



JANUARY 2020

FAQ: Can you provide primary care services, such as a well woman exam?

Yes, we provide an array of comprehensive primary care services including proactive follow-up care, care coordination, wellness education, well woman care, and chronic disease management.

Recipe: No Bake Chewy Truffle Cookies

These must-try chewy sweet cookies substitute the traditional milk and sugar for dried dates—providing a natural sweetness—to satisfy your sweet tooth without the guilt.

[GET THE RECIPE](#)



MAKE CERVICAL HEALTH YOUR NEW YEAR'S RESOLUTION

Many people will begin each New Year by making a resolution. As friends and family make resolutions to lose weight, exercise more or quit smoking, why not try something a little bit different? Since it's Cervical Health Awareness Month, make getting a Pap smear, also known as Pap test, one of your New Year's resolutions.

While most women don't give much thought to their cervix, a regular cervical cancer screening is a crucial part of women's health, but too often overlooked. Why is it so important? This year more than 12,000 American women will be diagnosed with cervical cancer and nearly 4,000 will die from an advanced form of the disease. That being said, the Pap test is one of the most reliable and effective cancer screening tests available. The test can detect any abnormal cell changes that may suggest that you've developed cervical cancer. Women ages 21-65 should have pap testing done every 3 years.

Make a point to call your physician and set up an appointment this month. If you're not sure how long it's been since your last Pap test, call our office at 816.319.0731 and we'll be more than happy to look it up for you.

MONTHLY HEALTH TIP

ESSENTIAL ITEMS TO HAVE IN YOUR CAR DURING WINTER



When the weather is snowy, icy, and downright unpredictable, it's crucial to keep a few essential emergency supplies in your car. Being prepared will make things easier if you get into a crash, break down, or get stuck in the snow.

Here are 6 items you should have in your car this winter in case of an emergency.

- Bag of Sand or Kitty Litter.** Sounds odd but keeping a bag of sand or kitty litter in your car can add weight in the trunk to help rear-wheel vehicles gain traction on slippery roads and can actually be poured around your tires if they get stuck in snow, slush, or ice.
2. **First aid kit.** Although it's essential year-round, this is one of the most important things to keep in your car during winter because an emergency vehicle's response time may be slow if it's snowing.
 3. **Blanket.** You can't always rely on your car's heater so keeping a few blankets in your trunk if you get stranded or get into a crash will help keep you warm if you aren't dressed for the elements.
 4. **Jumper cables.** Cold weather can affect your car's battery and can turn a weak battery into a dead battery overnight. By having jumper cables in your trunk, it is easier to find a passing driver that could give your car a jump start.
 5. **Flashlight.** It gets dark early in the winter. If you stall or get stranded at night, use the flashlight to signal passing vehicles, look around in the trunk after dark, or if you need to walk to get assistance at night.
 6. **Portable phone charger/battery.** You will need your phone to call for assistance if you are stuck or involved in a car crash. Keep a car charger in your vehicle, but also have a portable charger/battery handy that will charge your phone regardless if your car starts or not.



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