



HEALTH ADVOCATE

HEALTH IS MORE THAN A DOCTOR VISIT

It's easy to put off a visit to the doctor if you don't want to go. After all, you're healthy enough right? Proper health and self-care can be difficult to navigate the process. The right outlook, talking to the proper experts, a good diet, and exercise can make a huge difference in your quality of life. We understand that health can be overwhelming, that's why we're here with a monthly newsletter and have resources available to help guide you through the process.



CARE GAPS

What are they? Well, care gap is the term used in the medical field, when a patient is missing the appropriate screenings or care. When was the last time you had a physical, mammogram or colonoscopy?

TRYING TO BEAT CRAVINGS?

We've all tried the occasional diet fad. However, many of these diets leave you hungry throughout the day, causing a lot of "cheat" moments. It's key when dieting to make sure your eating enough calories and drinking plenty of water. Try eating a few small meals throughout the day to minimize those cravings.

SLOW DOWN

While running can be good for your heart and losing weight, it's not the only way to achieve those benefits. Trying taking a slow day and practice stretching and yoga. Yoga can be instrumental in strengthening the core, reducing stress and back pain.



STRESS IN THE MIND IS STRESS ON THE BODY.

Stress is a part of everyday life, but when does it become too much? Stress can cause many physical and emotional side effects: headache, anxiety, over or under-eating, muscle tension or pain, restlessness, angry outbursts, chest pain, lack of motivation or focus, drug or alcohol misuse, fatigue, feeling overwhelmed, tobacco use change in sex drive, irritability or anger, social withdrawal, stomach upset, sadness or depression, exercising less often and sleep problems.

While stress is normal, there are ways to reduce the amount of stress you have. A few ways to mitigate stress are:

- Getting regular physical activity
- Practicing relaxation techniques, such as deep breathing, meditation, yoga, tai chi or massage
- Keeping a sense of humor
- Spending time with family and friends
- Setting aside time for hobbies, such as reading a book
- Listening to music

FLU SHOT: FRIEND OR FOE?

"I don't need the flu shot, I never get sick." We've all heard it or maybe even said it. Generally, when we think of immunizations we think about how it affects us. But, did you know that by receiving the flu shot you are helping prevent hospitalization of those you come in contact with? People with autoimmune diseases, cancer patients and infants cannot receive the flu shot. So, reducing their risk and yours from contracting the flu by 40-60%, seems worth the prick.

WHAT IS SITTING DOING TO US?

Living a sedentary lifestyle is bad for our health. Long term sitting is causing an increased risk in many chronic diseases. For example, a lack of activity can increase your risk of type 2 diabetes by 112%! So get up and stretch those legs, use the stairs, go for a walk or maybe invest in a standing desk at work!

DO YOU KNOW YOUR NUMBERS?

If you have diabetes or have prediabetes, you know how important it is to keep your numbers down. Here's some more information about common biometric tests.

Blood sugar, the amount of sugar (glucose) in the blood. It is typically measured in two ways either by fasting glucose or hemoglobin A1c (HbA1c).

- Normal Fasting Glucose: 80-100
- Normal HbA1c: below 5.7%
- Prediabetic Fasting Glucose: 101-125
- Prediabetic HbA1c: 5.7-6.4%
- Diabetic Fasting Glucose: Above 125
- Diabetic HbA1c: Above 6.4%

Typically, HbA1c tests are considered more accurate. An HbA1c test gives you a picture of your average blood sugar control for the past 2 to 3 months and provides you with a better idea of how well your diabetes treatment plan is working.

Blood pressure: The force of blood against the arteries when the heart beats and rests. Recommended range:

- Less than 120/80 mm Hg

Blood pressure is typically measured by an automatic cuff. Systolic pressure (top number) is the peak pressure in the arteries, and diastolic pressure (bottom number) is the lowest pressure.



Diabetes

Blood cholesterol: A waxy substance produced by the liver. Recommended range:

- Get your cholesterol checked and talk to your doctor about your numbers and how they impact your overall risk.

Because cholesterol is unable to dissolve in the blood, it has to be transported to and from the cells by carriers called lipoproteins. Low-density lipoprotein (or LDL) cholesterol, is known as "bad" cholesterol; high-density lipoprotein (or HDL) cholesterol, is known as "good" cholesterol.

Body weight. Recommended range:

- A body mass index (BMI) of 18.6-24.9
Waistline smaller than 35 inches for women and 40 inches for men

A person's ideal body weight varies by gender, age, height, and frame. Your body mass index (BMI) and waist circumference provide good indicators of whether you are at a healthy weight.

HEALTHY TIPS



STRETCH

Stretching reduces muscle tightness, relieves pain and increases blood flow. Set an alarm at work to stand and stretch. Try to make a routine of stretching when you wake up.

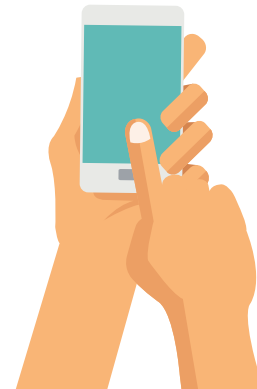


MAKE A LIST

Feeling overwhelmed with the many things life throws at you is normal. To help you organize and keep your stress and anxiety under control, try making a list of all that needs to be done.

WHOLE GRAINS

Switch out your bland bleached pasta for whole grain. Whole grains are healthier and studies have shown adding whole grains to your diet can help reduce the risk of heart disease.



PUT THE PHONE DOWN

Studies are showing an increased link between phone time and anxiety/depression. The blue light that phones emit also increases insomnia. Try setting a time limit for your phone usage.