Healthy People Newsletter

JULY 2018

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ONEDIGITAL
HEALTH AND BENEFITS

This newsletter is interactive! Click a topic to jump directly to the article.

National Health Observances

JULY | 2018

Cord Blood Awareness Month

Juvenile Arthritis Awareness Month

Minority Mental Health Awareness Month

UV Safety Month

Donate Life ECHO (Every Community Has Opportunity) (8-21)

Hepatitis Day (28)

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BETTERSAFE
WELCOA'S ONLINE BULLETIN FOR YOUR FAMILY'S SAFETY



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ARE YOU AT RISK FOR COPD?

What You Need to Know & What You Can Do

Your lungs are a pair of light, spongy, air-filled organs located on either side of your chest. If you're good to your lungs, they will be good to you—flawlessly providing fresh oxygen through your entire bloodstream. In fact, with only a few exceptions, your lungs are likely to stay healthy throughout your lifetime as long as you take some simple steps to protect them.

This isn't to say that lung disease isn't a real or popular threat in the United States. In fact, chronic repository conditions like obstructive pulmonary disease (COPD) are the third-leading cause of death in the U.S. after heart disease and cancer. The American Lung Association (ALA) estimates that more than 11 million Americans have been diagnosed with COPD and millions more likely have the condition but are unaware of it.

AM I AT RISK FOR COPD?

If you're a smoker or have frequent exposure to other irritants like second-hand smoke, air pollution or workplace fumes, you may be at risk for developing COPD. Unfortunately, the symptoms for COPD are similar to symptoms of other conditions (like a cold) which may not seem that serious, and are often ignored. If you are a smoker and/or are regularly exposed to second-hand smoke or irritants like smog or workplace chemicals, contact your doctor if you experience these symptoms:

A cough that worsens in the morning. This is one of the first signs of COPD.

Excessive mucus/phlegm. If you're exposed to irritants, your lungs will produce additional mucus to trap or keep inhaled particles out.

Shortness of breath and wheezing. Those with COPD may experience shortness of breath with increased physical activity, or, if in later stages, it could happen even without exertion. Another symptom of COPD includes wheezing, which is a whistling or squeaking sound that occurs while breathing.

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Fatigue. Many people experience fatigue, which is a common condition. If you're experiencing the symptoms above and also feel a significant loss of energy or stamina, see your doctor.

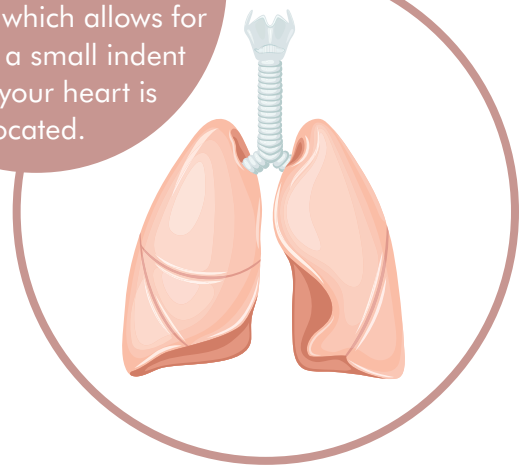
Only a doctor can diagnose COPD. He/she will give you tests—such as measuring your breathing volume or X-raying your chest—to determine if you have the condition. These tests can also help to rule out or diagnose other conditions.

YOUR RESPIRATORY RATE

Your respiratory rate is the number of breaths you take in a one-minute period (at rest, not during exertion or during times of stress). A normal respiration rate for a healthy adult falls between eight to 16 breaths per minute. Respiration rates may increase if you're ill, have a fever or suffer from other medical conditions. If you notice that your respiration rate is not falling within the normal range of **eight to 16 breaths** in a one-minute period call your doctor right away or seek emergency care if you have any trouble breathing.

DID YOU KNOW?

Your left lung is about 10 percent smaller than your right lung, which allows for room for a small indent where your heart is located.





DAY IN DAY OUT
WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE



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FAILING FEET?

Home Remedies for a Common Culprit

We demand a lot out of our feet. To be sure, every day we ask them to take us wherever we need to go. You may not think about your feet much, but if they start to hurt, you're quickly reminded how much you rely on your feet from the moment you get up until it's time to sleep.

