

HEALTH REPORT

SUMMER 2011



NAPEBT



Stay Cool and Calm

Extreme temperatures can spell extreme danger.

Sweating helps regulate body temperature. When this cooling system doesn't work properly, it can lead to heat stroke and heat exhaustion.

WHAT'S HEAT STROKE?

Heat stroke occurs when your body doesn't sweat. Your temperature increases rapidly—reaching above 103 F—and your skin is dry, hot and red. You may feel dizzy, nauseated and confused. Your head throbs and your pulse races.

If you spot these symptoms, call for medical help immediately. Try to cool down until help arrives by getting in the shade or air conditioning. Immerse yourself in cold water or wrap yourself in a wet sheet. Don't drink any fluids, as this could cause you to vomit or inhale fluid into your lungs. Place ice in your armpits, groin or neck area instead.

WHAT'S HEAT EXHAUSTION?

With heat exhaustion, a person sweats heavily, appears pale and feels weak,

nauseated and dizzy. The condition can develop slowly, after days of high temperatures and dehydration. A person suffering heat exhaustion should drink refreshing, nonalcoholic beverages, take a cooling shower or bath and rest in air conditioning.

PREVENTION POINTERS

- **Drink up.** Don't wait until you feel thirsty to take in fluids—and don't drink alcoholic or sugary beverages when you're out in hot weather.
- **Dress appropriately.** Wear lightweight, loose-fitting clothing and a wide-brimmed hat.
- **Don't exert yourself** in direct sun or extreme heat. If you work outdoors, make sure you drink plenty of water and try to get into a shady or cooler area as needed.
- **Know your risk.** If you're older than 65, overweight or have heart disease or high blood pressure, you are more prone to heat stress, so take extra care.

CONVENIENT, HEALTHY FOOD

Busy summer days often include eating on the go. Whether you're grabbing snacks from your cooler or buying lunch from the drive-through window, you can make fast food healthier. Choose nutritious, lower-fat alternatives like the following.

If you're in the mood for a sandwich, trade in the roll for a wrap or pita pocket. Opt for whole-grain instead of white bread. Instead of mayo, go for a light salad dressing, hummus or mustard.

When you're packing snacks, skip typical potato chips in favor of pita or baked chips. Bag up single portions of popcorn or pretzels. Frozen berries, melon and banana make a refreshingly sweet snack on a warm day.

When you find yourself at a fast food chain, keep calories in check by ordering a junior-sized burger or grilled chicken sandwich, skipping fries and drinking water instead of soda. Hold back on condiments like mayo and ketchup, which typically add more calories than flavor.



Protect Your Skin

July is UV Safety Month. So this is a perfect time to check for signs of skin cancer. Here's how:

- Examine your body once a month and make a note of any spots, including moles, freckles and age spots.
- If a mole itches or bleeds, see a dermatologist.
- Look out for moles that change over time, have an irregular border, feature varied colors or appear asymmetrical. If you have any suspicions about a spot, see a dermatologist.

Anybody can develop skin cancer, but you're more prone to it if you have fair skin, blond or red hair, blue or green eyes, and unusual moles or a large number of moles.

The best way to protect yourself is to shield your skin from UV rays. Stay in the shade as much as you can between 10 a.m. and 4 p.m. Make sure you use sunscreen that's SPF 15 or higher. Cover up with long sleeves and a hat.

If you're outside with your kids, reapply their sunscreen every few hours—and keep babies out of the rays altogether.

How to Spot a Stroke

Stroke, sometimes called a “brain attack,” occurs when a clot interrupts blood flow to your brain, blocking oxygen and causing brain cells to die. Strokes can cause lasting disability and even death.

Now, for some good news: Each of us can do our part to prevent long-term damage caused by stroke by knowing the signs and moving quickly when we see them. The sooner treatment begins, the better the outcome. The more time that passes, the more brain cells will be permanently damaged.

To help us remember the signs, the National Stroke Association developed this slogan: **Act FAST**. It stands for:

F **FACE:** Stroke can cause sudden numbness in one side of the face. Ask the person to smile. Does one side of the face droop?

A **ARMS:** Sudden weakness in one side of the body can occur during a stroke. Ask the person to raise both arms. Does one arm drift lower?

S **SPEECH:** Strokes often cause confused thoughts and slurred speech. Ask the person to repeat a simple phrase. Is the sentence difficult to understand? Does the person sound “drunk”?

T **TIME:** It's critical to take action quickly. Call 911. Note the time that symptoms started. Even if a few of the symptoms seem to go away, get help as soon as possible.

Don't Forget Your Feet

Diabetics: Stay healthy from head to toe.

Diabetes affects the entire body, from head to toe. In fact, people who have diabetes are at greater risk for foot problems. **Here's why:** Diabetes can cause nerve damage in your feet as well as poor blood flow, and these can lead to wounds and infections that don't heal.

If you have diabetes, prevent blisters and sores by wearing shoes that fit properly. Keep your feet clean and dry, and check them for wounds and cuts every day. Moisturize any dry spots to help avoid cracked skin.

