



January 2018

NATIONAL THYROID AWARENESS MONTH:

The thyroid gland is a small, butterfly-shaped gland located in the base of the neck just below the Adam's apple. Although relatively small, the thyroid gland plays a huge role in our body, influencing the function of many of the body's most important organs, including the heart, brain, liver, kidneys and skin. Ensuring that the thyroid gland is healthy and functioning properly is vitally important to the body's overall well-being. Some patients who have an enlarged thyroid gland may also produce too much or too little thyroid hormone. Because many symptoms of thyroid imbalance may be hard to recognize and may be mistaken for symptoms caused by other conditions, the best way to know for sure about your thyroid health is to ask your doctor for a TSH (thyroid-stimulating hormone) test, a simple blood test that measures whether your thyroid gland is functioning normally. If you have a family member with thyroid disease, are over the age of 60, or have any symptoms or risk factors associated with thyroid disease, you should talk to your doctor about getting a TSH test.



WELLNESS ASSOCIATE HIGHLIGHT:

Oksana Dubnytska from our Claims Support team is our Wellness highlight for the month of January! Oksana balances a healthy diet with exercise in order to maintain her healthy lifestyle. According to Oksana, she tries to eat more salads and vegetables versus meat as well as prepare food herself so she knows what's in it! Her favorite go to health snack is fresh fruits and carrots. For exercise, her favorite activities would be running, yoga and hiking. In Oksana's words she believes "Movement is Life." Oksana recently had done the Goliath Gauntlet 5k as well as the Insane Inflatable 5k. She will be participating in another race this month "Run for the Cake 5k/10k" in Boca Raton and this will be her first 10k event! We are very proud of Oksana's healthy choices! – Keep up the good work!



UPCOMING WELLNESS HIGHLIGHTS:

With the New Year over and all of our resolutions still intact (hopefully!) it's time to capitalize on some of those resolutions! Please join us on **Sunday January 21st 2018** for the "Run for the Cake 5k/10k" event in Boca Raton! Hit that CERTIFIED 5K or 10K course and when you cross the finish line come into our world of cakes! Devour cakes of all kinds from a multitude of bakeries because calories consumed within 30 minutes of finishing a race don't count! © We will send a separate email with the information on how to register, but if you are interested and would like to register please email Wellness@premiereyecare.net.



ABOUT PREMIER EYE CARE

Introducing Premier Eye Care's Health and Wellness newsletter! Each month we will post one of these on our boards, to let you know about upcoming events in the area and our company concerning Health and Wellness.

Why is Health and Wellness so important to us? Wellness is more than just physical fitness and can affect multiple parts of your life: lower levels of stress, increased self-image, reduced healthcare costs, reduced absenteeism, increased morale and productivity, as well as improved physical fitness.