A COMMON FOOT CONDITION

If your first steps out of bed are extremely painful, you may have plantar fasciitis (fashee-EYE-tiss). Plantar fasciitis happens when the ligament that supports your arch is repeatedly strained, causing tiny tears. These ligament tears can lead to pain and swelling in the heel and sole of your foot.

COMMON CAUSES

You can develop or be more prone to plantar fasciitis condition if you:

» Are overweight

» Are on your feet all day or do a lot of walking (for your job for example)

» Walk or run a lot, but always seem to have tight calf muscles (you find it difficult to touch your toes or have limited motion in your ankles)

» Have very flat feet or very high arches

» Wear shoes that don't fit well or are unsupportive (i.e., flip flops, canvas shoes)

TREATMENT

Plantar fasciitis can usually be treated with self-care. Although no single approach works best for everyone with the condition, here are some common self-care treatments that have proven effective:

Try new activities that don't place stress on your feet or simply give your feet a rest. If you run every

day and it's aggravating your feet, try cutting back or switching to something like cycling or swimming until your feet feel better.

Use ice therapy. Apply ice to the sore area for 20 minutes three or four times a day to relieve your symptoms.

Do stretches that target your toes, Achilles tendon and calves. Stretches can help soothe your symptoms and they can also prevent reoccurrence (see below for a few helpful stretches).

DID YOU KNOW?

Each foot contains 26 bones, which form two arches.

Invest in a pair of supportive shoes. Look for shoes with good arch support and a cushioned sole—ask the salesperson to measure your foot and seek their recommendations. It may be helpful to put your shoes on right when you get up to help give your feet the support they need.

If self-care treatments are not easing your pain after a few weeks, you may want to see your doctor. He/she may prescribe an anti-inflammatory medication, a splint or boot for you to wear at night and/or shots of medicine (such as a steroid) in your heel.

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TWO TOP STRETCHES FOR YOUR FEET

Wall Lean

1. Lean forward against a wall with one knee straight and heel on the ground. Your other knee is bent.
2. Your heel and foot arch should stretch as you lean (it's important to keep the knee fully extended on the side being stretched). Hold for 10 seconds, relax and straighten up.
3. Repeat 10+ times on each side.

Toe Stretch

1. Sit in a chair, and extend your affected leg so that your heel is on the floor.
2. Reach down and pull your big toe up and back with your hand. Then pull your toe toward your ankle and away from the floor.
3. Hold the position for at least 15 to 30 seconds.
4. Repeat 2 to 4 times a session, several times a day.

TAKECHARGE

WELCOA'S SELF-CARE BULLETIN



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IS IT AGING OR ALZHEIMER'S?

Alzheimer's disease is the most common form of dementia, a general term for memory loss and other intellectual abilities. Those diagnosed with later stage forms of the disease usually can't complete normal, daily tasks on their own or without the help of a caregiver.

Alzheimer's is not a normal part of aging, although the greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. However, given that Alzheimer's is a progressive disease, symptoms can appear years or even decades before they aggressively manifest. Although there is no cure for the disease, there are treatments that can help slow the disease and its symptoms. Knowing the warning signs and getting treatment as soon as possible could help slow the disease and improve quality of life.

EARLY WARNING SIGNS OF ALZHEIMER'S

Loss of memory. It's common to forget where you put your keys, but quickly forgetting something you just learned or forgetting about major events is a red flag. If you get lost going to routine places or forget where you are or how you got there, you need to talk to your doctor.

Unusual behavior. This can include making bad decisions that you typically wouldn't make or not taking care of yourself like you usually do. For example, not dressing for the right weather or event or not brushing your teeth because you forgot you needed to. Unusual behavior can also include things like putting your phone in the freezer or accusing friends or your spouse of doing odd things (like stealing money from your wallet or hiding your belongings). These could be a warning sign of Alzheimer's.

Difficulty completing routine tasks. Even familiar things can become hard. Do you have trouble driving to a location you go to often? Can you complete an ordinary task at work? Do you forget the rules of your favorite game?

