



January 2022

Your Workplace Wellness Newsletter from Wake Forest Baptist Health



Meet Your Ralph Lauren Clinic Staff!



Donna Kimrey, FNP graduated from Western Carolina University and has a background in Convenience Care encompassing both urgent care and family medicine. Her previous nursing career was spent in emergency medicine including forensic nursing and behavioral health.

Donna Kimrey, FNP
Family Nurse Practitioner



Meredyth Waller, BSN, RN, started her nursing career in Dallas, Texas. She has worked primarily in cardiac and surgical areas. She also holds a B.S. in Public Health. Meredyth has a passion for treating the “whole person” and using a holistic approach to provide care to her patients and their families.

Meredyth Waller, BSN, RN

Registered Nurse



Ask the Clinic Staff

How can I set realistic goals for this new year?

Lots of times we set goals that are too hard to achieve and they become unrealistic, setting us up for failure. Some goals could include:

- **Drinking More Water** - adding one more cup of water a day or swapping one sugary beverage for a bottle of water can help keep you hydrated and lower your sugar intake
- **Walking More** - on your breaks or lunch, use the time to walk around the perimeter of the building or up and down the sidewalks
- **Eating More Fruits or Vegetables** - adding one more fruit or vegetable a day can be an easy way to make better dietary decisions
- **Accountability Buddy** - decide what simple change you want to make and find a friend, family member or co-worker to do it with you or check-in with the clinical team each week and let them know how you are doing on your goal

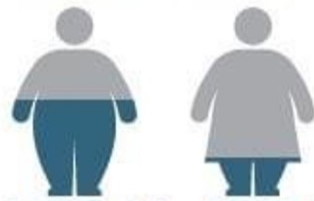
Your clinical team wants to help you prioritize health by working on weight loss, stress, anxiety, blood pressure, feeling tired, and any other personal goals you might have. Remember, Donna and Meredyth are here for you! Reach out to them if you are not feeling well, need a boost of encouragement, have a question, or simply need a person to talk with.

[Book a Clinic Appointment](#)

Colon Cancer Fast Facts

Colorectal cancer is the
3rd most commonly diagnosed cancer in the United States.
2nd leading cause of cancer death in the United States.

Compared to people of normal weight,
obese men have about a
obese women have about a



50% higher risk of colon cancer
20% higher risk of colon cancer

Compared to nondrinkers and occasional drinkers,



people who drink more than 3 drinks per day have a

40% higher risk of colorectal cancer

People who have a parent, sibling or child who has been diagnosed with colorectal cancer have



2-4 times the risk of developing the disease compared to those without this family history.

Colon cancer screening recommendation:

Begin screening at age

50
or age

45
for African Americans.

If you have a family history of colon cancer, begin screening at age

40

A less active lifestyle puts you at increased risk for colon cancer.

The latest recommendations for adults call for at least

150 minutes

of moderate intensity activity each week.



Regular colon cancer screening can prevent cancer by finding and removing polyps before they have a chance to turn into cancer.



When colon cancer is found at an early stage before it has spread, the 5-year survival is about

90%

Warning signs of colorectal cancer include:

- ▶ Bleeding from rectum
- ▶ Blood in stool or toilet after having a bowel movement
- ▶ Dark or black stools
- ▶ A change in bowel habits or shape of stool
- ▶ Cramping or discomfort in lower abdomen
- ▶ Urge to have bowel movement when bowel is empty

Facts from American Cancer Society and Wake Forest Baptist Health.

336-716-WAKE
WakeHealth.edu/Colon-Cancer-Screening/

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Colorectal Cancer Screenings

Why should I be screened for colon cancer, I'm only 45 years old?

Doctors recommend that most people begin having colon cancer screening at age 45. People who have an increased risk of getting colon cancer sometimes begin screening at a younger age. That might include people with a strong family history of colon cancer, and people with diseases of the colon called "Crohn's disease" and "ulcerative colitis." You should consult your insurance to make sure it covers screening under 50 years old.

What causes colon cancer?

Several risk factors can play a part in causing colon cancer. Obesity, diabetes, tobacco use

and alcohol consumption are some of the common causes. Visit the Ralph Lauren Onsite Care Clinic and the clinical staff can talk with you more about your possible risk factors.

[Read More](#)



Counseling with Nathan Blake

Feeling stress after the holidays and starting a new year?
You are not alone!

Nathan Blake, CFBPPC, LCAS, is here to help Ralph Lauren employees navigate through all of the stress during the new year, and more. Nathan's services are part

of the Onsite Clinic and are at no cost to employees.

Contact Nathan at 336-416-3623

Onsite Clinic Closed

The Onsite Clinic will be closed for the following days in January:

(Observed) New Year's Day: Monday, January 3rd

Martin Luther King Jr. Day: Monday, January 17th

[Book An Appointment at the Clinic](#)

[myWakeHealth](#)



Call the Clinic at 336-893-0013

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