



A Healthy Outlook!

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Women are More Likely to Die from Heart Disease than Breast Cancer

Heart disease is the number one killer of women in America. One in every three American women dies of heart disease. In fact, women are six times more likely to die from heart disease than from breast cancer. Heart disease includes a range of conditions that affect the heart and the blood vessels in the heart. Types of conditions include coronary artery disease, angina, heart disease, heart failure, and heart arrhythmias.

Women tend to show up in emergency rooms after much heart damage has already occurred because their symptoms are not those typically associated with a heart attack. Treatments are most effective if administered within one hour of when the attack begins. Chest pain is not always severe, nor is it the most prominent symptom in women. Other symptoms may include



shortness of breath, sweating, unusual fatigue, lightheadedness or dizziness, and nausea or vomiting. Spreading pain to one or both arms, back, jaw, or stomach also may be present.

Women can lower their risk of heart disease by as much as 82 percent by leading a healthy lifestyle. Also, managing risk factors can prevent or delay the onset of heart disease, even in women with a strong family history of heart disease.

♥ Know your "numbers that count"—cholesterol, glucose, blood pressure, and body mass index (BMI)—in order to assess your risks and monitor your heart health.

♥ Have your blood cholesterol and triglyceride levels checked at least once every five years. Reduce levels of LDL (bad cholesterol) and increase levels of HDL (good cholesterol).

♥ Regularly screen your blood pressure. If your blood pressure is less than or equal to 120/80, you are in the normal range. If your blood pressure is elevated (above 130/90), contact your doctor to discuss methods for lowering your blood pressure.

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How to Exercise at Work

Everyone knows it's a good idea to exercise regularly, but finding the time to do so is a major challenge. However, any moving or stretching that you can add to your day is always better than doing nothing. Here are some ideas of how to incorporate exercise into your work day:



Park Far Away

If you live close enough to work to walk, than you should do so. If you have to drive to work, like most of us, you can get some exercise by parking as far from your office/school as possible. Leave a little early if you think this will make you late for work.

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♥ Regular exercise can reduce the risk of heart disease.

♥ Women need at least 30 minutes of physical activity at least five days per week. Try walking, jogging, cycling, or dancing.

♥ Measure your daily steps by wearing a pedometer. Try to get your step count up to 10,000 per day. Keep bumping the number up by 1,500 steps a day until you reach the goal. Walking this amount each day can make a real difference — and you only need comfortable clothes and a good pair of shoes.

♥ Eat healthy and balance your meals for the day.

♥ Eat more vegetables, fruits, and fiber.

♥ Decrease your intake of saturated fats and sodium and eliminate trans-fats.

♥ Drink plenty of water every day. Water helps to metabolize stored fat and reduces fatty deposits.

♥ A good way to estimate how much water you need is to take your body weight in pounds and divide that number in half. That gives you the number of ounces of water per day that you need to drink.

♥ Heart disease strikes people with diabetes twice as often as people without diabetes. Women with diabetes should work closely with their doctors to manage their diabetic symptoms and decrease their risk of heart disease.

♥ Quit smoking and reduce your exposure to secondhand smoke. Nonsmokers have less risk of heart attack than smokers. ■

Sources: American Heart Association, Medical News Today, NIH, U.S. Dept. of Health & Human Services —National Women's Health Info Center, and Washington and Shady Grove Adventist hospitals. The Health Tip of the Week is for educational purposes only. For additional information, consult your physician.

Office Exercise...continued from page 1

Use the Stairs



Avoid elevators when you can. Find work related reasons to visit a colleague and you can network and get exercise at the same time.

Do Desk Exercises



Many of us spend a lot of time behind a desk and in front of a computer. This can cause fatigue and put a lot of stress on our bodies. It's very important to remember to periodically get up, move around, and stretch. It might seem hard to pull yourself from your work, but if you do this just occasionally, you will feel better, be more alert, and actually be more productive. If you do an online search for "desk exercise" you will find many exercises that you can do easily and with little or no equipment.

