

Positive Pulse Wellness Newsletter



Volume 2, Issue 11

May 2nd, 2016

"Promote and protect the wellness of our community through education, programs, and services".

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Special points of interest:

* May 2016 Monthly Challenge Options: Completed the 100 challenge 3 X a week for the month of May; Add at least one fat burning foods to breakfast, lunch, and supper, at least 3 X a week for the month of May 2016.

Stroke

May is American Stroke Month. According to the *Centers for Disease Control and Prevention*, "About **800,000** people in the United States have a stroke each year. One American dies from a stroke every **4 minutes**, on average."

A stroke is a medical emergency and getting fast treatment is key in preventing death and disability from stroke.

If something happens to interrupt the flow of blood, brain cells start to die within minutes because they can't get oxygen, this is what a stroke is. Sudden bleeding in the brain also can

cause a stroke if it damages brain cells. A stroke can cause lasting brain damage, long-term disability, or even death.

Many common medical conditions can increase your risk for stroke. If you have already had a stroke or a TIA, also known as a "mini-stroke", your chances of having another stroke are higher. High blood pressure is a major risk factor for stroke as well. It occurs when the pressure of the blood in your arteries and other blood vessels is too high. Another condition that increases a persons chance of a stroke is high cholesterol and heart disease. A

blood test can detect the amount of cholesterol and triglycerides in your blood to help screen for this to help prevent a stroke.

There are a few controllable living habits that one can adhere to in efforts to reduce the risk of a stroke such as: Eating a healthy diet, maintaining a healthy weight, getting enough exercise, not smoking, and limiting alcohol use.



Arthritis

May is also National Arthritis Awareness Month. According to the *Centers for Disease Control and Prevention (CDC)*, "Arthritis affects 52.5 million US adults, more than 1 of 5". Arthritis is the leading cause of dis-

ability in the United States and one of the most common chronic conditions in the nation. Non-modifiable risk factors for arthritis include age, gender, and genetics. The risk of developing most types of arthritis increases

with age. Most types of arthritis are more common in women; 60% of all people with arthritis are women. Modifiable risk factors include overweight and obesity, joint injuries, infections, and occupation. The

Arthritis (continued)

CDC's arthritis program promotes key messages to help individuals affected by arthritis be in control of their condition, and their lives:

1. **Be Active:** Research shows physical activity decreases pain, improves function, and delays disability. It is recommended that people with arthritis undertake 30 minutes of physical activity at least 5 times a week, or a total of 150 minutes per week.
2. **Watch Your Weight:** Research con-

firms that maintaining a healthy weight can limit disease progression and activity limitation. For every pound lost, there is a 4 pound reduction in the load exerted on the knee. A modest weight loss (5% of 12 pounds for a 250 pound person) can help reduce pain and disability.

3. **See Your Doctor:** Early diagnosis and professionally guided management is critical to maintaining a good quality of life, particularly for people with inflammatory arthritis.

4. **Protect Your Joints:** Sports or occupational based injuries to joints can increase the likelihood of developing osteoarthritis. Jobs that have repetitive motions, for example repeated knee bending, place individuals at higher risk. Avoiding injuries to joints can reduce the likelihood of developing osteoarthritis.

Coping With Stress: Workplace Tips (www.mayoclinic.org)

The workplace is a likely source of stress but you're not powerless to the effects of stress at work. Effectively coping with job stress can benefit both your professional and personal life. Help take charge! To begin coping with stress at work, identify your stress triggers. For a week or two, record the situations, events, and people who cause you to have a negative physical, mental,

or emotional response. Then evaluate your stress inventory and tackle. Once you've identified your stress triggers, consider each situation or event and look for ways to resolve it. Often the best way to cope with stress is to find a way to change the circumstances that are causing it. Sharpen your time management skills:

Set Realistic Goals: Work with colleagues and leaders to set realistic expectations and deadlines. Set regular progress reviews and adjust your goals as needed.

Make a Priority List: Prepare a list of tasks and rank them in order of priority. Throughout the day, scan your master list and work on tasks in priority order.

Protect Your Time: For an especially important or difficult project, block time to work on it without interruption.

Keep perspective:

Get other points of view. Talk with trust colleagues or friends about the issues you're facing at work.

Take a Break: Make the most of workday breaks. Even a few minutes of personal time during a busy workday can be refreshing.

Have an Outlet: To prevent burnout, set aside time for activities you enjoy.

Take Care of Yourself: Be vigilant about taking care of your health. Include physical activity in your daily routine, get plenty of sleep, and eat a healthy diet.

Seek Help: If none of these steps relieves your feelings of job stress or

burnout, consult a mental health provider. This counseling may give effective ways to handle job stress.



Air Quality (www.cdc.gov)

Today is the day to start thinking about air quality. What can you do? Utilize the Air Quality Index (AQI). This is a tool that tells you when high levels of air pollution are predicted and tells you how air pollution affects our health. One can find the AQI on the Web, on many local TV weather forecasts or on your phone. The AQI is easy to use and tells you about five major air pollutants in the US that are regulated by the US Environmental Protection Agency, including ozone and particle pollution.

Green: Good (0-50); Air quality is considered satisfactory, and air pollution poses little or no risk.

Yellow: Moderate (51-100); Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.

Orange: Unhealthy for Sensitive Groups (101-150); Although general public is not likely to be affected at this AQI range, people with lung disease, older adults, and children are at a greater risk from exposure to ozone,

whereas persons with heart and lung disease, older adults, and children, are at greater risk from the presence of particles in the air.

Red: Unhealthy (151-200); Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.

Purple: Very Unhealthy (201-300); Health alert: Everyone may experience more serious health effects.

Burgundy: Hazardous (301-500); Health warnings of emergency conditions. The entire population is more likely to be affected.

Let's say the ozone level where you live is predicted to be Code Orange tomorrow. If you run, even if you are healthy, that air quality could hurt you. Using the AQI, one can plan a run for when the ozone levels will be lower, shorten one's run or walk instead, or run on a treadmill indoors.

Particle pollution has been linked to heart attacks and strokes, and even death in people with heart disease. On a day when particle pollution will be at

Code Orange, do something less intense. Walk instead or run or weed your garden instead of doing heavy work.



Smart 911

Smart 911 is a **free service** used by public safety agencies across the country to enhance communication and response for their community. It can be used by a 9-1-1 agencies to quickly send first responders to the location of an emergency with more information, by emergency management to better plan for and respond to disasters, and by municipalities to send emergency notifi-

cation to their citizens.

Smart 911 has information that is key to emergency management details about a household, individual assistance needed, phone number for individuals in a household, and a preferred communication method.

www.smart911.com/smart911/registration/registrationLanding.action





Brandi's "Clean Eating Recipe" of the Month

Extra Easy Hummus

Ingredients:

- 1 (15 ounce) can garbanzo beans, drained, liquid reserved
- 1 clove garlic, crushed
- 2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1 tablespoon olive oil

Direction:

In a blender or food processor combine garbanzo beans, garlic, cumin, salt, and olive oil. Blend on low speed, gradually adding reserved bean liquid, until desired consistency is achieved.

www.allrecipes.com

