

# Healthy Living Newsletter

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*Live, Take Charge, Change*

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## Fitness on a Budget

You can save money on exercise equipment by using ordinary household items for various upper and lower body exercises.

- **Canned goods** – Many canned goods can serve double duty as hand weights.
- **Milk or water jugs** – Fill empty milk or water jugs with water or sand and secure the tops with duct tape. To adjust the weights as your fitness level changes, simply add more water or sand. If you wonder how much weight you are lifting, simply weigh the jug on your household scale.
- **Potatoes** – A five or ten pound bag of potatoes can provide added resistance for various exercises.

*Source: www.mayoclinic.com*



## Weight Training Tips

- Do keep your back straight when lifting.
- Do wear shoes with good traction.
- Do not hyperventilate or hold your breath when you lift weights. You may faint and lose control of the weights. Breathe out when you lift.
- Do not lift heavy weights without spotters.

*Source: familydoctor.org*

## Resolve to Keep Those New Year's Resolutions

**Be committed** - You must think through what you want to change and commit yourself to the long term process it usually takes to achieve change.

**Do not make too many resolutions** - Trying to eat better, exercise more, quit smoking, and reduce stress is too much to tackle at once. Pick a realistic, attainable goal with a reasonable time frame.

**Choose your own resolution** - Make sure this is something that you want to accomplish for yourself and not for friends or family. When you attain the goal they will benefit from your success as well.

**Make a plan and write it down** - Plan what you would like to accomplish in three to six months. Achieving small goals over time gives you a sense of accomplishment and motivation to keep going. Writing your goals down is a good way to keep track of your progress.

**Involve friends and family** - They can support your efforts and can motivate you to keep going. Setting a personal goal is not a "promise" which can never be broken. Do not paint yourself into a corner by overstating what can be a realistic change you plan to make.

*Source: www.womens health.gov/ & healthyminds.org*

## How to Exercise in a Cubicle

When you work a nine-to-five job, it is tough finding the time or energy to exercise. That is why you should take advantage of every opportunity to exercise in the last place that you might expect – your cubicle. Here are some gentle routine stretches that can be done right at your desk.

- Stretch your neck when you start to exercise in your cubicle, slowly tilting your head from side to side, then forward and back. Hold every stretch gently for a couple of moments.
- Roll your shoulders, backward then forward, keeping your arms at your sides. Repeat ten times both ways.
- Place both hands on one of your chair arms. Gently pull your body in that direction, stretching your spine into a twist. Hold for a few seconds. Repeat on the other side.
- Tighten your buttocks so it slightly lifts you up in the chair. Hold for 10 seconds. Repeat several times.
- Sit on the edge of your chair. Tighten your stomach muscles and, with your back and neck straight, slowly move your upper torso toward the back of the chair, stopping before you reach the back. Slowly return to your starting point. Repeat ten times. Then, with your stomach muscles still tightened, and your back and neck straight, slowly move forward. Slowly return to your starting point. Repeat ten times.
- Place your feet flat on the floor. Lift your heels off the floor, working your calf muscles. Repeat 10 times.
- Roll each ankle gently, keeping the balls of your feet on the floor, but lifting your heels with each roll. Do this clockwise a few times, then reverse to counterclockwise.

*Source: www.ehow.com*



## Premature Births

### Who is at Increased Risk?

Three groups of women are at greatest risk of preterm labor and birth:

- Women who have had previous preterm births.
- Women who are pregnant with twins, triplets or more.
- Women with certain uterine or cervical abnormalities.

If a woman has any of these three risk factors, it is especially important for her to know the signs and symptoms of preterm labor and what to do if they occur.

### Lifestyle and Environmental Risks

Some studies have found that certain lifestyle factors may put a woman at greater risk:

- Late or no prenatal care
- Smoking
- Drinking alcohol
- Using illegal drugs
- Exposure to the medication DES.
- Domestic violence, including physical, sexual and emotional abuse
- Lack of social support
- Extremely high levels of stress
- Long working hours with long periods of standing

Source: [www.marchofdimes.com](http://www.marchofdimes.com)

## Pap Test

The pap test, also called a pap smear, checks for changes in the cells of the cervix.

It can find the earliest signs of cervical cancer. If caught early, the chance of curing cervical cancer is very high. Pap tests can also find infections and abnormal cervical cells that can turn into cancer cells.

Source: [www.nccc-online.org](http://www.nccc-online.org)

# A Hundred Measly Calories

Did you know if you consume 100 fewer calories per day you could lose 10 pounds in a year? If you burn 100 calories every day through exercise, you could lose 20 pounds per year.

Here are some easy ways to cut 100 calories per day:

- Put mustard instead of mayo on a sandwich.
- Substitute Canadian bacon instead of regular bacon.
- Eat fresh fruit instead of juice or dried fruit.
- Order thin crust pizza instead of pan pizza.
- Order your coffee “skinny” – with skim milk instead of cream.
- Use a smaller bowl for your morning cereal.

Burn 100 calories with these ideas:

- Stand up and walk around while on the phone at work.
- Go for a 15-minute walk on your lunch break.
- Take your kids out for a bike ride after dinner.

