

Healthy Living Newsletter

Take Control of Your Health, Your Benefits, and Your Future Wellness / October 2011

Keeping Our Lungs Healthy



The lungs are internal organs, yet they are constantly exposed to our external environment. With each breath, a host of alien substances enter our bodies such as pollens,

dust, viruses, and bacteria. Additionally, the lungs face the constituents of the air in our homes and office and factories ranging from animal dander and tobacco smoke to radon and airborne lead; and the toxic chemicals spewed in our atmosphere by smokestacks and vehicle exhaust pipes. The lungs, with their tiny air sacs called alveoli, have sometimes been simplistically compared to sponges. They are actually far more complex than many other organs. The lungs must play multiple roles—supplier of oxygen, remover of wastes and toxins, and defender against hostile intruders.

In the course of a single day, an astonishing 8,000 to 9,000 liters of breathed-in air meets 8,000 to 10,000 liters of blood pumped in by the heart through the pulmonary artery. The lungs relieve the blood of its burden of waste and return a refreshed, oxygen-rich stream of blood to the heart through the pulmonary vein.

The lungs contain at least three dozen distinct types of cells, each with special tasks and abilities. Some scavenge foreign matter. Others, equipped with delicate, hair-like cilia, sweep the mucous membranes lining the smallest air passages. Still others act on

substances crucial to blood pressure control, or serve as sentries to spot invading agents of infection. And, the roles of many others remain mysterious, posing challenges to researchers.

Source: UPS Road Map to Health

Women and Tobacco

- All forms of tobacco are both addictive and deadly. The scientific evidence is conclusive that tobacco use causes a wide variety of cancers, including cancer of the lung, mouth, esophagus, larynx, stomach and pancreas.
- Of the world's more than one billion smokers, women comprise 20 percent.
- On average, 22 percent of women in developed countries and 9 percent of women in developing nations are daily smokers.
- Female smokers are at greater risk of developing cervical cancer, osteoporosis, and other conditions of the reproductive system, including spontaneous abortions, stillbirths, infertility, having children with low birth weights, painful menstruation and premature menopause.
- Female smokers also have an elevated risk of stroke, hemorrhage in the membranes that surround the brain, and hardening of the arteries.

- Female smokers are nearly 13 times more likely to die from chronic obstructive pulmonary disease, or COPD (emphysema and/or chronic bronchitis) compared to women who have never smoked.
- Postmenopausal women who smoke have lower bone density than women who never smoked. Women who smoke have an increased risk of hip fracture than non-smokers.

Source: UPS Road Map to Health, www.cdc.com, & www.tobaccofreecenter.org

Reasons to Stop Smoking

- You will breathe easier and your lungs will work better.
- Your sense of taste and smell will improve.
- Your heart will not work so hard.
- You will add 7 to 10 years to your life.
- You will decrease your risk of heart attack, cancers, and lung disease.
- You will save money.

Source: UPS Road Map to Health

Health & Wellness Events

See your local Occ Health Manager and Wellness Champions for more information about Health & Wellness activities this month in your facility.

Asthma and Your Child



Your child may have asthma if she or he often wheezes, coughs, and has trouble sleeping. These symptoms may

get worse when your child gets sick, exercises or is exposed to certain triggers and irritants. Your doctor will look for other

reasons for these symptoms before diagnosing asthma.

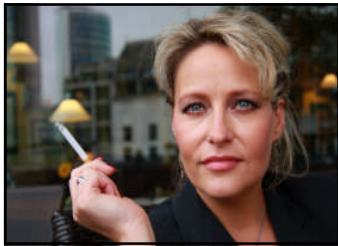
An asthma attack occurs when excess mucus causes your child's air tubes to swell and tighten. Asthma attacks can be mild, moderate or severe.

If your child has an asthma attack, he or she may experience the following symptoms:

- Tightening of the chest
- Cough with mucus
- Wheezing or whistling sound when breathing
- Difficulty breathing and talking
- Trouble sleeping

Source: familydoctor.org

Secondhand Smoke



Facts to Consider

- Secondhand smoke contains many of the same chemicals that are present in the smoke inhaled by smokers.
- Because mainstream (secondhand) smoke is generated at lower temperatures and under different conditions than mainstream smoke, it contains higher concentrations of many of the toxins found in cigarette smoke.
- Secondhand smoke has been designated as a **known human carcinogen** (cancer causing agent) by the U.S. Environmental Protection Agency, the National Toxicology Program, the International Agency for Research on Cancer, and the National Institute for Occupational Safety and Health.
- Secondhand smoke contains more than 50 cancer-causing chemicals.

