

## WorldCare Health Update



As we enter the holiday season, it's important to remain diligent about your health and well-being. We are here to guide and support you in your efforts to do so. In this edition of *Health Update*, you will find insights from a few of our medical second opinion providers from [The WorldCare Consortium®](#) on two very important topics: depression and breast cancer.

More specifically, we share insights into the relationship between physical activity in the prevention of new episodes of depression and some helpful tips for you to follow if you are living with someone with depression.

Plus, we remind you of the five methods used to diagnose breast cancer, how it is commonly staged and treated; and what types of cancer are more common in men versus women.

We hope you find this information useful and informative. We also want to remind you that if you have recently been diagnosed with a serious medical illness, to [contact us](#) for a medical second opinion.

Have a happy, healthy and safe holiday season!

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### Physical activity may protect against new episodes of depression even in people who are genetically vulnerable

Source: [Massachusetts General Hospital](#)

Increased levels of physical activity can significantly reduce the odds of depression, even among people who are genetically predisposed to the condition, according to a new study from researchers at Massachusetts General Hospital (MGH).

In a paper published in the journal *Depression and Anxiety*, the team reported that individuals



who engaged in at least several hours of exercise each week were less likely to be diagnosed with a new episode of depression, even in the face of high genetic risk for the disorder. [Read more.](#)

*"The service that WorldCare provided was amazing. When I spoke with my case manager, she asked great questions to make sure she understood the whole picture and was supportive with what I was going through. The turnaround was incredible and the final report was able to give us the next steps and supportive material to help us continue on with our treatment." - Janeen, WorldCare member*

**Did you know that WorldCare recently launched a new Mental Health Medical Second Opinion service? [Watch this video to learn more](#) about it and contact your employer/insurer to ask if this new service is available to you.**

**If you are living with someone with depression, [download the flyer](#) below for some helpful tips.**

Depression  
**Let's talk**

## Living with someone with depression?

Living with someone with depression can be difficult. Here are some tips on what you can do to help someone you live with who is depressed, while taking care of yourself at the same time.

**What is depression?**

- Depression is an illness and not a character weakness.
- Depression can be treated. What treatment is best and how long the depression lasts depend on the severity of the depression.
- The support of carers, friends and family facilitates recovery from depression. Patience and perseverance is needed, as recovery can take time.
- Stress can make depression worse.

**What you can do for people who are depressed**

- Make it clear that you want to help, listen without judgement, and offer support.
- Find out more about depression.



**REMEMBER:**

When you live with someone with depression, you can help them recover, but you need to take care of yourself too.

- Encourage them to seek professional help when available. Offer to accompany them to appointments.
- If medication is prescribed, help them to take it as prescribed. Be patient; it usually takes a few weeks to feel better.
- Help them with everyday tasks and to have regular eating and sleeping patterns.
- Encourage regular exercise and social activities.
- Encourage them to focus on the positive, rather than the negative.
- If they are thinking about self-harm, or have already intentionally harmed themselves, do not leave them alone. Seek further help from the emergency services or a health-care professional. In the meantime, remove items such as medications, sharp objects and firearms.
- Take care of yourself too. Try to find ways to relax and continue doing things you enjoy.

# LetsTalk
[www.who.int/depression/en](http://www.who.int/depression/en)


## Breast Cancer - Diagnosis and treatment

Source: [Mayo Clinic](#)



Diagnosing breast cancer - below are six methods used to diagnose breast cancer:

1. Tests and procedures used to diagnose breast cancer include:
2. Breast exam.
3. Mammogram
4. Breast ultrasound
5. Biopsy
6. Breast magnetic resonance imaging (MRI)

[Read more](#) to learn more specifics about each method and how breast cancer is staged and then treated.

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*"Overall, I found the process very valuable and in the end my diagnosis did not change, nor did my treatment plan but it put my mind at ease to know that all my physicians are on the right track. I would highly recommend this program to anyone who may have any sort of doubt in their mind regarding their illness." Luana, WorldCare member*