Trouble with words and conversations. It's common to stumble or mumble in a conversation, but

if you find you're calling common things by the wrong name (like calling a table) a chair or you can barely carry a conversation because you can't find any of the words you're looking for, it could be a sign of Alzheimer's.

If you notice these signs, talk with your doctor. He/she will likely perform some evaluations to check your mental and physical status, and may do blood or brain imaging tests to rule out or diagnose any conditions.

ALZHEIMER'S MYTHS & FACTS

MYTH: Dementia is the same thing as Alzheimer's.

FACT: Dementia is the broad term used to describe symptoms that negatively affect your learning, memory and cognitive functions. Alzheimer's disease is one form of dementia, accounting for 60 to 80 percent of dementia cases.

MYTH: Certain foods can reverse Alzheimer's.

FACT: No vitamin, supplement, food, or drug has been shown to cure Alzheimer's. However, antioxidants found in some fruits and vegetables and some oily fish (like salmon) have been found to have some preventive effects on your brain and the disease.

MYTH: If you're old, you're going to get Alzheimer's.

FACT: Old age is indeed the number one risk factor for Alzheimer's. The older you are, the more likely you are to get it—but it's not an inevitable part of aging, and many adults live well into their 80s and 90s without developing the disease.

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WELCOA
HEALTH BULLETINS

TOYOURHEALTH
WELCOA'S ONLINE GENERAL WELLNESS BULLETIN



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RUNNING ON EMPTY?

What Might Be Zapping Your Energy

Everyone occasionally feels a little tired or sluggish, but if you're constantly feeling drained it could be tied to some of your daily habits. Check out these culprits:

YOU'RE EATING TOO MUCH SUGAR. Sure, a candy bar or cookie can provide a quick pick-me up, but it can just as quickly make you crash. Candy, soda and other processed foods are usually packed with sugar, which causes a very fast spike, and then drop in your blood sugar. It's a vicious cycle—you're bound to keep seeking that sugar rush only to be let down, feeling tired and cranky minutes later.

➜ *Get energized:* Having healthy snacks on hand is key, as they can help keep your energy and blood sugar stable for several hours. Seek snacks that provide a healthy dose of protein and carbs. Lean turkey or chicken on a slice of whole wheat bread or plain, nonfat yogurt with fruit are a few excellent options.

YOU'RE NOT DRINKING ENOUGH WATER. According to a study published in the *Journal of Nutrition*, even mild dehydration can cause fatigue, tiredness and low energy.

➜ *Get energized:* Drinking an extra glass or two of water could make a difference in your energy levels. Try drinking a glass as soon as you wake up and make water your beverage of choice at meals.

YOU'RE NOT GETTING ENOUGH IRON. Iron helps ensure that your cells can carry oxygen to your body's tissues. If you don't have enough iron, this process becomes more taxing on your body, and as a result, you may feel weak, tired and irritable.

➜ *Get energized:* Eat some iron-rich foods every day—cooked beef, chicken and turkey, sardines, spinach, lentils and beans are all good sources. You may also consider a supplement if you don't eat a lot of iron-rich foods.

YOU'RE SKIPPING MEALS. Food is your body's fuel—so skipping meals can literally force your body to run on empty. Moreover, if you skip a meal you're more likely to overeat later in the day, which can make you feel even more tired and sluggish.

➜ *Get energized:* All meals are important when it comes to energy. It's common for many to skip breakfast because they feel rushed in the morning. Plan and prepare your breakfast the night before to ensure you eat this critical meal.

SHOULD YOU SEE YOUR DOC?

If you're constantly fatigued and it's affecting your ability to perform your normal, daily tasks, you should call or see your doctor. Occasional fatigue is certainly a normal part of life, but it shouldn't be something you continually live with (especially if you're taking steps to address it, like getting adequate sleep, exercising and eating right).

