

Healthy Living Newsletter

January, 2008

Volume 3, Number 01

Published by :
Corporate Campus Health &
Safety Committee

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Overweight & Obesity Facts

- ❖ Approximately 127 million adults in the United States are overweight, 60 million are obese, and 9 million are severely obese.
- ❖ Americans spend an additional \$33 billion dollars annually on weight – reduction products and services.
- ❖ Obesity increases the risk of illness for about 30 serious medical conditions, including Type-2 diabetes, coronary heart disease, and high blood pressure.
- ❖ Obesity accounts for \$22.2 billion of the total cost of heart disease. The annual cost of obesity – related to high blood pressure is close to \$1.5 billion dollars.

*www.upshealthyconnections-
informedchoices.com*

Weight Loss References

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

Aim for a Healthy Weight
www.nhlbi.nih.gov/health/public/heart/

Just Enough for You: About Food
Portions
www.win.niddk.nih.gov/publications/

***Are you ready for a
new you in 2008?***



Better Living Through Healthy Basics

What could be more important than your health? This is the foundation on which everything we care about is built. We can't be great workers, spouses, parents, friends, or just plain people if we don't feel good. A desire to look and feel better than you currently do is a worthy reason to rethink your health habits.

It's important for you to feel your best and want to encourage positive health habits. Here are some tips to get back to the basics:

1. **Quit smoking!**
2. **Aim for a healthy weight.** You should talk to your doctor about your target weight and whether you are facing serious health risks by not meeting it.
3. **Keep your heart in mind.** Eat more fruits, vegetables, whole grains, and foods low in saturated fat and cholesterol. Avoid salt whenever you can.
4. **Keep moving.** Do at least 60 minutes of moderate activity, such as walking, most days of the week. You can even break it up into three 20-minute segments during the day. Talk to your doctor first to make sure you're choosing an exercise program that is safe for you.
5. **Stay cool.** Do whatever you can to minimize stress.
6. **Recognize and treat chronic illness.** Those who suffer from chronic illness such as diabetes can live well by getting regular checkups and monitoring their own health and behaviors.
7. **Drink alcohol in moderation, if you drink at all.** Moderate drinking is defined as not more than two standard drinks per day for a man age 65 or under and not more than one standard drink per day for a man over the age of 65 or a woman of any age. A standard drink consists of one 12-ounce can of beer, one 5-ounce glass of wine, or a mixed drink containing 1.5 ounces of 80-proof spirits.
8. **Read the medication label.** You should have specific instructions for any medication you take, including how often you should take it, at what time of day, if you should take it with or without food, and whether it interacts with any other medications you take. Inform your doctor if you are taking any over-the-counter medicines, especially for cold or allergies, and if you are using any herbal or home remedies. If you are experiencing symptoms you suspect to be medication side effects, contact your doctor right away.
9. **Monitor your blood pressure and cholesterol regularly.** Do you know your blood pressure and cholesterol readings? If not, it's probably time for a checkup.

www.upshealthyconnections-informedchoices.com



Question?

Question: Just how healthy are Americans today?

Answer: According to national statistics, if you take 100 of your coworkers, 78 would describe their jobs as stressful, 20 would have some form of cardiovascular illness, 10 would have diabetes, 25 would have high blood pressure, 25 would smoke, 49 would have high cholesterol, 10 would suffer from chemical dependency, 64 would be overweight, and 50 would not regularly wear their seatbelt. In fact Americans are in a state of declining health for the first time in history.

www.upshealthyconnections-informedchoices.com



Questions

To Ask Your Doctor About High Blood Pressure

The following are some questions to review with your healthcare provider in reference to high blood pressure:

What should my blood pressure be?

How often should my blood pressure be checked?

What about home blood pressure monitors?

Should I use blood pressure machines at stores?

How does physical activity affect my blood pressure?

What's my daily sodium (or salt) limit?

Will I need to take blood pressure medication?

Will I always have to take medicine?

www.americanheart.org/

Adult CPR (Cardiopulmonary Resuscitation)

1. CALL

Check the victim for unresponsiveness. If there is no response, call 911 and return to the victim. In most locations the emergency dispatcher can assist you with CPR instructions.



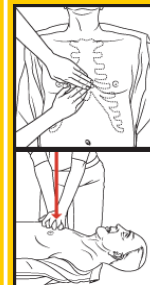
2. BLOW

Tilt the head back and listen for breathing. If not breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 1 second.



