

EVERYDAY WELLBEING

November Is The Month for:

- COPD Awareness
- Pancreatic Cancer
- GERD Awareness

What is COPD?

Chronic obstructive pulmonary disease, or COPD, refers to a group of diseases that cause airflow blockage and breathing-related problems. It includes emphysema and chronic bronchitis.

What are the symptoms of COPD?

Symptoms of COPD include:

- Frequent coughing or wheezing.
- Excess phlegm, mucus, or sputum production.
- Shortness of breath.
- Trouble taking a deep breath.

WATCH NOW

Click here for more info:



About the Learn More Breathe Better® program | NHLBI, NIH
Learn More Breathe Better® is a national health education program that aims to bring greater visibility



<https://www.nhlbi.nih.gov/BreatheBetter>

<https://youtu.be/plkdYU1QWkQ>



WHAT IS PANCREATIC CANCER?



<https://pancreatic.org/november/>

Pancreatic cancer begins when abnormal cells in the pancreas grow and divide out of control and form a tumor.



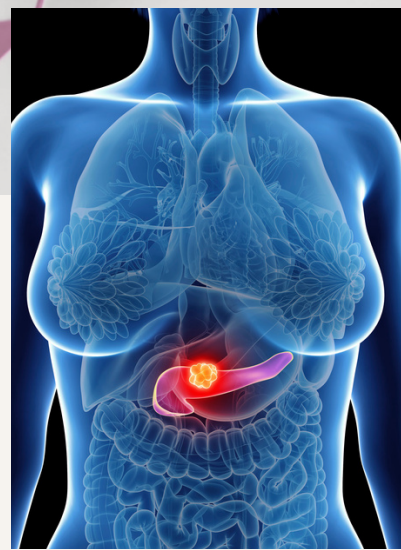
In 2022 an estimated 62,210 Americans will be diagnosed with pancreatic cancer in the U.S., and more than 49,830 will die from the disease.

Pancreatic cancer has the highest mortality rate of all major cancers. It is currently the 3rd leading cause of cancer-related death in the United States after lung and colon.

Symptoms for pancreatic cancer may include weight loss, abdominal discomfort, back pain, development of type 2 diabetes and some tumors may cause jaundice leading to earlier diagnosis.

Pancreatic cancer has the highest mortality rate of all major cancers. For all stages combined, the 5-year relative survival rate is 11%. Even for the small percentage (13%) of people diagnosed with local disease, the 5-year survival rate is only 42%.

More than 90% of cases are pancreatic adenocarcinoma (PDAC), that develop in the exocrine tissue of the pancreas, which makes digestive enzymes.



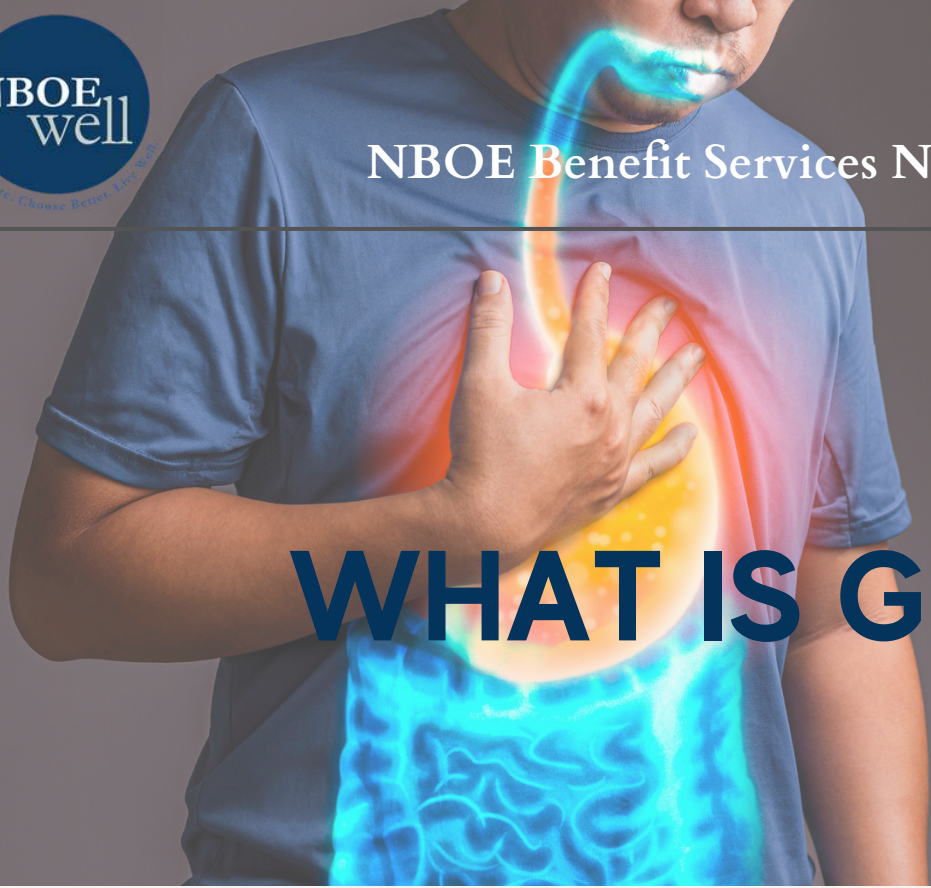
The less common pancreatic neuroendocrine tumors (NETs), develop in hormone-producing endocrine cells, or islet cells. Neuroendocrine tumors often have a better prognosis and younger median age of diagnosis.

