

Healthy Living Newsletter

March 2008

Live, Take Charge, Change

Volume 3, Number 03

Published by:
Corporate Campus Health &
Wellness Committee

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Fitness Tip

Enjoy the Scenery – Having trouble motivating yourself to fit in that long walk, run, or bike? Select a route with a point of interest at the mid-way point and plan a brief break to enjoy the view.

Source: www.activelifestyle.info/

Poison Control



(800-222-1222)

Remember this number!

You can call this number from anywhere in the United States day or night and you will be routed to your local poison control center.

What Poison Control Will Need to Know:

- What the person was exposed to. If possible, have the substance package in front of you when you call.
- When the incident happened.
- How much the person swallowed or inhaled, got in their eyes, etc.
- The person's weight.
- If there are signs of poisoning, such as lethargy or burns around or in the mouth.
- If the person has any preexisting medical conditions.



Sleeping Difficulty

If you have trouble in getting a good night's sleep, the following are some tips for modifying your nighttime sleeping habits before resorting to medications:

- Establish a regular bedtime, but don't go to bed if you feel wide awake. [Use the bedroom for bedroom activities only.] Once in bed, use creative imagery and relaxation techniques to keep your mind off unrestful thoughts. Avoid staying in bed for long periods of time while awake or going to bed because of boredom.
- Take your TV or computer out of your bedroom. Otherwise, your brain becomes used to stimulation and starts to expect it when you are there. This makes it harder for you to fall asleep.
- Relax by reading, taking a bath, or listening to soothing music before getting to bed.
- A snack before bed helps many people. Foods such as warm milk or turkey have a natural sleep inducer called L-tryptophan.

Source: www.nlm.nih.gov/medlineplus/



Poison Alert: How to Protect Your Child

The 6 Most Dangerous Substances in Your Home

1. **Medicine** - Both over-the-counter and prescription, such as cold and cough preparations, adult-strength iron supplements, pain relievers, high-blood pressure medication, and antidepressants.
2. **Caustic Products** – Such as drain openers, oven cleaners, toilet-bowel cleaners, hair relaxers, and artificial nail primers.
3. **Pesticides** - Both indoor and outdoor products, such as bug killers (insecticides) and weed killers (herbicides). Dangerous products include those you buy at a garden store and apply yourself and those that a professional service (such as termite control) applies around your home and garden.
4. **Automotive Products** - Antifreeze, windshield-wiper cleaning liquid, brake or transmission fluid, motor oil, or gasoline.
5. **Hydrocarbons** - Often found in products made from petroleum (kerosene, paint thinner, but also in baby oil and hair oils.) Some are poisonous if swallowed at all, while others can easily go “down the wrong pipe” and damage the lungs.
6. **Alcohol** - Found not only in wine and hard liquor, but often in mouthwash and cough syrup, too.

Source: www.parenting.com

Tracking Your Waist

Are You an Apple or a Pear?



The Body Mass Index

(BMI) is a measurement of body fat, which helps people who may be at risk for conditions such as hypertension, heart disease, and diabetes. But, BMI does not take into account body fat distribution. Excess fat is never good for health, but it's more harmful if it is around the abdomen than if it is down in the hips and thighs. In other words, it is healthier to be shaped like a pear than an apple.

The Waist



Your weight does not always reflect changes in your body shape. You can stay the same weight (or even lose inches around the middle) and still gain inches around the middle. Likewise, you can lose inches from the waistline, but gain weight. That may start happening if you start exercising regularly. So you may want to track your waist size, not simply your weight.

Men are more likely than women to store excess fat in the midsection and develop a "beer belly," whether they drink alcohol or not.

To evaluate your risk based on your fat distribution, determine your waist-to-hip ration (WHR) as follows:

To find your waist circumference, stand up straight, relax your stomach muscles, hold a tape measure at the level of your naval and circle your waist with it. The tape measure should lay snug (not pulled tight) against the skin. Then, measure your hips at the greatest circumference around the buttocks. Next divide the waist measurement by the hip size. A (WHR) greater than 1.0 for men and 0.8 for women indicates increased risk. That means that the circumference of a man's waist should not exceed that of his hips; a women's waist should measure no more than 80 percent of her hips.

Source: UPS Wellness Guide –
Road Map To Health

More Than 20 Ways to Prevent Diabetes

Being overweight increases the risk of Type 2 diabetes. You can prevent or delay diabetes by loosing a small amount of weight, by being physically active for 30 minutes, 5 days a week, and following a low-fat, reduced calories meal plan.

