

YOU FIRST

Screening and support for heart disease, breast and cervical cancer.

Summer 2024 Member Newsletter

Happy Pride Month and Brain Health Month! Summer is officially here, and we are almost halfway through 2024. This halfway point in the year is a good time to schedule your yearly wellness visit with your primary care provider. At this visit, check in around important health screenings. Please stay in touch with any questions!

Take care,
The You First team



Breast and Cervical Cancer Screening

How often to get a mammogram and what age to start?

You may have heard that one of the organizations that creates mammogram guidelines recently updated the starting age from 50 to 40 for folks at average risk of breast cancer. The United States Preventative Service Task Force (USPSTF) changed the starting age back to 40 after research showed this saved more lives.

The USPSTF recommends that people at average risk get a mammogram every two years from age 40 to age 74.

There are other organizations that recommend getting a mammogram every year.

These recommendations are for folks who are considered average risk of developing breast cancer. We encourage you to talk with your health care provider about your risk, as they may put you on a different screening schedule based on your unique situation.

If you have a personal history of breast cancer, a close relative with breast cancer, or other things that increase your risk of breast cancer, you might have different guidance—such as starting screening at a younger age or getting screenings more often. This risk calculator tool can help you and your health care provider determine if you have a higher risk of breast cancer: <https://bcrisktool.cancer.gov/>

Have any questions or need support? Call 1-800-508-2222 and we will help you with figuring out your next breast and cervical cancer screening.

"I have a question..."



Talk with your health care provider about **breast and cervical cancer screenings** and what's right for you.

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Heart Health Program

Summer is a busy and beautiful time in Vermont. Here are some suggestions for this summer:

- [Mile a Day Challenges](#): This summer there will be a Mile A Day challenge for every month, starting on the first day of each month.
- [State Park Passes](#): It's a great time of year to be at the Vermont State Parks. Find a new state park this summer! Remember that if you are 62 years or older or a military veteran, you can get a \$2 lifetime pass to the State Parks at your town clerk's office. Ask for the Green Mountain Passport.
- [My Healthy VT](#): Free online and in-person classes are being offered to help manage blood pressure, prevent or manage diabetes, manage chronic pain, and more.
- [802 Quits](#): Ready to quit tobacco and earn rewards? Visit 802Quits to learn about gift card rewards for working with a quit coach.
- [VT Foodbank](#): It's farm and gardening season in VT and fresh produce is available at many food shelves. The VT Foodbank also raffles \$100 gift cards for testing out their recipes and completing a survey. Visit the Foodbank website to learn about the resources they have available.
- [Farm to Family](#): Apply for Farm to Family vegetable coupons starting on July 1 at your local Community Action Agency.

Ready to get involved with health coaching?

Reach out to us by replying to this email, giving us a call, or messaging us on Facebook!

Members ages 35-64 can send us their blood pressure, cholesterol, and blood sugar results from a health care visit and complete the heart health and social determinant of health questions.



LGBTQ+ Health

June is LGBTQ+ Pride Month. The You First program partners with the Pride Center of Vermont to improve how our program reaches and serves LGBTQ+ people in Vermont and to reduce barriers to cancer screenings.

[Visit our website](#) to learn more about You First's work to increase cancer screening rates among LGBTQ+ folks in Vermont.

The Pride Center has created a [guide to help folks understand if breast and cervical cancer screenings](#) are right for them.



Brain Health

June is also Alzheimer's & Brain Health Awareness Month.

Do you know healthy behaviors—like eating well, exercising, and sleeping enough—help you control your high blood pressure and protect your brain health?

About 1 in 4 Vermont adults have been told they have high blood pressure. High blood pressure means the force of blood flowing through your blood vessels is consistently too high. If left untreated, it can damage your circulatory system and lead to serious problems, such as heart attack, stroke, kidney damage or brain health complications, such as memory loss and confusion that could lead to Alzheimer's Disease or another dementia.

The good news is there's a lot you can do to manage your high blood pressure and help prevent these problems. [Learn more about brain health.](#)



Preventing and managing
high blood pressure is a
great step toward
preventing Alzheimer's
Disease and other
dementias.

Stay in Touch!

Follow us on Facebook to stay up-to-date on program offerings and office closures. Please note that our office will be closed on 7/4, 8/16, and 9/2 for state holidays.

You can call us at 1-800-508-2222, email us at YouFirst@vermont.gov, fax us at 802-657-4208, or send us mail.

We've moved to Waterbury! Our mail is being forwarded from Burlington. Our new address is Vermont Department of Health, HPDP- You First, 280 State Drive, Waterbury, VT 05671-8380.

If you know someone who might be interested in joining You First, please send them this newsletter, tell them about the program, or ask them to [fill out our form online](#). We can also mail an application to you to give to them. We have applications in 12 languages. Our program has a 90 day retroactive period, so they can join even if they already had a mammogram or Pap test.

We'd love to feature YOUR member story in our newsletter or Facebook page! Let us know if you want to share your You First experience.

[Follow the You First Facebook page!](#)



YOU FIRST

VERMONT DEPARTMENT OF HEALTH

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