Pancreatic cancer has the highest mortality rate of all major cancers. It is currently the 3rd leading cause of cancer-related death in the United States after lung and colon and expected to become the 2nd by 2030.

More than 90% of cases are pancreatic adenocarcinoma (PDAC), that develop in the exocrine tissue of the pancreas, which makes digestive enzymes. Treatment options for pancreatic cancer: Surgery, radiation therapy and chemotherapy are treatment options that extend survival or relieve symptoms, but seldom produce a cure. Surgical removal of the tumor is possible in less than 20% of patients diagnosed with pancreatic cancer because detection is often in late stages and has spread beyond the pancreas. Adjuvant treatment with chemotherapy (and sometimes radiation) may lower the risk of recurrence. For advanced disease, chemotherapy (sometimes along with a targeted drug therapy) may lengthen survival. Clinical trials are testing several new agents for their ability to improve survival.

Click here for more info:





WHAT IS GERD?

Gastroesophageal reflux disease, or GERD, is very common, affecting up to 1 in 5 or more of adult men and women in the U.S. population. It also occurs in children. Although common, the disease often is unrecognized – its symptoms misunderstood. This is unfortunate because GERD is generally a treatable disease, though serious complications can result if it is not treated properly.

GERD is often accompanied by symptoms such as heartburn and regurgitation of acid. But sometimes there are no apparent symptoms, and the presence of GERD is revealed only when complications become evident.

Talking to your doctor effectively can help make appointments easier and less stressful for you. Like other chronic diseases, managing gastroesophageal reflux disease (GERD) can be a challenge. Effective management often depends on a successful patient-doctor relationship. Although the time you spend with your doctor might be limited, you can help ensure that effective two-way communication takes place during your visit by being prepared. That way, you can get the most out of your visit.



Click here for more info:



[aboutgerd.org](https://www.aboutgerd.org)



NBOE ANNUAL ENROLLMENT

NOVEMBER 1ST - NOVEMBER 15TH



OPEN ENROLLMENT

Open Enrollment is your once-a-year opportunity to pick your plans or make changes to your existing coverage.

This is a **PASSIVE** Open Enrollment period, which means you do not need to take any action if you wish to keep your current plans.

All the plan options for Medical, Prescription Drugs, Dental and Vision will remain the same.

Participation in the Health Care Flexible Spending Account (FSA) or Dependent Care Account (DCA)

An Active election is required if you wish to re-enroll for your FSA for the upcoming year.

Click here for <https://nboehrs.com/eligibility/#enrollment> more info:



The choices you make during Open Enrollment will take effect on January 1, 2023 through December 31, 2023.




Webinar and Enrollment

Wednesday, November 9 @ 3:30-4:30 p.m.

Meeting number: 2621 167 5464 /

Password: 2023OE

Log onto www.NBOEbenefits.com to enroll or save time and enroll using the **WEX Benefitexpressway Mobile App.** 



NEW PROGRAM COMING SOON!

INTRODUCING MAVEN

A New Benefit for Aspiring and Expecting Parents is Coming in 2023!



Newark Board of Education employees and their partners will soon have free, unlimited access to Maven’s best-in-class digital healthcare platform to help navigate preconception, pregnancy and postpartum; fertility treatment, including IVF, IUI and egg freezing; adoption; surrogacy; and returning to work after parental leave.