Source: [www.eatright.org](http://www.eatright.org)

# How Much Water Do You Need?

Every day you lose water through breath, perspiration, urine, and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

Several approaches attempt to approximate water needs for the average, healthy adult living in a temperate climate.

- **Replacement approach** – The average urine output for adults is about 1.5 liters (6.3 cups) a day. You lose close to an additional liter a day through breathing, sweating, and bowel movements. Food usually accounts for 20 percent of your total fluid intake, so if you consume two liters of water or other beverages a day (a little more than eight cups) along with your normal diet, you will typically replace the lost fluids.
- **Eight (8) ounce glasses of water a day** – Another approach to water intake is the “8x8 rule” – drink (8) eight-ounce glasses of water a day (about 1.9 liters). The rule could also be stated, drink (8) eight ounce glasses of fluid a day, as all fluids count toward the daily total.
- **Dietary recommendations** – The Institute of Medicine advises that men consume roughly 3 liters (about 13 cups) of total beverages a day and women consume 2.3 liters (about nine cups) of total beverages a day.

Sources: [www.mayoclinic.com](http://www.mayoclinic.com)

# Salt

Everyone is familiar with table – or iodized salt. But recipes increasingly refer to other types of salt, like kosher, sea, seasoned, light, and rock salt. How are they different from each other?

The difference between types of salt usually concerns their taste and texture. For example, kosher salt has a coarse grain and gives a clean taste to foods. Sea salt comes in either fine or coarse grain and has a slightly different taste caused by other minerals it contains.

Seasoned salt is flavored with herbs and other ingredients; for that reason, it actually has less salt content than other types of salt.

Rock salt is used as a decoration on food, or to make ice cream. It is not used in cooking because of its size.

Salts do have one thing in common: They all contain sodium. So if you have hypertension or otherwise need to watch your salt intake, keep checking food labels and monitor how much salt you consume – no matter what kind it is.

Source: [www.eatright.org](http://www.eatright.org)

## Dog Bites: How to Teach Your Children to Be Safe

Most dogs will never bite anyone. However, any dog may bite if it feels threatened.

What to tell your child:

- Do not go near strange dogs.
- Never bother a dog that is eating, sleeping, or caring for puppies.
- Tell an adult about any stray dogs.
- Always have an adult with them when they play with a dog.
- Never tease a dog.
- Never pet a dog without first letting it smell you.

*Source: familydoctor.org*

### Small Steps

Tips for a healthier lifestyle for you and your family:

- Drink water before a meal.
- Do not eat late at night.
- Focus on fruits.
- Play with your kids 30 minutes a day.
- Walk instead of driving when ever you can.
- Buy a set of hand weights.

*Source: www.hhs.gov*

### Organic Glossary

**Organic** – Foods labeled “organic” can not be grown using synthetic fertilizers, chemicals, or sewage sludge, can not be genetically modified, and can not be irradiated. Organic meat and poultry must be fed only organically grown feed (without any animal byproducts) and can not be treated with hormones or antibiotics. The animals must have access to the outdoors, and ruminants must have access to pasture, which does not mean they actually have to go outdoors and graze on pasture to be considered organic.

*Source: health.discovery.com*

### Radon Reference

National Safety Council  
Radon Hotline

(800) 767-7236 or (800) 557-2366

*Source: www.nsc.org*

## Rabies

Any person who comes in contact with a wild animal faces the chance of exposure to rabies. Rabies is a serious disease.

Rabies is mainly a disease of animals. Humans get the disease when they are bitten by infected animals. Wild animals – especially bats are the most common source of human rabies infection in the United States. Skunks, raccoons, foxes, coyotes, dogs, and cats can also transmit the disease.

Anyone who has been bitten by an animal, or who otherwise may have been exposed to rabies, should see a doctor immediately.

- A person who is exposed and has never been vaccinated against rabies should get five doses of rabies vaccine – one dose right away, and additional doses on the 3<sup>rd</sup>, 7<sup>th</sup>, 14<sup>th</sup>, and 28<sup>th</sup> days. They should also get a shot of Rabies Immune Globulin, at the same time as the first dose. This gives immediate protection.
- A person who has been previously vaccinated should get two doses of rabies vaccine – one right away and another on the 3<sup>rd</sup> day. Rabies Immune Globulin is not needed.

*Source: www.cdc.gov*

## Text-Messaging Injuries

Text messaging may not seem to be an obvious safety concern. But the American College of Emergency Physicians warns that being distracted by text messaging at inappropriate times, such as when walking, crossing streets, cycling, or rollerblading, can result in serious injury or death. People are text messaging and they trip and fall on their faces, resulting in face, chin, mouth, and eye injuries from falls. Other incidents, like being distracted and walking into traffic, have resulted in fatalities.

Safety tips:

- Do not text or use a cell phone while doing physical activities that require sustained attention.
- Never text or use a handheld phone while operating a car or motorcycle, and use caution when using headsets.
- Keep cell phones and other electronic devices in easy-to-find locations, such as phone pockets or pouches. This will prevent you from becoming distracted by having to rummage through purses, backpacks, or clothing trying to find the devices.
- Ignore calls or messages that arrive when you need to concentrate on demanding tasks such as driving. Better yet, turn the devices off beforehand.
- Do not text in situations where excessive inattention may compromise safety, such as while sitting alone at night, waiting for a bus, or in a crowded area where there is an increased risk of theft.

