



RENEWNEWS

RENEW helps people who juggle work, family and community commitments sustain (or regain) their enthusiasm, effectiveness and purpose



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On Maintaining *Your* Health

by Linda Hawes Clever, MD

Fabled Stanford Law School professor, John Kaplan once said, “I was asked to make a list of all the faculty members broken down by age and sex. Everyone was on it.”

And everyone knows that a physical exam every so often— yes, an actual hands on exam, including a heart-to-heart with your doctor — is as necessary to your body as an oil change is to your car. Screening tests are essential, too because early diagnosis and treatment can save discomfort and more.

Here are just six screening tests if you are a man; seven if you are a woman. These are my favorites because I am *against* suffering and these can *rescue* you from suffering.

Linda Clever’s Favorite Screening Tests for Adults

| Test for | Who and When | What and How Often If You Feel Well |
|---------------------------|-----------------------|---|
| Blood pressure | All adults | Every 1-2 years |
| Cholesterol | All adults | Every 5 years |
| Blood sugar | All adults over 50 | Every 2-3 years |
| Breast cancer | All women over 40-50 | Mammogram if over 50 or earlier if in risk group every year; check with your doctor for |
| Cervical cancer | All women | Under 30, every year; over 30, check with |
| Prostate cancer | All men over 55 | Decide with your doctor |
| Gastrointestinal bleeding | All adults over 50 | Over 50, stool test for blood every year; direct exam every 5 years or <i>sooner</i> if |
| Osteoporosis | All adults over 60-65 | Bone mineral density scan for women 60- |
| Glaucoma | All adults over 40 | Over 40, every 3-5 years or earlier and oftener |

This may seem daunting but you do have time and wisdom, and you know the pleasures of foiling an affliction.

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The Fatigue Prescription

Four Steps to Restore Your Energy, Health & Life

by
Linda Hawes Clever, MD

Coming in January 2010!: Linda signed the book contract with Viva Editions of Cleis Press in April and is working hard to meet a mid-July deadline. One well-known Bay Area book seller said, “We need this NOW! *This* is the kind of book that is selling, especially *now.*” We are expecting Diane Sawyer, Matt Lauer and of course, Oprah, to camp out in front of their local book stores to grab the first copy. If you would like to secure a copy for yourself, go to our website: www.renewnow.org, click on the CONTACT tab and check the appropriate box. Also, let us know if you would like to host a RENEWing book event for your club or organization. And if you know Diane, Matt or Oprah or their production staff, please contact us at RENEWjuggler@gmail.com.

Dollars & Sense

Looking for ways to make your dollar go further? Of course you are! Stretching dollars has become a way of life, and RENEW is stretching, too. Over the past 6 months, we took our renewing programs to nearly 300 people — pro bono. Without your help, RENEW would not be able to continue our pivotal, singular work to help the helpers. No gift is too small. And you can **stretch** your dollars in three ways: 1. by taking advantage of our RENEW donors’ offer to match, 2. by asking your organization to match it, 3. by making a donation to honor someone special in your life. Use the enclosed card or give on-line at www.renewnow.org. Thanks so much!



RENEWings Speak Out

A RENEWing is a person who has experienced a RENEW program (keynote, workshop, Conversation Group). Hundreds of nurses, students, non-profit leaders, physicians, volunteers, and others join our growing ranks each year. Here are a few recent comments:



“I was heading down the freeway toward home after work and said, ‘Wait a minute! I need to get to my RENEW Conversation Group. I need to touch base!’ So I took the next exit, made a U-turn and came here. It is so fulfilling to be with this group! I was depleted and now my tank is full with premium. I just needed to be heard and needed to share.”

“A program like RENEW should be mandatory if we are to have a more humane workplace and maintain a vibrant, creative and sustained workforce.”

“I wanted to comment on the use of Conversation Groups© to sustain and support managers and employees. They can certainly spice up any management development curriculum!”

★★
 ★ What have you done lately to RENEW — especially something brand new? Hiked Half Dome? Taken ★
 ★ up quilting? Found a great book? Send your stories to RENEWjuggler@gmail.com. ★
 ★★★

RENEW Board Welcomes New Member

We are pleased to welcome Kenneth Taymor to our RENEW Board of Directors. Ken is Executive Director of the Berkeley Center for Law, Business & the Economy at UC Berkeley Boalt Hall School of Law. He also Chairs the Dean’s Policy Advisory Council at the UC Berkeley School of Public Health. His background in social philosophy and ethics will be a wonderful addition to our board!