Slide 1
Welcome to Two-Minute Tuesday. I’m Amy Hertog. Our topic today is Health Care Secrets of the Rich and Famous.

Slide 2
Let’s start with Tom Hanks… In 2013, Hanks announced that a recent screening showed that he had type II diabetes.

Slide 3
If you’re at risk for diabetes, follow his lead and RUN Forrest, RUN! to get tested.

Slide 4
If you don’t … you could lose more than Wilson.

Slide 5
One in eight women will develop breast cancer during their lifetime. Singer/songwriter Sheryl Crow discovered she had breast cancer after a routine mammogram.

Slide 6
Good Morning America anchor Amy Robach underwent her first-ever mammogram on-air and was stunned with a breast cancer diagnosis. She said she regretted waiting to get checked and encourages women to get mammograms. Mammograms are the most efficient screening method for detecting breast cancer early!

Slide 7
Henry Winkler learned from his doctor that he had high cholesterol. He was able to lower his cholesterol levels with exercise and diet. Arthur Fonzarelli would give a double thumbs up to that.

Slide 8
Olympic figure skater Peggy Fleming was recently diagnosed with high cholesterol. She’s now working on an education campaign to promote cholesterol testing.

Slide 9
David Letterman had a cholesterol test indicating high numbers. This led to a stress test and angiogram which showed severe blockage. Letterman credited his resulting bypass surgery with averting a possible heart attack.

Slide 10
Colon cancer has a survival rate of over 90 percent - if found in the early stages. Sixteen years ago, journalist Katie Couric videotaped her entire colonoscopy for the world to see. Katie was motivated to get a colonoscopy after losing her husband to colon cancer.

Slide 11
To find out what tests YOU need… go to the United Healthcare preventive care website and enter your age and gender. [ www.uhcpreventivecare.com ]

Slide 12
You will get a list of suggested health screenings or tests that you can discuss with your doctor.
**Slide 13**
So there you have it. The Health Care Secret of the Rich and Famous is *preventive health care*. Early detection is your best weapon against disease!

**Slide 14**
Thanks for tuning in to Two-Minute Tuesday. To subscribe or watch previous episodes, visit us online.