

LIVE WELL WORK WELL



Health and wellness tips for your work and life—
presented by Insurance Office of America (IOA).

Spring Allergy Alleviation

Springtime allergies are an annual nuisance for many people. Mold growth increases due to rain and many plants begin releasing pollen. Likewise, spring-cleaning activities can stir up dust mites. To reduce your allergies, be sure to take the following steps:

- Wash your bedding every week in hot water to help keep pollen under control.
- Wash your hair before going to bed, since pollen can accumulate in your hair.
- Wear an inexpensive painter's mask and gloves when cleaning, vacuuming or painting to limit dust and chemical inhalation and skin exposure.
- Vacuum twice a week.
- Limit the number of throw rugs in your home to reduce dust and mold.
- Make sure the rugs you have are washable.
- Change air conditioning and heating air filters often.

A Breath of Fresh Air

Cigarette smoking is a life-threatening habit, decried by every major health organization across the globe. The tobacco epidemic is so pervasive that the World Health Organization (WHO) supports World No Tobacco Day, held annually on May 31. This day is meant to “demonstrate the threats that the tobacco industry poses to the sustainable development of all countries,” according to the WHO website.

The largest threat comes from preventable deaths, with about 6 million people dying each year from tobacco use. Do your part to help curb tobacco consumption with these cessation tips:

- Think of the innumerable benefits to quitting, like saving more money, lowering your cancer risks and feeling healthier overall.
- Put other things in your mouth instead of cigarettes. Try carrots, pickles, sunflower seeds, apples, raisins or sugar-free gum.
- Think about when you smoke and why you smoke—keep track of when you light up. Identifying your triggers can help you prepare to quit.
- If you are using medication to help you quit, make sure to follow the instructions carefully.

Quitting smoking is not easy. Talk to your doctor, friends and family to develop a support network for the journey. The sooner you begin, the sooner you can quit for good.

This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

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REFRESHING WATERMELON SALAD

- 1 cup fresh spring greens
- 1 cup fresh cilantro
- 1 cup fresh watermelon (cubed)
- ½ cup red grapes (halved)
- ¼ cup walnuts (chopped)
- ¼ cup feta cheese

PREPARATIONS

1. Using a large salad bowl, toss all the ingredients together. Enjoy!

Makes: 4 servings

Nutritional Information (per serving)

Total Calories	215
Total Fat	11 g
Protein	6 g
Carbohydrates	27 g
Dietary Fiber	4 g
Saturated Fat	3 g
Sodium	281 mg

Source: USDA

Age Well in the Workplace

One in every 5 American workers is over 65, and by 2020, 1 in 4 American workers will be over 55, according to the U.S. Bureau of Labor Statistics.

As the average lifespan increases, people will likely be working beyond the typical retirement age. This means it is critical to stay healthy throughout your life.

If you are over the age of 50, consider being screened for the following life-threatening conditions:

- Colorectal cancer
- Diabetes
- High blood pressure
- High cholesterol
- Obesity

Likewise, if you are over the age of 60, consider being immunized annually for the flu, shingles and pneumonia. Prioritizing health now will allow you to live a longer, healthier life well into retirement.

CRITICAL HEALTH CHECKS FOR WORKERS OVER 50



GET SCREENED FOR:

- Breast cancer
- Cervical cancer
- Colorectal cancer
- High cholesterol



GET IMMUNIZED FOR:

- Influenza
- Pneumonia



YOU'RE AT RISK IF YOU:

- Smoke
- Binge drink
- Overeat
- Have high blood pressure



Prevention

newsletter

...for the health and well-being
of you and your family.

May 2017

You need to be proactive to work toward and maintain good health throughout your life. This includes getting regular health screenings, taking preventive medications if necessary and taking other steps for overall good health.

Men: Stay Healthy at Any Age

Establishing and maintaining good health is an ongoing process that you need to take charge of. It is important that you are proactive in managing your health to avoid preventable illnesses and catch other medical conditions early.

Get the Screenings You Need

Screenings are tests that look for diseases before you have symptoms. Examples include blood pressure checks and tests for high cholesterol. You can get some screenings, such as blood pressure readings, in your doctor's office. Others, such as a colonoscopy, will require you to visit a specialist or hospital.

After a screening, ask when you will see results and who you should talk to about them. Here are common screenings you should consider:

Abdominal aortic aneurysm. If you are between the ages of 65 and 75 and have ever been a smoker, talk to your doctor or nurse about being screened for abdominal aortic aneurysm (AAA). AAA is a bulging in your abdominal aorta, the largest artery in your body. An AAA may burst, which can cause dangerous bleeding and death.

Colorectal cancer. Have a screening test for colorectal cancer starting at age 50 (or earlier if you have a family history of colorectal cancer). Several different tests can detect this cancer. Talk to your doctor to decide which is best for you.

Depression. Your emotional health is as important as your physical health. Talk to your doctor or nurse about being screened for depression, particularly if recently:

- You have felt down, sad or hopeless.
- You have little interest or pleasure in doing things you once enjoyed.

Diabetes. Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medication for high blood pressure. Diabetes (high blood sugar) can cause problems with your heart, brain, eyes, feet, kidneys, nerves and other body parts.

High blood pressure. Starting at age 18, have your blood pressure checked at least every two years. High blood pressure is 140/90 or higher, and can cause strokes, heart attacks, kidney and eye problems, and heart failure.

High cholesterol. If you are 35 or older, have your cholesterol checked. High cholesterol increases your chance of heart disease, stroke and poor circulation. Have it checked starting at age 20 if any of the following apply:

- You use tobacco.
- You are obese.
- You have diabetes or high blood pressure.
- You have a personal history of heart attack or blocked arteries.
- A man in your family had a heart attack before age 50 or a woman before age 60.



