

Healthy Living Newsletter

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Live. Take Charge. Change.

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Stroke Warning Signs

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance, or coordination.
- Sudden, severe headache with no known cause.

Go Red for Women References

Go Red for Women
www.goredforwomen.org

American Heart Association
www.americanheart.org

National Heart Lung and Blood
Institute
www.nhlbi.nih.gov

World Heart Foundation
www.world-heart-federation.org

Heart Screen America
www.heartscreenamerica.com



Heart Attack

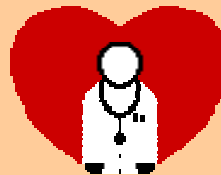
A coronary attack (heart attack) occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because coronary arteries that supply the heart with blood can slowly become thicker and harder from the buildup of fat, cholesterol, and other substances that together are called plaque. This process is known as atherosclerosis. When a plaque in a heart attack breaks, a blood clot forms around the plaque. This blood clot can block the artery and shut off blood flow to the heart muscle. When the heart muscle is starved for oxygen and nutrients, it is called ischemia. When damage or death of part of the heart muscle occurs as the result of ischemia, it is called a heart attack or myocardial infraction.

Heart Attack Warning Signs

- **Chest discomfort.** Most hearty attacks involve discomfort in the center of the heart that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck jaw, or stomach.
- **Shortness of breath.** This feeling often comes along with chest discomfort. But it can occur before the chest discomfort.
- **Other signs.** These may include breaking out in a cold sweat, nausea, or lightheadedness.

If you or someone you are with has chest discomfort, especially with one or more of the other signs, don't wait more than a few minutes before calling for help. **Call 911...Get to a hospital right away.**

www.americanheart.org



Go Red for Women

- Go Red for Women is the American Heart Association's nationwide movement that celebrates the energy, passion and power we have as women to band together and wipe out heart disease. Thanks to the participation of millions of people across the country, the color red and the red dresses have become linked with the ability all women have to improve their heart health and live stronger longer lives.
- The Go Red for Women organization offers the "Go Red Heart Checkup". This is a series of 15 questions, which can be accessed at the following web site and offers women assistance in determining their risk of heart disease:

www.goredforwomen.org



Caffeine: How much is too much?

Nine out of 10 Americans consume some type of caffeine on a regular basis.

For most people, moderate doses of caffeine – 200 to 300 (mg), or about two to three cups of brewed coffee a day – aren't harmful. But, some circumstances may warrant limiting or ending your caffeine routine.

An abrupt decrease in caffeine can cause withdrawal symptoms, such as headaches, fatigue, irritability and nervousness.

To adopt new caffeine habits, try these tips:

- Know how much caffeine is in the foods and beverages you consume.
- Gradually reduce the amount of caffeine you consume.
- Replace caffeinated coffee, tea, and soda with their decaffeinated counterparts.
- Check the caffeine content in the over-the-counter medications you take. Switch to caffeine-free versions, if possible.

www.mayoclinic.com

Children & Safety Around Trains

Parents and children need to follow these simple safety rules:

- Always cross at a railroad crossing with lights, gates, and /or the cross buck sign;
- Listen for the warning bell and train whistles;
- Look both ways before crossing the tracks;
- If one train passes, make sure that a second train is not approaching on the same or another track;

www.usa.safekids.org

Safety In and Around Cars with Children

Statistics:

- ❖ In the United States, from 2001 – 2003, approximately 2,500 children annually ages 1-14 reported to emergency rooms and an average of 229 children per year died after being struck by a vehicle in a driveway or parking area. Close to half of the children injured in these incidents were ages 1 – 4.
- ❖ An average of 33 children died per year from 1998 to 2004 from heatstroke after being left unattended in a vehicle.
- ❖ On days when temperatures exceed 86 degrees F, the internal temperatures of vehicles can reach 134 degrees F to 154 degrees F.
- ❖ There were at least nine incidents of fatal trunk entrapment, resulting in 19 deaths to children under age 7 from 1987 – 1998, all occurring in hot weather.