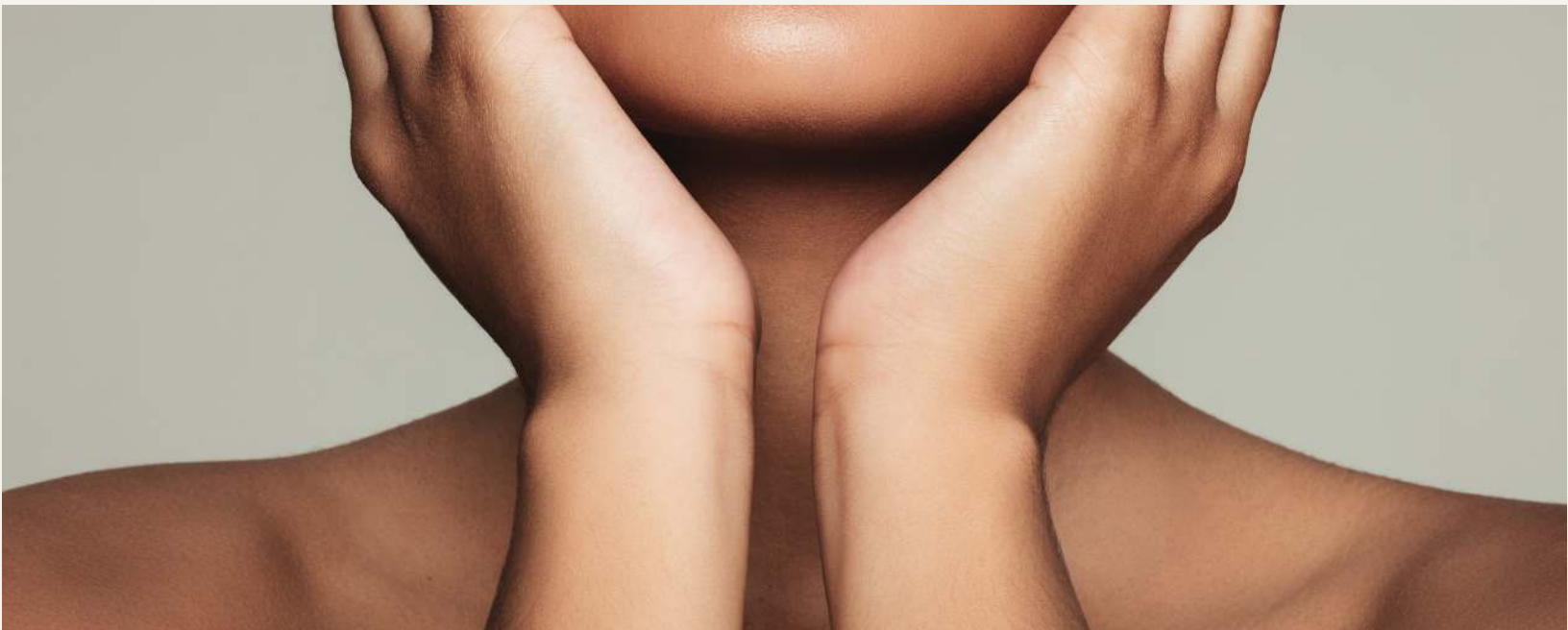
Maven's mission is to change the health of the world — one woman, one family at a time



<https://vimeo.com/387448984t>

SPOTLIGHT ON

HEALTHY SKIN



IMPORTANCE OF HEALTHY SKIN

Your skin is your body's largest organ, so it's important to take good care of it. November is National Healthy Skin Month and this year we are helping you achieve #YourHealthiestSkin from head to toe.

To maintain healthy skin, dermatologists recommend the following tips:

- Wear sunscreen daily.
- Stay out of tanning beds.
- Simplify your skin care routine.
- Choose skin care products formulated for your skin type.
- Treat your lips.
- Keep your hands off your face.
- Check your skin regularly.



For more info visit:

<https://www.aad.org/public/everyday-care/skin-care-basics/care/skin-care-tips-dermatologists-use>



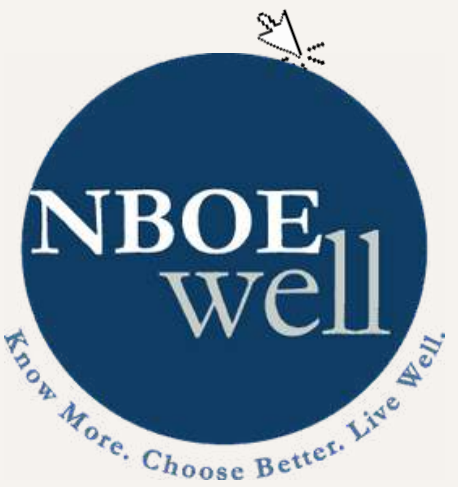
Welcome ▾ Benefits ▾ Pension ▾ Other Benefits ▾ Leaves ▾ Other

Welcome to the new HR Portal!



AVAILABLE NOW!

Click here:



We launched this new website with you in mind! Our team of dedicated and experienced professionals created a one stop shop for all of your human resources needs. Providing you with tools and resources to help you navigate and understand the complexities of human resources services. This includes benefits, wellness programs, pension information and much more. New features include a video library, search toolbar, glossary of terms, comparison grids, and more digitized content. We hope that you find this site informative and user-friendly. Our mission is clear, empowering you the with the tools and resources in the modern world, where you **Know more. Choose Better. Live Well.**

nboehrs.com



LOOKING AHEAD

Here's a sneak
peak at what's to
come in the next
issue:

- Everyday Wellbeing: December
- New Program: Vital Check
- End of Year W-2 Distribution Options
- Spotlight on: Healthy Eating during the Holidays