- Secondhand smoke contains a number of poisonous gases and chemicals, including: hydrogen cyanide (used in chemical weapons), toluene (found in paint thinner), arsenic (used in pesticides), lead (formerly found in paint), chromium (used to make steel), and cadmium (used to make batteries).

How You Can Protect Yourself and Your Loved Ones

- By making your home and car smoke-free.
- By asking people not to smoke around you and your children.
- By making sure that your children's day care center or school is smoke-free.
- By choosing restaurants and other business that are smoke-free.
- By thanking businesses for being smoke-free.
- By teaching children to stay away from secondhand smoke.
- By avoiding secondhand smoke exposure especially if you or your children have respiratory conditions.

Children and Secondhand Smoke



Exposure to secondhand smoke causes thousands of asthma episodes in children every year.

Secondhand smoke causes buildup of fluid in the middle ear, resulting in thousands of visits to healthcare providers. Middle ear infections are the most common cause of childhood operations and hearing loss.

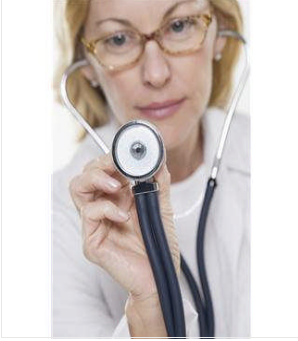
Secondhand smoke exposure causes acute lower respiratory infections, such as bronchitis and pneumonia in infants and young children.

Sudden infant death syndrome (SIDS) deaths are annually associated with secondhand smoke exposure.

Babies are 20 percent more likely to be born low-weight if their mother was exposed to secondhand smoke during the pregnancy.

Source: [UPS Road Map to Health & www.surgeongeneral.gov](http://www.surgeongeneral.gov)

Emphysema



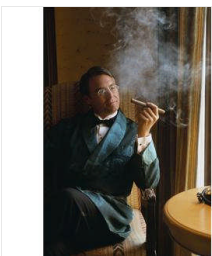
Definition: Emphysema is a factor in the progression of chronic obstructive pulmonary disease (COPD), a condition that limits the flow of air when you breathe out. Emphysema occurs when the air sacs at the ends of your smallest air passages (bronchioles) are gradually destroyed. Smoking is the leading cause of emphysema.

As it worsens, emphysema turns the spherical sacs—clustered like bunches of grapes—into large, irregular pockets with gaping holes in their inner walls. This reduces the number of air sacs and keeps some of the oxygen in your lungs from reaching your bloodstream. In addition, the elastic fibers that hold open the small tubes leading to the air sacs are slowly destroyed, so they collapse when you breathe out, not letting the air in the lungs escape.

Source: www.mayoclinic.com

Asthma Triggers

There are many asthma triggers that children and adults face every day. Some of the most important triggers are listed below:



Environmental Tobacco Smoke (Secondhand Smoke):

Parents, friends, and relatives of children with asthma should

try to stop smoking and should never smoke around a person with asthma. They should only smoke outdoors and not in the family home or car.

Dust Mites:

To help prevent asthma attacks, use mattress covers and pillowcase covers to make a barrier between dust mites and yourself. Do not use down-filled pillows, quilts, or comforters. Remove stuffed animals and clutter from your bedroom.

Outdoor Air Pollution:

Pay attention to air quality forecasts on the radio, television, and internet and plan your activities for when air pollution levels will be low.

Cockroach Allergen:

Cockroaches and their droppings may trigger an asthma attack. Remove as many water and food sources as you can. At least every two to three days, vacuum or sweep areas that might attract them. You can also use roach traps or gels to decrease the number of cockroaches in your home.



Pets:

Many people think animal allergies are caused by the fur and feathers of their pet. In fact, allergies are

actually caused by proteins secreted by oil glands and shed as dander.