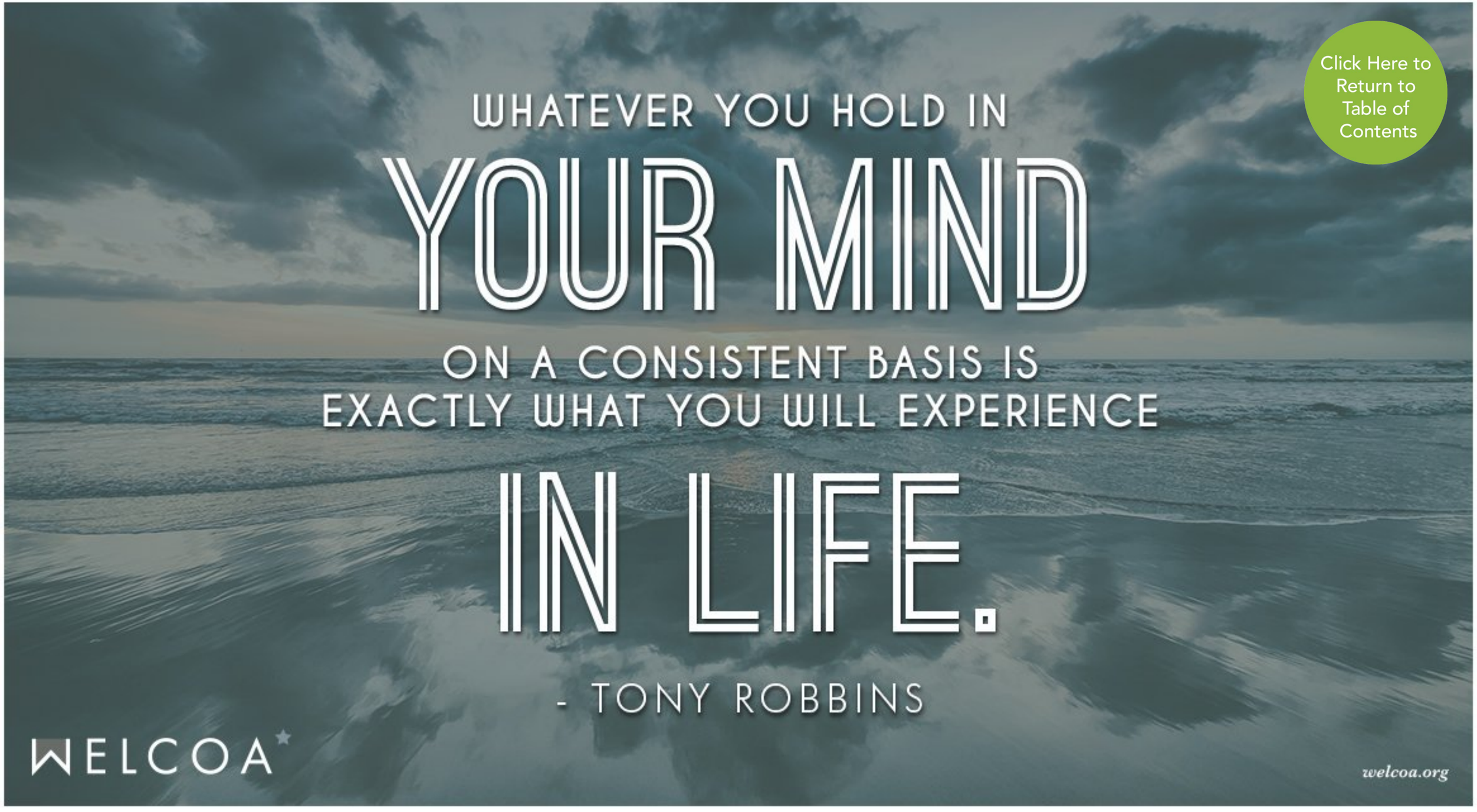
WHAT'S NOT NORMAL?

Talk to your doctor if you experience any of the following symptoms—they may be tied to an underlying issue like type 2 diabetes or chronic fatigue syndrome:

- Severe fatigue (the kind that causes you to limit your usual activities) that lasts for several weeks and does not improve with rest.
- Chronic sleep problems (lasting several weeks) like being unable to fall asleep or stay asleep or still feeling tired or not rested after waking up.
- Any swelling in the glands in your neck or armpits that lasts for two weeks or longer.
- Chronic fatigue accompanied with frequent urination, extreme thirst or blurred vision.

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