HIV. Talk with your health care team about HIV screening if any of these apply to you:

- You have had unprotected sex with multiple partners.
- You use or have used injection drugs.
- You have or had a sex partner who is HIV-infected or injects drugs.
- You are being treated for a sexually transmitted disease.
- You had a blood transfusion between 1978 and 1985.

Lung cancer. If you are between the ages of 55 and 80 or have a history of smoking, check with your doctor about getting screened for lung cancer.

Overweight and obesity. The best way to learn if you are overweight or obese is to find your body mass index (BMI). You can find your BMI by entering your height and weight into a BMI calculator, such as the one available at www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm.

Take Preventive Medicines if You Need Them

Aspirin. If you are 45 or older, ask your doctor if you should take aspirin to prevent heart disease.

Immunizations.

- Get a flu shot every year.
- If you are 60 or older, get a shot to prevent shingles.
- If you are 65 or older, get a pneumonia shot.
- Get a shot for tetanus, diphtheria and whooping cough, and follow up with a tetanus booster if it has been more than 10 years since your last shot.
- Talk with your doctor or nurse about whether you need vaccinations. You can also find which ones you need here: www.cdc.gov/vaccines/schedules/easy-to-read/adult.html.

Take Steps to Good Health

- ✓ Be physically active and make health food choices. Learn how at www.healthfinder.gov/HealthTopics/Category/everyday-healthy-living.
- ✓ Get to a healthy weight and stay there. Balance the calories you take in from food and drink with the calories you burn off by your activities.
- ✓ Be tobacco free. For tips on how to quit, go to smokefree.gov. To talk to someone about quitting, call your state quitline: 800-QUITNOW (784-8669).
- ✓ If you drink alcohol, have no more than two drinks per day if you are 65 or younger. If you are older than 65, have no more than one drink a day.
 - A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine or 1.5 ounces of 80-proof distilled spirits.

You know your body better than anyone else. Always tell your doctor or nurse about changes in your health, including your vision and hearing. Ask them about being checked for any condition you are concerned about (such as prostate or skin cancer), not just the ones listed here.

Source: The U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality

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Women: Stay Healthy at Any Age

Establishing and maintaining good health is an ongoing process that you need to take charge of. It is important that you are proactive in managing your health to avoid preventable illnesses and catch other medical conditions early.

Get the Screenings You Need

Screenings look for diseases before you have symptoms. Examples include blood pressure checks and mammograms. You can get some screenings, such as blood pressure readings, in your doctor's office. Others, such as mammograms, will require you to visit a specialist or hospital. After a screening, ask when you will see the results and who to talk to about them. Here are common screenings you should get:

Breast cancer. Ask your doctor whether a mammogram is right for you based on your age, family history, overall health and personal concerns.

Cervical cancer. Most women between the ages of 21 and 65 need a Pap smear once every three years. If you are older than 65 and recent Pap smears were normal, or if you have had a hysterectomy for a reason other than cancer, you do not need a Pap smear. Talk to your doctor about whether or not you need one as well as how often.

Colorectal cancer. Have a screening for colorectal cancer starting at age 50 (or earlier if you have a family history of colorectal cancer). Several different tests can detect this cancer. Talk to your doctor to decide which is best for you.

Depression. Your emotional health is as important as your physical health. Talk to your doctor about being screened for depression, especially if recently:

- You have felt down, sad or hopeless.
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High blood pressure. Starting at age 18, have your blood pressure checked at least every two years. High blood pressure is 140/90 or higher, and can cause stroke, heart attack, kidney and eye problems, and heart failure.

High cholesterol. Starting at age 20, have your cholesterol checked regularly if:

- You use tobacco or are obese.
- You have diabetes or high blood pressure.
- You have a personal history of heart disease or blocked arteries.
- A man in your family had a heart attack before age 50 or a woman before 60.



HIV. Talk with your doctor about HIV screening if any of these apply to you:

- You have had unprotected sex with multiple partners, or someone who is HIV-infected, bisexual or injects drugs.
- You have injected drugs.
- You are being treated for an STD.
- You had a blood transfusion between 1978 and 1985.

Lung cancer. Ask your doctor about getting screened for lung cancer if you are between age 55 and 80 and have a smoking history.

Osteoporosis (bone thinning). Have a screening at age 65 to make sure your bones are strong. If you are younger than 65, talk to your doctor about whether you should be tested.

Overweight and obesity. The best way to learn if you are overweight or obese is to find your body mass index (BMI) using a [BMI calculator](#). If you are overweight or obese, ask your doctor for help with changing your habits, as extra weight may lead to diabetes and cardiovascular disease.

Sexually transmitted infections. Sexually transmitted infections can make it hard to get pregnant, may affect your baby and can cause other health problems.

- Get screened for chlamydia and gonorrhea infections if you are age 24 or younger and sexually active. If you are older than 24, talk to your doctor or nurse about whether you should be screened.
- Ask your doctor or nurse whether you should be screened for other sexually transmitted infections.

Take Preventive Medicines if You Need Them

Aspirin. If you are 55 or older, ask your doctor if you should take aspirin to prevent strokes.

Breast cancer drugs. If your mother, sister or daughter has had breast cancer, talk to your doctor about whether you should take medicines to prevent breast cancer.

Estrogen for menopause (hormone replacement therapy). Do not use estrogen to prevent heart disease or other diseases. If you need relief from symptoms of menopause, talk to your doctor.

Immunizations.

- Get a flu shot every year.
- If you are 65 or older, get a pneumonia vaccine.
- Get tetanus, diphtheria and whooping cough vaccines, with a tetanus booster after 10 years.
- Talk with your doctor or nurse about whether you need vaccinations. You can also find which ones you need here: www.cdc.gov/vaccines/schedules/easy-to-read/adult.html.

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