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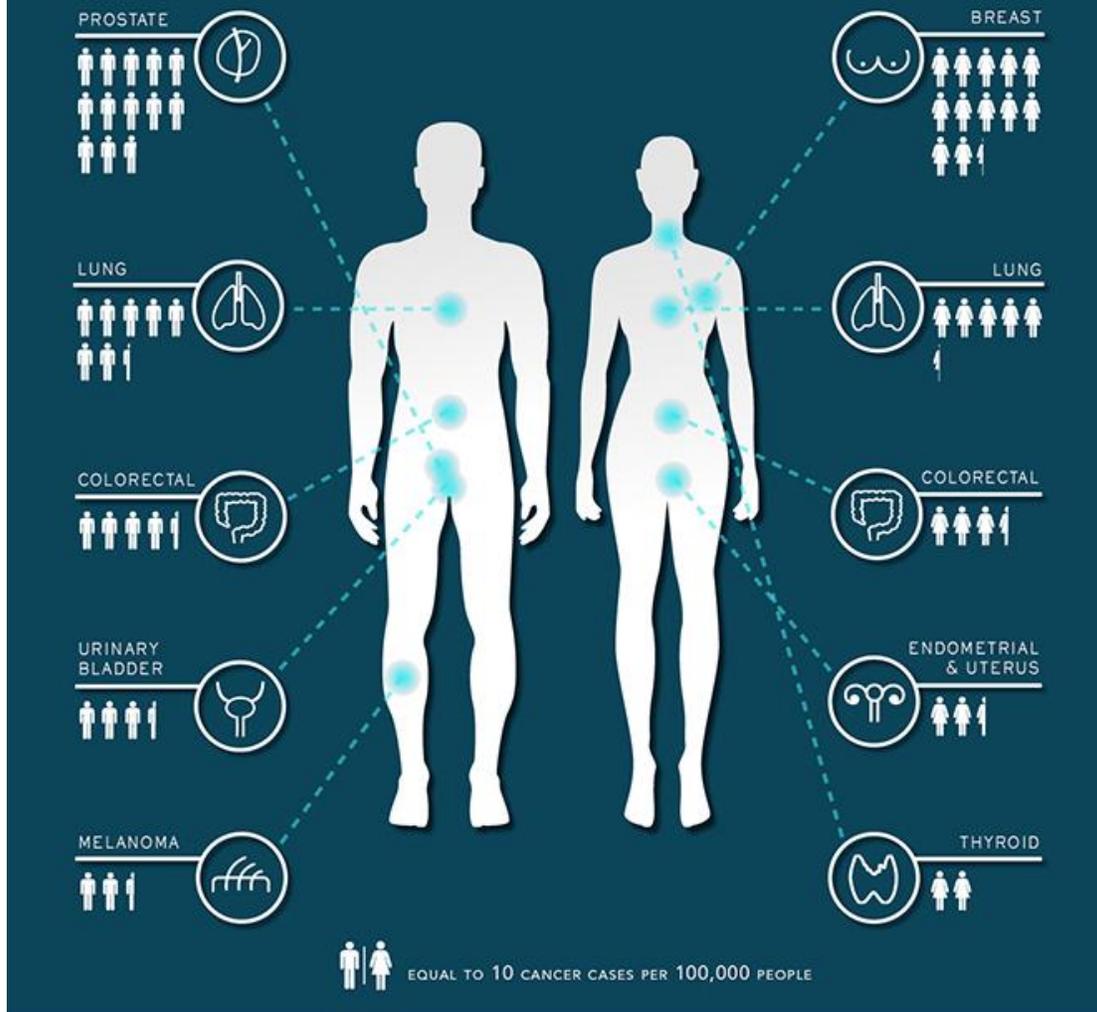
**If you or a loved one have been diagnosed with breast cancer, or any other form of cancer, [contact us today to request a medical second opinion.](#)**

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**Ever wondered what types of cancer are more common in men than women? [Download the infographic below to learn more.](#)**

WHAT ARE THE  
MOST COMMON CANCERS IN

*Men* vs *Women*?



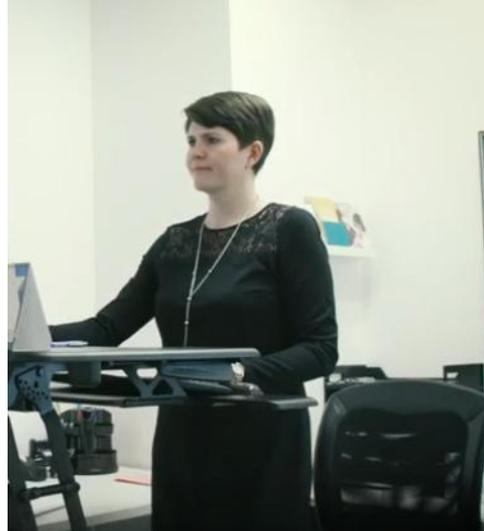
Sources:  
• <http://apps.nccd.cdc.gov/uscs/>  
• <http://www.freepik.com/>

**DANA-FARBER**  
CANCER INSTITUTE  
Discover. Care. Believe.

## ***Courtney's Story: The Value of a Medical Second Opinion***

After Courtney was diagnosed with cancer at age 30, she dreaded her urology team's recommendation of removing her entire bladder, which would result in her needing a cystostomy bag. After WorldCare facilitated a medical second opinion review from a leading team of urologist-oncologists, a recommendation of partial bladder removal allowed Courtney to remain active without needing to use a cystostomy bag.

**[Watch Courtney's story.](#)**



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