter, or used coffee grounds, in a sealed plastic bag. Place the bag in the trash. Be sure to destroy the bottle label so no personal information is legible.

Visit the online version of this newsletter for a link to a video and for more information on proper disposal.