*Source: health.yahoo.com*

## Radon

Radon is a naturally occurring radioactive gas released in rock, soil, and water from the natural decay of uranium. It is colorless, odorless, tasteless, and chemically inert. Unless you test for it, there is no way of telling how much is present. Radon seeps into homes through cracks and openings in the foundation. Hot spots for accumulation are basements, first-floor rooms and garages, but radon can be found anywhere in your home.

Radon is the second leading cause of lung cancer behind smoking, and about 20,000 people in the United States will die in the next year due to breathing too much radon without even knowing it.

The first step in protection is to check your house with an easy-to-use radon test kit. The EPA recommends homes be fixed if the radon level is four pCi/L (pico Curies per Liter) or more.

*Sources: www.epa.com, www.healthfinder.com & www2.nsc.org*

## (PHR) – The Personal Health Record

- This is provided free to UPSers as part of the UPS health benefits program.
- It takes just minutes to set it up and it is easy to access and update.
- If any aspect of the member's health needs attention, the system will automatically issue an alert to the member and the member's doctor to avert any potentially serious health issues.
- The data in the Personal Health Record is stored on the provider's (Aetna's) secure website and is kept strictly confidential, in accordance with health plan privacy policies and federal and state laws.

Source: [upsers.com](http://upsers.com)

## First Aid Myths

### Sucking the venom from a snake bite

Hollywood movies may place a part in popularizing the idea that sucking venom out of a snake bite will prevent death. But this treatment is a myth, as are cutting across the fang holes in an attempt to remove the venom and putting a tourniquet on the limb.

Another misconception about treating snake bites occurs when people try to remove venom by using a device called a Sawyer extractor. This damages tissues and the extractor removes only a small amount of venom. Do not put ice on the bite because cold also can potentially further injure tissues.

### When treating snake bites:

- First, calm the victim and keep him or her still to prevent an increase in heart rate, which speeds the spread of the venom. Keep the bitten area immobile and below the level of the heart.
- Call 911.
- Wash the bite wound with soap and water.
- Remove jewelry or tight clothing before swelling occurs.
- When the bite is from a coral snake only: Wrap the extremity with a snug but not tight bandage, and immobilize.

Source: [National Safety Council](http://NationalSafetyCouncil.org)

## Medical Records



### How can I obtain copies of my health records?

Contact your doctor's offices or the health information management or medical records staff at each facility where you have received treatment. Find out if the provider has a plan for helping patients to create a personal health record (PHR). Ask if your records are in an electronic format that you can access yourself, or if you need to request that they make copies for you. Also, ask your physician or health information management professional to help you determine which parts of your records you need. If you want medical records kept by your health plan, contact the plan's customer service department.

Ask for an "Authorization for the Release of Information" form. Complete the form and return it to the facility as directed. Most facilities do charge for copies. The fee can only include the cost of copying (including supplies and labor), as well as postage if you request the copy to be mailed. It can take up to sixty days to receive your medical records, so ask when you can expect to receive the information that you requested.

### You need to find your immunization records and you are unable to locate your physician. What should you do?

Even if your physician moved, retired, or died, his or her estate has an obligation to retain your records, including immunization records, for a period defined by federal and state law. Often this retention period is 10 years following your last visit (or until a child / patient is 21). You may be able to locate your records by contacting:

- Your physician's partners
- The health information manager at a nearby hospital where the physician practiced.
- The local medical society
- The state medical association
- The state department of health

Source: [www.myphr.com](http://www.myphr.com)

## Thyroid Disease

### How common is thyroid disease?

Thyroid disease is more common than diabetes or heart disease. Thyroid disease is a fact of life for as many as 27 million Americans – and more than half of those people remain undiagnosed. Women are five times more likely than men to suffer from hypothyroidism (when the gland is not producing enough thyroid hormone). Aging is just one risk factor for hypothyroidism.

### How important is my thyroid in my overall well-being?

The thyroid gland produces thyroid hormone, which controls virtually every cell, tissue and organ in the body. If your thyroid is not functioning properly, it can produce too much thyroid hormone, which causes the body to speed up – this is called hyperthyroidism; or it can produce too little thyroid hormone, which causes the body to slow down – this is called hypothyroidism.

Untreated thyroid disease may lead to elevated cholesterol levels and subsequent heart disease, as well as infertility, and osteoporosis. Research also shows that there is a strong genetic link between thyroid disease and other autoimmune diseases, including diabetes, arthritis, and anemia.

### How do you know if you have a thyroid problem?

First, understand how to recognize the symptoms and risk factors of thyroid disease. Since many symptoms may be hidden, the best way to know for sure is to ask your doctor for a TSH (thyroid-stimulating hormone test). Because thyroid disease often runs in families, examinations of your family members may reveal other individuals with thyroid problems.

Source: [www.thyroidawareness.com](http://www.thyroidawareness.com)