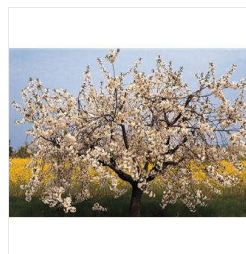
If pet owners are too attached to their pets or unable to locate a safe, new home for the pets, they should keep the pet out of the bedroom of the person with asthma.

Pets should be bathed weekly and kept outside as much as possible. If you have a furry pet, vacuum often to clean up and eliminate any asthma attack triggers.

Grass Pollen:

Grass pollen is regional as well as seasonal. In addition, grass pollen levels can be affected by temperature, time of day and rain.

Of the 1,200 species of grass that grow in North America, only a small portion cause allergic reactions.



Tree Pollen:

Trees are the earliest producers, releasing their pollen as early as January in the Southern States and as late as May

in the Northern states.

Of the 50,000 different types of trees, less than 100 types have been shown to cause allergic reactions.

Mold:

Inhaling or breathing in mold can cause an asthma attack. Get rid of mold in all parts of your home to help control asthma attacks. Keep the humidity level in your home between 35-50 percent. In hot humid climates, you may need to use an air conditioner or a dehumidifier or both.

Source: www.niehs.nih.gov & www.cdc.gov

Understanding the Effects of Smoking



Facts To Consider

- Smoking is the leading preventable cause of death in the world.
- Nicotine is as addictive as cocaine or heroin.
- Tobacco smoke does not just harm the smoker; it harms everyone who breathes it in.
- Many of the chemicals in tobacco products are heavily regulated or banned from other products.
- Tobacco use can kill in so many ways that it is a risk factor for six of the eight leading causes of death in the world.
- The tobacco epidemic already kills 5.4 million people a year from lung cancer, heart disease, and other illnesses. Unchecked, that number will increase to more than eight million a year by 2030.

Harmful Chemicals in Cigarettes

Tobacco smoke contains more than 4,000 chemicals. At least 400 of these chemicals are poisonous and more than 50 are cancer causing.

Some of the components of tobacco smoke are:

- **Tar:** It is used to cover road surfaces and clogs up the lungs and causes lung cancer. It contains many cancer-causing substances such as:
 - >**Benzo(a)pyrene:** found in emissions from burned plant and petroleum products
 - >**B-naphthylamine:** used in the manufacture of dyes, condensation colors and rubber
 - >**Cadmium:** a poisonous chemical that can cause liver, kidney, and brain damage, commonly found in car batteries
 - >**Nitrosamine:** found in harsh detergents; commonly used as an engine degreaser
- **Nicotine:** It acts as a stimulant, causing your heart rate and blood pressure to soar. It increases the stickiness of blood and decreases the diameter of blood vessels, increasing the risk of stroke and heart attacks. Nicotine is also used in insecticides.
- **Carbon Monoxide:** This is the same gas found in car exhaust smoke. Carbon monoxide robs your muscles, brain, and body tissues of oxygen, making the heart work harder. This can cause heart attacks and stroke. Over time, your airways swell up and let less air into your lungs.

Stearic Acid: *Candle Wax*
Toluene: *Industrial Solvent*
Formaldehyde: *Embalming Fluid*
Acetone: *Nail Polish Remover*
Ammonia: *Toilet Cleaner*
Methanol: *Rocket Fuel*
Arsenic: *Rat Poison*
Hydrogen Cyanide: *Gas Chamber Poison*
Methane: *Sewer Gas*
Butane: *Lighter Fluid*

Source: *UPS Road Map to Health*
& www.quit-smoking-stop.com

Quit For Life

Alere Wellbeing, formerly known as Free & Clear, is the vendor for the confidential tobacco cessation program under the UPS health plan. The Quit For Life program can help users of all tobacco types—cigarettes, cigars, or smokeless tobacco.

For more information:

- Contact Alere toll free at 1-866-QUIT-4-LIFE (1-866-784-8554), seven days a week, from 8:00 am to 12:00am ET.
- Access the Quit For Life web site at: www.quitnow.net/ups.

Questions?

If you have any questions or topics that you would like to see covered in this newsletter, e-mail your suggestions to:



Chris Hunkler (nbd2cah@ups.com)

Sneak Peek

The major topics for the November issue of the newsletter will be:

Types of Diabetes
Medical Tests for Diabetes
Diabetic Foot Complications