Safety Tips:

- ❖ Firmly hold the hand of children when in driveways, parking lots and sidewalks.
- ❖ Drivers should walk all the way around a parked vehicle to check for kids, toys and pets before entering the car and starting the motor.
- ❖ Never leave a child alone in a vehicle.
- ❖ Always lock car doors and trunks, and keep keys and remote entry devices out of children's reach.
- ❖ Make sure all children leave the vehicle when you reach your destination. Don't forget sleeping infants.
- ❖ Watch children closely around cars, particularly when loading and unloading.
- ❖ Make sure that all children are restrained in the proper child restraint to prevent access to power windows.
- ❖ Check trunks for missing children. Every second counts.
- ❖ Teach children that trunks are for cargo – not for people or pets.

www.usa.safekids.org



Children & Dental Health

There are several simple tips that you should follow to help your children started along the path to good dental health:

- **Start cleaning teeth early.** As soon as the first tooth appears, begin cleaning by wiping with a clean, damp cloth every day. When more teeth come in, switch to a small, soft toothbrush. Begin using toothpaste with fluoride when the child is two years old. Use toothpaste with fluoride earlier if your child's doctor or dentist recommends it.
- **Use the right amount of fluoride toothpaste.** Fluoride is important for fighting cavities. But, if children younger than 6 years old swallow too much fluoride, their permanent teeth may have white spots. To keep this from happening, use only a small amount of toothpaste (about the size of a pea). Teach your child to spit out the toothpaste and rinse well after brushing.
- **Supervise brushing.** Brush your child's teeth twice a day until your child has the skill to handle the toothbrush alone. Then continue to closely watch brushing to make sure the child is doing a thorough job and using only a small amount of toothpaste.

www.cdc.gov/oralhealth



National Burn Awareness Week

There are a lot of things that you can do around the home to minimize the risk of burn injuries in everyday life:

1. Set water heaters to 120 degrees Fahrenheit or lower. Consider putting in an anti-scald device on each water tap and shower head.
2. Prevent spills. If possible, cook on a back burner. Do not let pot handles stick out where they can snag loose clothing and avoid wearing long sleeves or baggy clothing in the kitchen. Do not place containers of hot food or liquid near the edge of the counter and do not pick up anything hot while holding a baby.
3. Keep electrical cords out of reach – especially extension cords. Make sure electrical cords can't be pulled or snagged into a bathtub or sink.
4. Don't leave a hot iron sitting on an ironing board unattended.
5. Use space heaters carefully, and teach children to stay away from them.
6. Before putting a child less than 1 year old into a car seat, touch the seat to see how hot it is. Hot seatbelt straps or buckles can cause second-degree burns on small children. Cover the car seat with a towel when you park in the sun.

www.usa.safekids.org &
familydoctor.org



Hearing Loss & Hearing Aids

Approximately 15 percent or 32.5 million American adults say that they have some degree of hearing loss. Hearing loss is one of the most common conditions affecting older adults. Roughly one-third of Americans 65 to 74 year of age and 47 percent of those 75 and older have hearing loss.

Hearing loss comes in many forms. It can range from a mild loss in which a person misses certain high-pitched sounds, such as the voices of women and children, to a total loss of hearing. It can be hereditary or it can result from disease, trauma, certain medications, or long term exposure to loud noise.

❖ How does a hearing aid work?

The microphone in the aid picks up the sound in the environment and changes it to electrical energy that goes to a set of amplifiers and other modifying and adjusting circuits. The modified electrical signal is then sent to a miniature speaker and delivered to the ear. The newest aids are smart enough to amplify certain sounds or frequencies that are tailored to each hearing loss.

❖ What types of hearing aids are available today?

There are three basic types of hearing aids available today. They are described as: completely-in-the-canal (CIC), in-the-ear (ITE), and behind-the-ear (BTE). A new alternative is the disposable hearing aid, which fits in the ear canal and is discarded when the batteries wear out.

❖ How do consumers choose the right type of hearing aid?

The degree of hearing loss is a major factor in deciding what type of hearing aid best suits a person's need. Personal preference and lifestyle are also factors that should be considered.

www.nihseniorhealth.gov & ihsinfo.org

Organ & Tissue Donation

Each day, about 77 people receive organ transplants. However, 19 people die each day waiting for transplants that can not take place because of the shortage of donated organs.

All people of all ages should consider themselves potential organ and tissue donors. There are few absolute exclusions (HIV positive, active cancer, systemic infection) and no strict upper or lower age limits. If you are under 18, you will need the permission of a parent or guardian to donate.

Each organ and tissue donor saves or improves the lives of as many as 50 people. Giving the "Gift of Life" may lighten the grief of the donor's own family. Many donor families say that knowing other lives have been saved helps them cope with their loss.

