

WorldCare Health Update



We hope you are all enjoying the warm summer months and staying active and healthy. In this edition of *Health Update* we share some important information from our medical second opinion providers of [The WorldCare Consortium®](#) and others about the following:

- Six things you can do to help prevent a stroke
- How to quickly recognize the signs of a stroke
- Five things you can do to help prevent colon cancer
- A new colon cancer vaccine that is showing positive results

Remember, if you would like a medical second opinion, you can [request service online](#). We welcome your feedback on our newsletter and any suggestions you may have on future editions. Feedback/suggestions can be emailed to marketing@worldcare.com or [submitted online](#).

Six things you can do to help prevent stroke

Prevent STROKE

TOGETHER
LET'S BEAT NCDs

QUIT
smoking
and limit
alcohol



CONTROL
high blood
pressure
and high
cholesterol



MANAGE
diabetes



WATCH
your waist
and weight



EAT
healthy



EXERCISE
regularly

**30 minutes
daily**



 World Health
Organization
Regional Office for South-East Asia

World Stroke Day - 29 October 2016

Stroke: Be Fast and Spot Symptoms Quickly

Source: [Northwestern Medicine](#)

Stroke remains the number one cause of preventable medical disability in the United States. Recognizing the signs of stroke and seeking rapid treatment can result in better outcomes.



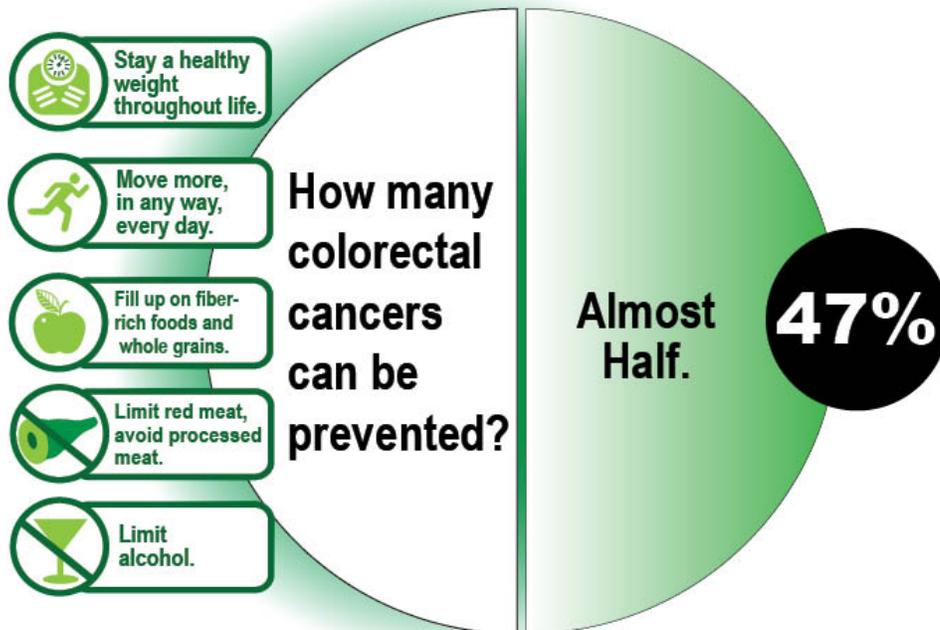
"Stroke is essentially a brain attack. Part of your brain is no longer being supplied by blood," said Ryan Keiler, MSN, RN, stroke education coordinator at Northwestern Medicine Central DuPage Hospital and Delnor Hospital. "For every minute that passes without blood flow to the brain, you lose almost two million brain cells."

To help spot the symptoms of stroke quickly, Keiler says learn and memorize the acronym BEFAST. [Read more to learn what BEFAST stands for.](#)

"First and foremost I would like to share with you how easy this process was for me to use. This has been a somewhat difficult time for my wife and myself, the information you provided, and the speed at which it came has been very appreciated, and hopefully very helpful to the doctors that are currently caring for me. Thank you so much!" - Kenneth, WorldCare member

Did you know that if you or a loved one have suffered a stroke you can request a medical second opinion to ensure you are on the optimal path to recovery?

Five things you can do to help prevent colon cancer



The evidence is the latest from the Continuous Update Project (CUP), which systematically updates and reviews the research conducted worldwide into cancer risk related to diet, physical activity and body weight. All the evidence gathered is then assessed by a panel of independent scientists who make recommendations for cancer prevention.

Novel Vaccine for Colon Cancer Shows Positive Phase I Result

Source: [Jefferson University Hospitals](#)



The vaccine proves safe in a small sample of human subjects, opening the way for the next phase of testing.

A new colorectal cancer vaccine showed positive results in the phase 1 clinical trial to demonstrate that the approach is safe. The patients treated had no signs of serious adverse events and samples of their blood contained markers of immune activation - an early indication that the vaccine could activate immune cells to fight colorectal tumors and metastases. Further tests to determine if the vaccine is effective at slowing tumor growth are forthcoming.

The results were published in the Journal for ImmunoTherapy of Cancer.

Colon cancer, especially in younger people, is on the rise and is currently the second highest cause of cancer deaths in the US and worldwide. Surgery can cure the disease in many patients, but prognosis is poor for those with recurrence of their disease. If it proves effective in larger-scale trials the vaccine, developed by researchers at Jefferson (Philadelphia University + Thomas Jefferson University), could train the patient's immune system to attack the colon cancer that had already spread before the surgery. [Read the full story.](#)

"My experience is that this (MSO) is an excellent service. The MSO has also given me a treatment option that had not been considered possible before. Thank you." - Daniel, WorldCare member

If you or a loved one have been diagnosed with colon cancer, or any other form of cancer, contact us today to [request a medical second opinion.](#)

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