

# JANUARY

## Did you know... that January is Cervical Cancer Awareness Month?

### What is Cervical Cancer?

Cervical cancer occurs when the cells on the cervix begin to change to precancerous cells. There are two main types: squamous cell carcinomas and adenocarcinomas. Squamous cell carcinomas is the most common type, accounting for 80-90% of cervical cancers. Almost all cases of cervical cancer are caused by Human Papillomavirus (HPV).

### Symptoms

Symptoms of cervical cancer do not begin until the disease begins to spread. However, cervical cancer is highly treatable when detected in its early stages. Stage I symptoms may include:

- Pain during sex
- Vaginal bleeding after sex, between menstrual periods or after menopause
- Watery or bloody vaginal discharge that may be heavy and can have a foul odor

### Prevention and Screening

There are steps you can take to lower your risk of cervical cancer. The most important and effective steps are receiving regular gynecological exams and getting PAP tests. Other prevention methods include:

- Getting the HPV vaccine
- Limiting your sexual partners
- Cease smoking and using tobacco products

### Utopia WellCare

Utopia WellCare's goal is to help you improve your overall relationship with your health via their comprehensive Functional Nutrition services provided by Board Certified Registered Dietitians.

### How does Utopia WellCare Work?

Utopia WellCare captures your complete patient history and health status to leverage diet and nutrition counseling to assist with your overall health and wellbeing. You and your dependents are afforded the ability to utilize one-on-one virtual consultations with dietitians. Consultations are covered under preventive care through your insurance carrier and offers 6 free visits.

### Services Include:

- Mood Regulation: Depression, PMS, PMDD
- Body Composition: Weight Loss, Build Muscle
- Gastro-Intestinal Disorders: Gas, bloating constipation, IBS, IBD, food-sensitivity Issues, GERD

### Have Questions?

- Email [info@utopiawellcare.com](mailto:info@utopiawellcare.com)
- Visit [www.utopiawellcare.com](http://www.utopiawellcare.com)
- Download the Utopia WellCare mobile app

### Works Cited

- <https://my.clevelandclinic.org/health/diseases/12216-cervical-cancer#prevention>

## ◆ Wellbeats

Wellness

### Starting Fresh: Wellness Reboot

A new year is a great opportunity to start fresh, but it can be challenging to fit new healthy habits into busy schedules.

Through Wellbeats Wellness, you have access to the Wellness Time Savers program. It is designed to help you prioritize your wellbeing amidst a busy schedule. With brief, intense workouts, mindfulness techniques, and nutrition tips, you can:

- Reduce stress and anxiety
- Boost your energy levels
- Improve your sleep quality
- Enhance your overall mood

### Ready to join?

In your Wellbeats Wellness account, go to Programs to join the Intro to Mindfulness today. Start today and discover the transformative power of inner peace.

Here are a few other great classes and programs to help support you in your wellness journey and help you to be mindful:

- [https://portal.wellbeats.com/search\(m:class-detail/3559\)#overview](https://portal.wellbeats.com/search(m:class-detail/3559)#overview)
- [https://portal.wellbeats.com/search\(m:class-detail/1935\)#overview](https://portal.wellbeats.com/search(m:class-detail/1935)#overview)
- [https://portal.wellbeats.com/search\(m:class-detail/1505\)#overview](https://portal.wellbeats.com/search(m:class-detail/1505)#overview)

Download the Wellbeats Wellness app or go to [portal.wellbeats.com](http://portal.wellbeats.com) to get started, or by scanning the QR code!

