



## SPRING INTO SUMMER

Stay Well, Stay Safe

Longer days are a great time to move, connect, and refresh healthy routines—while staying mindful of seasonal risks.

### Hydration & heat safety

Warm weather increases your risk for dehydration and heat illnesses especially during outdoor work or activity. Key steps include drinking water regularly, planning breaks in shade, and watching for symptoms such as dizziness, fatigue, headache, nausea or heavy sweating.

### Sun safety (skin + eyes)

Protecting your skin is more than avoiding burn—consistent sun protection can reduce long-term skin damage. Use broad-spectrum sunscreen (SPF 30 or higher), reapply every two hours (and after swimming/sweating), and take breaks in the shade during peak hours. Wear sunglasses that block UV rays.

### Mental health “reset” for summer

Season changes can disrupt routines. Try simple anchors: consistent sleep/wake times, a daily walk or stretch and intentional screen breaks. Staying socially connected and engaging in meaningful activities supports mental well-being.

### Preventive care reminders (warmer-month checklist)

Preventive care matters. Recommended screenings for cancer, diabetes, high blood pressure, cholesterol, and other conditions can detect disease early—often before symptoms appear—when treatment is most effective. At your next visit, ask your UHS provider if you are due for any preventive screenings that are recommended for you based on your age, medical history, and risk factors.

Sally Orloff, MS, RDN, LDN, CDCES

## Is having TYPE 2 DIABETES my fault?



There is a common misguided acceptance that the person who has type 2 diabetes “brought it on themselves,” “it is a disease of poor lifestyle.” This isn’t, however, the whole picture. Type 2 runs in families and is considered highly hereditary. Studies with twins support a genetic role as well as race can impact the risk.

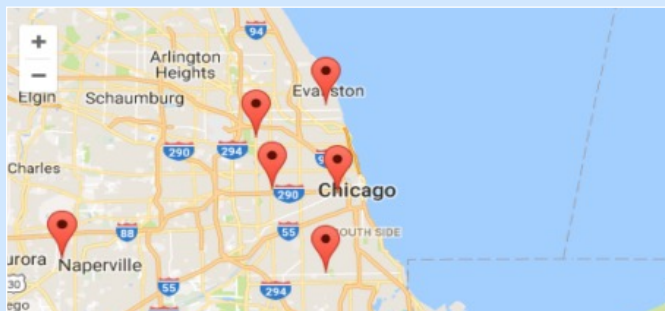
While families often have similar lifestyles and health risks, researchers have found over 50 genes linked to problems in keeping blood sugar in normal range. When the body has limited insulin, or if the body doesn’t respond well (insulin resistances), there is an increased risk for diabetes.

Your genes can predispose and put you at risk, however, we now know if lifestyle intervention is done early while your body is in the prediabetes stage, the condition can be stopped or slowed down.

And, if you have had diabetes for just a few years, you can get the condition into remission.

Remember, try not to let guilt of having diabetes, keep you from taking care of yourself. Keep your medical appointments. Seek out supportive family and friends.

Union Health operates six facilities throughout Chicagoland providing primary and specialty care



#### UHS Locations include:

- 1634 W. Polk St. Chicago, Illinois 60612
- 4701 N. Cumberland Ave. Norridge, Illinois 60706
- 2800 W. 87th St. Chicago, Illinois 60652
- 3340 S. Oak Park Ave Berwyn, Illinois 60402
- 3535 E. New York St. Aurora, Illinois 60504
- 1325 Howard St. Evanston, Illinois 60202

For more information on UHS locations please refer to our website [www.unionhealth.org](http://www.unionhealth.org).

#### UHS Suburban Contracting Facilities:

##### PRIMARY CARE/GENERAL MEDICINE

###### McGowan Family Health and Wellness Center

Chicago Heights 60411

[mcgowanfamilyhealthandwellnesscenter.com](http://mcgowanfamilyhealthandwellnesscenter.com)

###### Provida Family Medicine

Gurnee 60031

[providafamilymedicine.com](http://providafamilymedicine.com)

###### Zmedi

Orland Park 60462 | Palos Heights 60463

[zmedigroup.com](http://zmedigroup.com)

###### Alex Iskander, MD

Plainfield 60586

[saintmaryinternalmedicine.com](http://saintmaryinternalmedicine.com)

##### PEDIATRICS

###### Bharti Amin, MD

Matteson 60443 | 708-748-5910

###### Rush Copley Pediatrics

Aurora 60504

[rush.edu/locations/rush-copley-medical-group-pediatrics-aurora-ridge](http://rush.edu/locations/rush-copley-medical-group-pediatrics-aurora-ridge)

##### OBSTETRICS & GYNECOLOGY

###### Ob-Gyn Associates of Libertyville, SC

Libertyville 60048

[obgynedocs.com](http://obgynedocs.com)

###### Rush Copley OB/GYN, Eola

Oswego | Aurora

[rush.edu/locations/rush-copley-medical-group-ob-gyn-aurora-2020](http://rush.edu/locations/rush-copley-medical-group-ob-gyn-aurora-2020)

###### OB/GYN Health Associates, SC

Orland Park 60467 | Oak Lawn 60453

[obgynhealthassociates.com/](http://obgynhealthassociates.com/)



## DID YOU KNOW

UHS works directly with your Health Fund. UHS receives eligibility and benefits from your Health Fund this includes all of your contact information. Please make sure your Health Fund is up to date with your most recent contact information (cell phone, address, and email). This ensures UHS is also up to date.

Check out your benefits on the UHS website: [unionhealth.org](http://unionhealth.org)

## Learn more about your health

Explore wellness topics, preventive care information, healthy living tips, and member education resources anytime on the UHS website.

[unionhealth.org/health-wellness/](http://unionhealth.org/health-wellness/)

## “CALL FIRST” Can Save You Time

Do you need care but don't have an appointment?

### Call First.

UHS encourages members to call even to schedule an “unscheduled” visit. Often, you can be seen the same day, and calling first helps the UHS team guide you to the best next step.

Our call center is ready to assist you during clinic hours, and our answering service and

on-call Physicians are available after hours and on holidays.

*All visits outside of UHS require pre-authorization to avoid patient financial responsibility.*



If you need medical attention, call UHS at (312) 423-4200, option 1

## QUESTIONS ABOUT YOUR BENEFITS?

The Union Health Service (UHS) website [www.unionhealth.org](http://www.unionhealth.org) includes information on your benefits, our locations, providers and services.

Check out the Member Benefits section:

[unionhealth.org/member-benefits/](http://unionhealth.org/member-benefits/)