Getting Started:

1. **Register with your state donor registry.**
For more information on how to register to be a donor in your state, go to www.organdonor.gov/donor/registry.shtm
2. **Designate your decision on your driver's license.**
Do this when you obtain or renew your license.
3. **Sign a donor card now.** Carry the donor card with you until you can designate your donation decision on your driver's license or join a donor registry.
4. **Talk to your family now about your donation decision.** Help your family understand your wish to be an organ and tissue donor before a crisis occurs. This will help them to be prepared to serve as your advocate for donation.

www.organdonor.gov



Eating

Disorders and Adolescence

Eating disorders involve serious disturbances in eating behavior, including extreme and unhealthy reduction of food intake, severe overeating, feelings of distress, or extreme concern about body shape or weight.

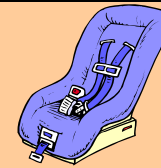
It's often difficult to distinguish between an eating disorder and the whims and fads of adolescence. Parents need to be alert to sustained changes in dietary habits, not the occasional quirks that are part of growing up.

Many teenage girls and some teenage boys go on diets to lose weight and stop dieting after a short time. As a parent, be careful not to mistake occasional dieting with an eating disorder. However, dieting can be a problem when your child stops gaining weight during pre-adolescent years, because your child should be gaining as much as 10 pounds a year.

The signs and symptoms of eating disorders vary with the particular type of eating disorder, which include:

- **Anorexia nervosa** – Essentially self-starvation, this disorder involves a refusal to maintain a minimally normal body weight. In severe cases, anorexia can be life-threatening.
- **Bulimia nervosa** – This involves repeated episodes of binge eating, followed by ways of trying to purge the food from the body or prevent expected weight gain. People can have this condition and be of normal weight.
- **Binge-eating disorder** – This is characterized by frequent episodes of overeating without purging.

www.nlm.nih.gov &
www.mayoclinic.com



Child Safety Seats

Important safety rules:

- ❖ Always use a car safety seat. Start with your baby's first ride home from the hospital.
- ❖ Never place a child in a rear-facing car safety seat in the front seat of a vehicle that has a passenger air bag.
- ❖ All children younger than 13 years are safest in the back seat.
- ❖ Be a good role model – always wear your seat belt. This will help your child form a lifelong habit of buckling up.
- ❖ Remember that each car safety seat is different. Read and keep the instructions that came with your safety seat handy and follow them at all times.
- ❖ Read your car owner's manual about installing your car safety seat.

www.aap.org/

Child Passenger Safety Inspection Stations

If you need help installing your car safety seat, contact a certified Child Passenger Safety (CPS) Technician. To locate a child safety seat inspection station or to set up an appointment, call toll-free at 866-SEATCHECK (866-732-8243) or visit one of the following websites:

www.seatcheck.org & www.nhtsa.dot.gov/people/injury/childps/CPSFittingStations/CPSInspection.htm

Food Poisoning

Food poisoning is a gastrointestinal disorder caused by eating contaminated food. Most often, food poisoning occurs because the food has been incorrectly handled, improperly cooked, or inadequately stored. The following steps can help reduce your chances of getting food poisoning:

- ❖ **Wash your hands, utensils, and food surface often.**
- ❖ **Keep raw foods separate from ready-to-eat foods.**
- ❖ **Cook foods to a safe temperature.** Cook your food thoroughly. Remember, contaminated food often looks and smells normal. The best way to tell if meat, poultry or egg dishes are cooked to a safe temperature is to use a food thermometer. You can kill harmful organisms in most foods by cooking them to temperatures between 140 F and 180 F.
- ❖ **Refrigerate or freeze perishable foods promptly.** Refrigerate or freeze perishable foods within two hours of purchasing or preparing them. If the room temperature is above 90 F, refrigerate perishable foods within one hour. Freeze ground meat, poultry, fish, and shellfish unless you expect to eat it within two days. Freeze beef, veal, lamb, or pork within three to five days.
- ❖ **Use caution when serving food.** Harmful bacteria can grow rapidly when prepared food sits without proper heating or cooling – especially during buffets or outdoor parties.
- ❖ **Know when to avoid certain foods altogether.** Food poisoning is especially serious and potentially life-threatening for young children, pregnant women and their fetuses, older adults, and people with weakened immune systems.

The bottom line:

Keep hot food hot and cold food cold. Keep everything – especially your hands – clean.
www.mayoclinic.com