Find Excuses to Get Up and Walk



For many hours of the day, we can find ourselves stuck in our offices or classrooms. It's a good idea to try to come up with work-related activities that get you out of your office/room (speak to a colleague instead of sending an e-mail, make copies at a far-away copy machine, etc.). Some people find it hard to get away, even during lunch time. If you feel that you don't have much time, try to squeeze in the time to eat (we hear of too many people who feel too pressed to do this!) and take a brief walk, perhaps outside, in the sunshine and fresh air. And don't forget to use some stairs and walk to your car, which you parked far away. ■

(Adapted from article by Carol Lewis in USFSA Consumer Magazine)

Cell Phone Risk Revisited

Talking on your cell phone while driving will quadruple your risk of a serious accident, according to research by a leading Australian university. The study also found that hands-free mobile phones are no safer than handheld mobile phones while driving. The distraction of your mind appears to create the risk, not your hands! The link between cell phone use and increased crash risk was true regardless of the driver's age or sex. ■

Source: British Medical Journal; 07-12-05; "Role of Cellular Phones in Motor Vehicle Crashes"

"As I see it, every day you do one of two things: build health or produce disease in yourself."

— Adelle Davis

"Eat breakfast like a king, lunch like a prince and dinner like a pauper."

— Adelle Davis

"We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are."

— Adelle Davis

Daisie Adelle Davis (February 25, 1904 — May 31, 1974), popularly known as Adelle Davis, was an American pioneer in the field of nutrition during the mid-20th century. She advocated whole unprocessed foods, criticized food additives, and claimed that dietary supplements and other nutrients play a dominant role in maintaining health, preventing disease, and restoring health after the onset of disease. (From Wikipedia) ■

Osteoporosis – Often Overlooked in Men

Osteoporosis is not just a women's disease. Men have larger, stronger bones than women, which explains, in part, why osteoporosis affects fewer men than women. However, today, 2 million American men have osteoporosis, and another 12 million are at risk for this disease. Each year, men suffer one-third of all hip fractures, and one-third of these men will not survive more than one year. In addition to hip fractures, men most often experience fractures of the spine and wrist due to osteoporosis.

Bone Life

During youth, bones grow in length and density. People reach their maximum height during their teens, but bone density continues to increase until about age 30, after which bones slowly start to lose density and strength. Throughout life, bone density is affected by heredity, diet, sex hormones, physical activity, lifestyle choices, and the use of certain medications.

Risk Factors

Factors that increase the risk of osteoporosis include the following:

- ▶ Long-term use of certain medications, such as steroids, anticonvulsants, certain cancer treatments, and aluminum-containing antacids
- ▶ Chronic disease that affects the kidneys, lungs, stomach, and intestines and alters hormone levels
- ▶ Low levels of testosterone
- ▶ Lifestyle habits:
 1. Smoking
 2. Excessive alcohol use
 3. Low calcium intake
 4. Inadequate physical exercise
- ▶ Age—bone loss increases with age
- ▶ Low body weight
- ▶ Heredity
- ▶ Race—White men appear to be at greatest risk for osteoporosis.

However, men from all ethnic groups develop osteoporosis.

How is osteoporosis diagnosed?

Unfortunately, the diagnosis of osteoporosis in men is often overlooked. Your physician may take a medical history to identify risk factors and conduct a complete physical exam, including height, weight, x-rays, and urine and blood tests. He or she also may order a Bone Mineral Density Test. If you notice a loss of height, change in posture, or sudden back pain, it is important to inform your doctor.

How can osteoporosis in men be prevented?