3. PUMP

If the victim is still not breathing normally, coughing or moving, begin chest compressions. Push down on the chest 1 1/2 to 2 inches 30 times right between the nipples. Pump at the rate of 100/minute, faster than once per second.



CONTINUE WITH 2 BREATHS AND 30 PUMPS UNTIL HELP ARRIVES

NOTE: This ratio is the same for one-person & two-person CPR. In two-person CPR the person pumping the chest stops while the other gives mouth-to-mouth breathing.

Classes are available through the local chapters of the American Red Cross and the American Heart Association.

- American Red Cross: <http://www.redcross.org/where/where.html>.
- American Heart Association: <http://www.americanheart.org/presenter.jhtml?identifier=3012360>

Classes from the American Red Cross include: CPR / First Aid / AED, Adult CPR with First Aid, Adult, Infant and Child CPR with First Aid, AED Training (Automated External Defibrillator), First Aid Basics, and Emergency Response.

Because CPR is a skill that must be practiced, it's wise to repeat the class at least every 2 years to maintain your skills. This also allows you to learn about any new advances or discoveries in CPR techniques.

Facts about CPR

- Modern CPR was developed in the late 1950s and early 1960s. Mouth-to-mouth ventilation was discovered by Dr. James Elam and Dr. Peter Safar. In early 1960 Drs Kouwenhoven, Knickerbocker, and Jude discovered the benefit of chest compression to achieve a small amount of artificial compression. Later in 1960 the two procedures were combined to form CPR.
- If CPR is started within 4 minutes of collapse and defibrillation provided within 10 minutes, a person has a 40% chance of survival.
- CPR provides a trickle of oxygenated blood to the brain and heart and keeps these organs alive until defibrillation can shock the heart into a normal rhythm.
- CPR doubles a person's chance of survival from sudden cardiac arrest.
- There has never been a case of HIV transmitted by mouth-to-mouth CPR.

depts.washington.edu, www.redcross.org & www.americanherat.org/



Testing Tip

To ensure your drinking water does not contain a hazardous level of lead, test the water at your faucets. Call the EPA Safe Drinking Water Hotline at 800-426-4791 for more information. www.nsc.org/

Thyroid Disorder Tips

1. Thyroid disorders are more common amongst women.
2. Thyroid disorders tend to run in the family.
3. Regular checkups are the key to successfully managing a thyroid disorder.
4. Changing brands and dosage that affect thyroid hormone levels should be followed by retesting.
5. Thyroid conditions in pregnancy warrant close attention.

www.thyroidawareness.com



Physical Exam Frequency

Even if you feel fine, it is still important to see your health care provider regularly to check for potential problems. There are age specific guidelines for when you should see your health care provider:

AGE 40 – 65

- Go to the dentist every year for an exam and cleaning.
- Everyone (those with and without eye problems) should begin to have regular eye exams every 2 years after the age of 40. Once you turn 45, make sure that you also have a tonometry done to check for glaucoma.



Lead Poisoning

Young children under the age of six are especially vulnerable to lead's harmful health effects, because their brains and central nervous systems are still being formed. For them, even very small levels of exposure can result in reduced IQ, learning disabilities, attention deficit disorders, behavioral problems, stunted growth, impaired hearing, and kidney damage. Children get lead in their bodies when they put lead objects in their mouths.

In adults, lead can increase blood pressure and cause fertility problems, nerve disorders, muscle and joint pain, irritability, and memory or concentration problems. It takes a significantly greater level of exposure to lead for adults than it does for children to sustain adverse health effects. Most adults who are lead poisoned get exposed at work.

Lead is found in many places:

- House paint before 1978. The use of leaded paint on interior surfaces generally ceased in the United States after 1978. As the lead-based paint deteriorates, some of it forms a fine dust, which children may pick-up through normal play activities, crawling on the floor and mouthing behaviors.
- Painted toys and decorations made outside the U.S.
- Lead bullets, fishing sinkers, curtain weights.
- Plumbing pipes and faucets. Lead can be found in drinking water in homes whose pipes were connected with lead solder.
- Soil contaminated by decades of car exhaust. Lead is more common in soil near highways.
- Hobbies involving soldering, stained glass, jewelry making, pottery glazing, and lead soldiers.
- Pewter pitchers and platters.
- Workplace dust brought home on the clothing of people who have jobs that use lead, such as foundry workers, smelter workers, and radiator repair mechanics.
- Storage batteries

www.nlm.nih.gov/ & www.nsc.org/

Thyroid Awareness

The thyroid gland is a small, butterfly-shaped gland located at the base of your neck just below the Adam's apple. Your thyroid helps control the function of your body's metabolism as well as the function of many important organs, including your heart, brain, liver, kidneys and skin. Making sure your thyroid gland is healthy and functioning properly is extremely important to your over-all well being.

