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WHAT YOU NEED TO KNOW ABOUT PCOS

BROUGHT TO YOU BY  MAVEN

Polycystic ovary syndrome (or PCOS) is incredibly common, affecting as many as [10% of reproductive-age women](#). The hormonal condition can lead to irregular menstrual cycles, no period at all (aka amenorrhea), and difficulty getting pregnant.

WHAT IS PCOS?

PCOS is a hormonal condition that affects how your ovaries work. Instead of an egg being made and released every month, the egg doesn't grow properly or isn't released so you don't ovulate regularly. Without ovulation, it is not possible to become pregnant.

WHAT ARE TREATMENT OPTIONS?

There isn't a cure for PCOS, but your doctor or a [Maven OB-GYN](#) can help you manage it and curb long-term side effects. Your treatment may include: a change in diet/activity, birth control pills, or diabetes medication.

THE BOTTOM LINE

PCOS is quite common, but far too many people go without help managing their symptoms. If you have any of the symptoms outlined [HERE](#), talk to your provider right away. If you're planning to become pregnant in the future or actively trying to conceive, it's especially important to work with a provider.

Remember, if you ever have any question about PCOS, you can speak to an OB-GYN, fertility specialist, nutritionist, or mental health specialist on [Maven](#) anytime you need to.

HEART DISEASE IN WOMEN

BROUGHT TO YOU BY  UnitedHealthcare

Did you know the [warning signs](#) of heart attack and stroke can be different in men and women? Women may experience uncommon symptoms that might easily be overlooked or ignored. [You may also know that heart disease is the leading cause of death among women in the U.S.](#)

AM I AT RISK FOR HEART DISEASE?

The general risk factors for heart disease, like high cholesterol, high blood pressure and obesity are true for both men and women. But there are several other factors that put adult women of all ages at a higher risk for developing heart disease. The list includes age, if you have gone through menopause, family history,

chemotherapy/radiation, smoking, high blood pressure, high cholesterol, poor diet, diabetes/obesity, physical inactivity, and stress/depression. To stay on top of your health, be sure to get an annual biometric screening and learn your health values. By being an employee of Franklin County, you have access to free biometric screenings throughout the year through ThriveOn.

WHO CAN I SEE IF I'M CONCERNED ABOUT HEART DISEASE?

If you're experiencing any [symptoms](#) of heart disease, visit your primary care provider (the doctor or provider you might see for your yearly physical). He or she will listen to your heart, check your blood pressure, and talk through your health history and risk factors. You may even get a blood test. Depending on how all that goes, you might be referred to a cardiologist (heart specialist). Be sure to bring a list of your symptoms, family history and any medicines you're taking.

FIND A DOCTOR



STAY ON TRACK THIS FALL

BY USING  WeightWatchers

Join by 10/31 and get a free smart scale! ThriveOn subsidizes the membership cost for Franklin County Cooperative employees and enrolled spouses/domestic partners.

JOIN NOW

REDEEM OFFER

LEARN MORE



EXPLORE THE OUTDOORS CHALLENGE

SEPTEMBER 13 – OCTOBER 10

Join ThriveOn for our **Explore the Outdoors Challenge!** Registration is open **NOW!** Earn a \$50 incentive for completing a Well-Being Activity in the ThriveOn Wellness Your Way program by completing the challenge. *Deadline to join is September 20th.*

Venturing into the outdoors cultivates a pathway to a wholesome lifestyle. It encourages physical activity such as hiking, biking, or walking, elevating cardiovascular fitness and muscle strength, while also promoting mental well-being by reducing stress, enhancing mood, and fostering a sense of peace and tranquility. The Explore the Outdoors Challenge encourages you to utilize outdoor exploration not only to nurture a balanced and healthy life but also to support your mental health journey.

Three participants will be randomly selected to receive an Outdoor Adventure Pack including a backpack and hammock from REI. *Winners will be taxed on the value of the prize on the November 17th payroll.*

Here's how it works:

1. Register for ThriveOn's Explore the Outdoors challenge by **September 20th** at fccThriveOn.com.
2. Explore the Outdoors
3. Achieve the participation requirement: enter a "yes" or "no" response for 21 of the 28 days.
4. Achieve the daily goal: explore the outdoors during 14 days of the challenge and record "yes" for doing so.