Also, ask for a foot exam every time you visit your doctor. **Here's a tip to help your doctor remember to check your feet:** Remove your shoes and socks before your doctor enters the exam room.





Recall Rundown

Smart consumer: What you should know about medication recalls.

In the last year, we heard a lot about car recalls. And most of us are used to hearing about toy and product recalls. But what about medications? What do consumers like us need to know about drug recalls?

First, remember that when a drug is recalled, it doesn't necessarily mean that the medicine is dangerous. Drugs may be recalled because it's decided that the dosing instructions are confusing. Medication may also be recalled if dosing tools included in the packaging are faulty—for example, a medicine dropper or measuring cup that's defective.

No matter the reason for the recall, stop using the drug when you learn about it. If you're concerned about side effects from the recalled drug, call your doctor. Also, ask your doctor about a safe alternative to the drug.

When you throw out recalled medication, never flush it down the toilet or toss it in the garbage. Ask your pharmacist about appropriate disposal of the drug.

Stay ahead of the curve when it comes to medication safety. Check online for drug recalls at www.recalls.gov. Health Canada also features recall information. Visit www.hc-sc.gc.ca.

Exercise: No More EXCUSES!

If you're one of those folks who avoids exercise for fear that you'll damage your knees, then it may be time to change your thinking. A recent study in the journal *Medicine & Science in Sports & Exercise* reveals that exercise won't ruin your knees. Staying active can actually benefit your joints.

Research indicates that exercise causes fewer injuries to the knees' cartilage than previously believed. In fact, what's likely more damaging to your knees and joints is not exercising at all—which can weaken the muscles around your joints—and being overweight.

If you haven't exercised in a while, begin by talking to your doctor. If you're carrying a few extra pounds or suffer from achy joints, you might benefit from a moderate, low-impact fitness program. Walking, bicycling and swimming are great ways to get moving without stressing your joints. Gym equipment like the treadmill, elliptical machine and rowing machine are also good options.

WATER SAFETY: THE TOP 10

Whether boating with friends or swimming with the family, put safety first by following the rules of the waves:

- 1. Take time** to learn life-saving skills like CPR.
- 2. Equip your boat** with a safety kit that includes a watertight flashlight, bailer, buoyant heaving line, a sports whistle, rechargeable crank radio and first-aid essentials.
- 3. If you're heading out to an unfamiliar body of water, get to know the area** and its rules ahead of time. Familiarize yourself with tides, currents and supervised areas.
- 4. Don't ever go swimming on your own.** And, before you go out on a boat, let somebody on land know your itinerary.
- 5. Don't drink alcohol.** Not only is it dangerous to swim or boat under the influence, alcohol also makes it more likely that you'll become dehydrated.
- 6. Do drink plenty of water,** especially if you're out on a hot, sunny day.
- 7. Wear a life jacket** when you're boating—and make sure your buddies do too.
- 8. Reapply sunscreen** often to protect yourself from the sun's UV rays.
- 9. Follow the rules.** Look out for posted signs and heed their warnings.
- 10. Have fun!** Boating and swimming are great ways to get active and enjoy time with your family and friends.



Grilled Vegetables

190
CALORIES

6g
TOTAL FAT

55mg
SODIUM

Ingredients:

2 Tbsp. vegetable oil
2 cloves garlic, finely chopped
3 sweet potatoes, cut into 1-inch slices
3 ears of corn, cut into 2-inch sections
1 eggplant, cut into 1/2-inch slices
12 green onions, trimmed

Instructions:

Mix oil and garlic in a large bowl.
Add vegetables and toss.
Place vegetables on grill.
Cook 10 minutes, turning twice,
until vegetables are tender.
Servings: 6

Nutrition facts per serving:

190 calories; 1g saturated fat;
6g total fat; 0mg cholesterol;
55mg sodium

Get Your Grill On

Enjoy savory grilled meals with a dash more health.

What's summer without the grill? Just don't sacrifice your health in order to enjoy this seasonal pleasure.

Give up the hot dogs and beef burgers in exchange for lean poultry sausages and bison burgers. Pass on steaks and ribs, and go for chicken and veggie kebobs or heart-healthy salmon.

While you're at it, why not give your grill a healthy makeover? Brush off old charred pieces, wipe it down with a paper towel soaked in vegetable oil to minimize sticking and avoid using charcoal lighter fluid, which leaves an unpleasant residue on your food.

At your next BBQ, get creative with your side dishes. Try this grilled veggie recipe—a perfect alternative to potato or macaroni salads.

Find more healthy recipes at fruitsandveggiesmatter.gov

This *Health Report* is being provided to you by the Northern Arizona Public Employers Benefit Trust and will be posted quarterly to our website. Its purpose is to keep you informed about current health and wellness topics that will help you and your family maintain good health and live healthy lifestyles.

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Health Report is prepared by **The Segal Company, benefits, compensation and HR consulting.**
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