



AMERICAN INSTITUTE
OF HEALTHCARE & FITNESS
a lifetime of better health

Your monthly news & updates

Greetings!

Our Providers hope your health and wellness goals for 2018 are underway! With 21 practices from primary care to dentistry we're here to support you in all your health and wellness goals. Read on to discover tips for **flu prevention** and **colorectal health** which is all aimed at supporting a healthier, happier, new you in 2018!

Yours in good health,
the Providers at AIHF



Visit our Website

Upcoming Events

Turn your life around and join us at an information session for the Complete Health Improvement Program (CHIP)!

The American Institute of Healthcare & Fitness wants you to be your own best medicine through CHIP, one of the most scientifically validated health programs in the world.

CHIP has **PROVEN RESULTS** and can lower Blood pressure, cholesterol, triglycerides, blood sugar and BMI while increasing sleep, resilience and depression.

[Find out more here!](#)



Carolina Family Practice & Sport's Medicine



March is Colorectal Cancer Awareness Month



Flu Season— If you are over 65 it's not too late to get your flu shot!

Did you know, of the four strains in the flu shot, one of them is 10% effective but the other three are more than 70% effective making the shot is definitely worth getting. It's February and the flu may finally be leveling off but healthcare officials believe flu season could stretch into April/May. We still have plenty of High Dose flu vaccine for people over 65 and older. With 1 in every 13 visits related to the flu it's still a good idea to get your flu shot this year if you haven't already. The outstanding staff at Carolina Sports and Family Medicine are here to help! Schedule your appointment today at 919-238-2000 or visit <https://cfpsm.com/>.

In the meantime to keep the flu at bay:

1. Take time to get a flu vaccine.
2. Try to avoid close contact with sick people.
3. Cover your nose and mouth with a tissue when you cough or sneeze.
4. Wash your hands often with soap and water.
5. Avoid touching your eyes, nose and mouth.
6. Practice other good health habits such as cleaning and disinfecting surfaces and objects.

Did you know, African Americans are at increased risk for colon cancer compared with other racial and ethnic groups within the United States?

Studies reveal that African Americans are less likely to get a colonoscopy and to be treated for colon cancer than other racial groups. Because of this, colon cancer rates are 25 % higher and mortality rates are 50% higher in African Americans compared with Caucasians.

Raleigh Endoscopy Center and the American Cancer society are proud to serve as resources in the battle against colon cancer.

To find out more about colonoscopies and who should be screened and visit [Raleigh Endoscopy Center](#) or call 919 249-5246.

You might be able to lower your risk of colorectal cancer by managing some of the risk factors that you can control, like diet and physical activity. For additional resources on the prevention, detection, and treatment of colon cancer visit the [American Cancer Society](#).