Reduce Portion Sizes

- Keep meat, poultry, and fish portions to about 3 ounces (about the size of a deck of cards).
- Try to eat meals and snacks at regular times every day.
- Make sure you eat breakfast every day.
- When eating out, have a big vegetable salad, then split an entrée with a friend or have the other half wrapped to go.
- Drink a glass of water 10 minutes before your meal to take the edge off your hunger.
- Eat slowly. It takes 20 minutes for your stomach to send a signal to your brain that you are full.
- Make less food look like more by serving your meal on a salad or breakfast plate.
- You don't have to cut out the foods you love to eat. Just **cut down** on your portion size and eat it less often.

Move More Each Day

- Deliver a message in person to a co-worker instead of e-mailing.
- Take the stairs to your office.
- Make fewer phone calls. Catch up with friends on a regular basis during a planned walk.
- Park as far away as possible from your favorite store at the mall.
- Get off the bus one stop early and walk the rest of the way home or walk to work several times a week.

Make Healthy Food Choices

- Try getting one new fruit or vegetable every time you grocery shop.
- Try eating foods from other countries. Many dishes contain more vegetables, whole grains, beans, and less meat.
- Cook with a mix of spices instead of salt.
- Choose veggie toppings like spinach, broccoli, and peppers for your pizza.
- Try to choose foods with little or no added salt.
- Do not grocery shop on an empty stomach. This can lead to impulse purchases. Make a list before you go to the store.
- Try keeping a written record of what you eat for a week. It can help you see when you tend to overeat or eat foods high in fat or calories.

Nurture Your Mind, Body, and Soul

- Don't try to change your entire way of eating and increasing your physical activity all at once. Try one new activity or food a week.
- Try not to eat out of boredom or frustration. If you are not hungry, do something else, such as taking a long walk.

Source: ndep.nih.gov

Cosmetics Safety References

Food and Drug Administration
www.fda.gov

Office of Cosmetics and Colors
Automated Information Line, FDA,
OPHS, HHS
vm.cfsan.fda.gov

American Academy of Dermatology
www.aad.org

Mayo Foundation for Medical
Education and Research Center
www.mayoclinic.com

Winter Skin Care Tips

Cold temperatures, wind, low humidity and indoor heating can cause dry, itchy, cracked skin and chapped lips and exacerbate conditions such as eczema, psoriasis, and seborrhea.

Here are some simple tips to protect your skin:

- Stay hydrated
- Keep showers short and warm
- Use mild skin care products
- Moisturize daily
- Take care when exfoliating
- Consider using a humidifier in your home

Source: www.healthfinder.gov

Fire Safety Tip - If a Fire Starts In Your Kitchen:

- **Get everyone out of the house immediately.** A grease fire on the stove can spread throughout the kitchen in a matter of minutes. Once outside, call the fire department.
- **For a pan grease fire,** Slide a pan lid over it, turn the burner off, and keep it covered until the pan cools.
- **When the fire is in the oven,** shut the oven off and keep the door closed. The oven's seal should eventually starve the fire of oxygen.
- **If it is in a small trash can,** use the fire extinguisher only if your back is to the exit and you can quickly escape should the fire spread.

Source: www.parenting.com

Women's Health – Cosmetics Safety

The following are tips to protect you against some of the dangers of cosmetics:

- Never drive and put on make-up. Not only does this make driving a danger, hitting a bump in the road and scratching your eyeball can cause series eye injury.
- Never share make-up. Always use a new sponge when trying products at a store. Insist that salespersons clean container openings with alcohol before applying to your skin.
- Keep make-up out of the sun and heat. Light and heat can kill the preservatives that help fight bacteria. Don't keep cosmetics in a hot car for a long time.
- Don't use cosmetics if you have an eye infection, such as pinkeye. Throw away any make-up you were using when you first found the problem.
- Never use aerosol sprays near heat or while smoking because they can catch fire.
- Don't deeply inhale hairsprays or powders. This can cause lung damage.
- Avoid color additives that are not approved for use in the eye area, such as "permanent" eyelash tints and kohl (color additive that contains lead salts and is still used in eye cosmetics in other countries). *Source: www.womenshealth.gov*