- Thyroid disease is a fact of life for 27 million Americans – and more than half of these people remain undiagnosed.
- If the thyroid is producing too much thyroid hormone, which causes the body's systems to speed up – this is called hyperthyroidism. Symptoms may include: weight loss, nervousness, irritability, increased perspiration, a racing heart, hand tremors, anxiety, difficulty sleeping, increased bowel movements, fine brittle hair, and muscular weakness – especially in the upper arms and thighs.
- If the thyroid is producing too little thyroid hormone, which causes the body to slow down – this is called hypothyroidism. Symptoms may include: feeling run

- Have your blood pressure checked every year.
- If your cholesterol level is normal, have it checked every five years.
- Have a physical exam every 1–5 years. With each exam, you should have your height and weight checked.
- Men should have a yearly rectal exam to check for colorectal cancer and prostate cancer after the age of 50. You should also have a stool test done every year and flexible endoscopy done every 3 – 5 years. Patients at high risk of colon cancer should be screened periodically with colonoscopy.
- Women should perform a monthly breast self-exam. If you are not sure what you should be looking for, contact your health provider.
- Women should have a yearly pelvic exam and Pap smear done to check for cervical cancer and other disorders. If your Pap smears are negative for 3 years in a row, have your Pap smear done every 2 – 3 years.
- You should have a tetanus-diphtheria booster vaccination every 10 years.
- You should receive a flu vaccine every year after age 50.

www.nlm.nih.gov/medlineplus/

Reminder:

Healthy Targets For Cholesterol

Total cholesterol: Below 200 milligrams per deciliter (mg/dL)

LDL (“bad”) cholesterol:
Under 100 mg/dL

HDL (“good”) cholesterol:

For men: above 40mg/dL

For women: above 50mg/dL

Triglycerides:
Under 150 mg/dL

down, slow, depressed, sluggish, cold or tired, dry skin or hair, constipation, muscle cramps or weight gain.

- Fatigue is a common complaint for under and over active thyroid conditions.
- 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 types of diabetes, arthritis and anemia.

www.thyroid.org/ & www.healthfinder.gov/



Hair Loss

Each individual hair survives for an average of 4 ½ years, during which time it grows about half an inch a month. Usually in its 5th year, the hair falls out and is replaced within 6 months by a new one. Genetic baldness is caused by the hair’s failure to produce new hairs and not by excessive hair loss.

Baldness is not usually caused by disease, but is related to aging, heredity, and testosterone. In addition to the common male and female patterns, other possible causes of hair loss include:

- Autoimmune conditions such as lupus
- Burns
- Certain infectious diseases such as syphilis
- Chemotherapy
- Emotional and physical stress
- Excessive shampooing and blow-drying
- Fever
- Hormonal changes – for example, thyroid disease, childbirth, or use of birth control pills
- Nervous habits such as hair pulling or scalp rubbing
- Radiation therapy

Hair loss can be temporary or long lasting. Temporary hair loss can be easy to fix when it’s cause is identified and dealt with or difficult when it is not immediately clear what the cause is.

Male Hair Loss

Androgenetic alopecia or common male pattern baldness (MPB) accounts for 95% of hair loss in men. By the age of thirty-five two-thirds of American men will experience some degree of appreciable hair loss and by the age of 50 approximately 85% of men have significantly thinning hair. Approximately twenty five percent of men who suffer from male pattern baldness see the early stages of the process before they reach the age of twenty-five.

Female Hair Loss

Mistakenly thought to be a strictly male disease, women actually make up to forty percent of American hair loss sufferers. Hair loss in women can be absolutely devastating for the sufferer’s self image and emotional well being.

www.americanhairloss.org/ & www.nlm.nih.gov/medline/