- ▶ Don't smoke
- ▶ Drink in moderation
- ▶ Exercise regularly, especially weight-bearing activities, like walking, jogging, and lifting weights
- ▶ Make sure to get enough calcium each day to keep bones healthy. Men under age 50 need 1,000 mg of calcium daily, and men age 50 and over need 1,200 mg of calcium daily.
- ▶ Make sure to get adequate vitamin D. Men under age 50 need 400-800 IU of vitamin D daily, and men age 50 and over need 800-1,000 IU of vitamin D daily.

What is the treatment plan for osteoporosis in men?

Tailored to the particular reason for bone loss, the treatment plan for men with osteoporosis will include proper nutrition, exercise, and lifestyle modifications for prevention of further bone loss and, if needed, a doctor can prescribe a medication to increase bone mass. When osteoporosis is due to low testosterone levels, testosterone replacement therapy may be a treatment option. ■

(Adapted from article by Carol Lewis in USFDA Consumer Magazine)

Healthy Snacking at Work

Maintaining a healthy diet at work is always a challenge. In the Dietitians of Canada's *Nutrition to Go! Away from Home*, the following options are suggested:

Store in your desk:

- Crackers
- Dried fruit / Canned fruit
- Juice box
- Rice cakes
- Cereal
- Granola bars
- Peanut butter
- Canned fish

Store in the staff refrigerator:

- Bagels / Bread
- Bran muffins
- Yogurt
- Cottage cheese
- Fresh fruit
- Raw vegetables
- Cheese
- Milk
- Salad greens

On the road:

- Baby carrots
- Celery sticks
- Bagel bits
- Rice cakes
- Apples
- Crackers
- Pretzels

If you have a hectic schedule with long hours, instead of chips, cookies, hot dogs, or pizza, consider the following:

- Fresh fruit
- Muffins
- Vegetable sticks
- Salads with lower-fat dressing
- Lean sliced meats
- Milk
- Yogurt

Do you have any on-the-job, healthy snack or exercise ideas that work for you? Send us an e-mail with your suggestions and we'll share them in a future issue of *A Healthy Outlook*. Send the e-mail to Jeffrey_Becker@mcpsmd.org ■

Keeping Your Brain Its Best

As you age, exercising your brain appears just as important as exercising your body to maintain long-term health. Research by Dr. Ryuta Kawashima, a prominent neurologist in Japan, has shown that a mere five minutes a day of quick, simple math calculations or reading aloud helps keep the brain stimulated and sharp. Daily brain exercises maintain optimal brain function—slowing the natural deterioration of the brain. Simple calculations have even been shown to help those diagnosed with Alzheimer's.

Source: Train Your Brain: 60 Days to a Better Brain, Kumon Publishing; 2005



Upcoming Events

June 15 – 21: Men's Health Week —

**Men's Health Network, P.O. Box 75972, Washington, DC 20013,
202-543-6461 x 101, www.menshealthweek.org**

July: Juvenile Arthritis Awareness Month —

**Arthritis Foundation, 1330 West Peachtree Street, Suite 100,
Atlanta, GA 30309, 800-283-7800, www.arthritis.org**

August 1: National Minority Donor Awareness Day —

**National Minority Organ Tissue Transplant Education Program,
Ambulatory Care Center, 2041 Georgia Avenue NW, Suite 3100
Washington, DC 20060, 800-393-2839, www.nationalmotttep.org**

Ask the EAP

Q. What kinds of recommendations does the EAP make?

A. After the initial assessment, an EAP counselor may recommend that you receive some type of counseling or treatment from a clinician in the community. The MCPS EAP maintains a large network of providers, including psychiatrists, psychologists, social workers, substance abuse programs, support groups, and other treatment

programs. EAP counselors will attempt to make referrals to providers within the MCPS insurance plans. EAP staff also may refer you to other resources, which include but are not limited to areas such as child care, elder care, legal, financial, and housing. It's important to remember that, while EAP services are free, when a referral is made outside the EAP, you are responsible for any costs related to using these resources.



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To help employees with troubling issues before they become overwhelming.



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You may contact us or send your questions and comments to
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Please note that e-mail is not necessarily confidential.

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