Screening Tests for Women: What You Need and When

- ❖ **Obesity:** Have your body mass index (BMI) calculated to screen for obesity.
- ❖ **Breast Cancer:** Have a mammogram every 1 to 2 years starting at age 40.
- ❖ **Cervical Cancer:** Have a Pap smear every 1 to 3 years.
- ❖ **High Cholesterol:** Have your cholesterol checked regularly starting at age 45. If you are younger than 45, talk to your doctor about whether to have your cholesterol checked, if you have diabetes, high blood pressure, you smoke, or heart disease runs in your family.
- ❖ **High Blood Pressure:** Have your blood pressure checked at least every 2 years.
- ❖ **Colorectal Cancer:** Have a test for colorectal cancer starting at age 50. If you have a family history of colorectal cancer, you may need to be screened earlier.
- ❖ **Diabetes:** Have a test for diabetes if you have high blood pressure or high cholesterol.
- ❖ **Depression:** Your emotional health is as important as your physical health. If you have felt "down," sad, or hopeless over the last two weeks or have felt little interest or pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.
- ❖ **Osteoporosis:** Have a bone density test beginning at age 65 to screen for osteoporosis.
- ❖ **Chlamydia and other Sexually Transmitted Diseases:** Have a test for Chlamydia if you are 25 or younger, and sexually active. If you are older, talk to your doctor about being tested.
- ❖ **HIV:** Have a test for HIV infection if you have had unprotected sex with multiple partners, are pregnant, have used or now using injection drugs, are being treated for sexually transmitted diseases, or had a blood transfusion between 1978 and 1985. *Source: www.ahrq.gov*



Good Oral Hygiene

The American Dental Association recommends the following for good oral hygiene:

- Brush your teeth twice a day with an ADA-accepted fluoride toothpaste. Replace your toothbrush every three to four months, or sooner if the bristles are frayed. A worn toothbrush will not do a good job of cleaning your teeth.
- Clean between teeth daily with floss or an interdental cleaner. Decay-causing bacteria still linger between teeth where toothbrush bristles can not reach. This helps remove plaque and food particles from between the teeth and under the gum line.
- Eat a balanced diet and limit between-meal snacks.
- Visit your dentist regularly for professional cleaning and oral exams.

Source: www.ada.org



Halitosis

Whether you call it bad breath or halitosis, it is an unpleasant condition that causes embarrassment. Some people with bad breath are not even aware there is a problem. If you are concerned about this condition, see your dentist. They can help identify the cause and if it is due to an oral condition.

Some facts to remember:

- What you eat affects the air you exhale.
- One of the warning signs of periodontal (gum) disease is persistent bad breath or a bad taste in the mouth.
- Bad breath can also be caused by dry mouth (xerostomia), which occurs when the flow of saliva decreases.
- Tobacco products cause bad breath.

Source: www.ada.org

Recent Highlights on Women's Health

The following summary presents recent findings from the Agency for Healthcare Research and Quality.

Cardiovascular Disease

- Existing heart disease is undiagnosed in half of women who have a first heart attack.
- Younger women with heart failure have worse quality of life than men and older women.
- Treatment of high cholesterol in women should be based on all risk factors for heart disease.
- Diabetes increases a woman's risk of death from heart disease.
- Women with symptomatic heart failure benefit from ACE inhibitors and beta-blockers.
- Women have a higher prevalence of white-coat hypertension than men.
- Age and sex are significant predictors of death after a heart attack.

Breast Cancer

- Accuracy in reading mammograms is not associated with volume or years of experience.
- Clinicians should discuss use of tamoxifen to prevent breast cancer with women who are likely to benefit from it.
- Studies underscore the importance of involving women in breast cancer decisions.
- Obesity affects breast cancer screening rates.
- Screening mammography is less accurate in overweight and obese women.
- Screening relatively healthy elderly women for breast cancer is cost effective.
- Researchers find international variations in mammography accuracy.
- Higher levels of perceived emotional support lead to increased survival in women with breast cancer.
- A radiologist's access to previous mammograms improves the accuracy of mammogram readings.
- Patient's choice of breast cancer treatment affects health.
- Communication of treatment options enhances quality of care.
- Hospitals should implement care coordination mechanisms for early-stage breast cancer patients.
- Outpatient mastectomies have increased over the past decade.

Cervical Cancer

- Despite new guidelines, most ob-gyns continue to over-screen low-risk women for cervical cancer.
- Less frequent cervical cancer screenings may be a safe option.
- Personalized form letters may improve breast and cervical cancer screening among some women.

More detailed information can be found by reading the complete program brief, "Women's Health Highlights: Recent Findings", which is available: <http://www.ahrq.gov> .