

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.

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.

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

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/

 **Wake Forest***
 Baptist Health

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

Share this email:



emma®

[Manage](#) your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

Medical Center Blvd Winston-Salem, NC 27103 United States
Winston-Salem, NC | 27103 US

This email was sent to .

To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.