

August 2007

Health & Wellness Information to
Improve Your Condition

HealthSTAT

focus

August is Cataract Awareness Month

Cataracts are very common. Approximately 20.5 million Americans over age 40 have cataracts, what most of us don't realize is...you **DON'T** have to live with them. In some parts of the world *cataracts* are a significant cause of blindness. With new advances and techniques in *cataract* correction procedures, Americans no longer have to fear vision loss due to *cataracts*. *Cataract* surgery is one of the most frequently performed surgical procedures with over 1.6 million procedures being performed each year.

So what exactly are *cataracts*?

It is a clouding of the eye's clear lens. This prevents the right amount of light from passing through the lens needed for clear, distinct vision.

How is the cataract corrected?

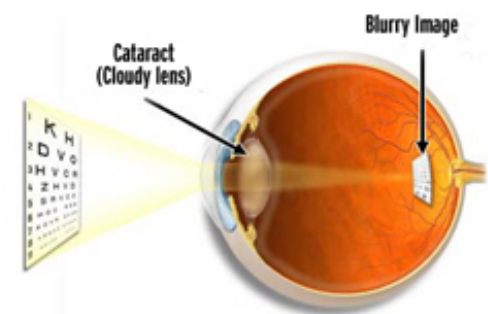
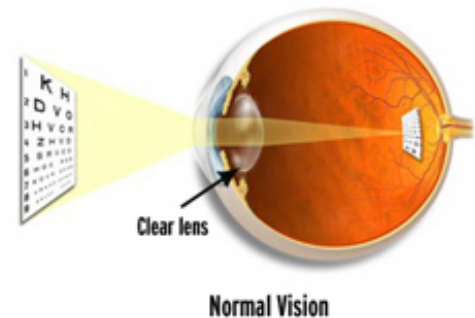
A small incision is made on the eye to remove the cloudy lens. Then, a permanent artificial lens is placed in place of the old lens. This procedure is usually done as an outpatient procedure.

Help prevent cataracts:

- Don't smoke
- Wear UV blocking sunglasses
- Wear a hat
- Individuals 40 and over should have a regular eye exam every 2 to 4 years.

If you believe you may have cataracts talk with your eye doctor.

Source: www.aaopt.org



Wellness Goals

Make a point to do something fun and relaxing at least 15 to 20 minutes EVERY DAY. TRY these stress breakers:

- ✦ Take slow, full breaths of air and relax your muscles.
- ✦ Take a stretch break, stretch shoulder and neck muscles.
- ✦ Get up from sitting every 30-60 minutes, walk around, get some water, stretch.
- ✦ Play with your children.
- ✦ Work in the garden.
- ✦ Get a massage.



- ✦ Enjoy an evening walk and a sunset.
- ✦ Listen to relaxing music.
- ✦ Hike in the woods or by a lake.
- ✦ Visit with a special friend.
- ✦ Sit in the sunshine.
- ✦ Take a warm bath.
- ✦ Write in your diary.
- ✦ Read a good book.
- ✦ Enjoy a hobby.
- ✦ Go fishing.





GET MOTIVATED... GET MOVING!

10 Ways to get you started on the road to fitness success:

1. Get in over your head

Give yourself a reason to train, sign up for a race. Be sure to set realistic goals—start with a 3k or 5k walk/run. Ask a friend to join you. Having someone to train with you will keep you on track.

2. Plan ahead

Schedule your workouts. One of our favorite excuses is “I just don’t have time.” Putting your workout on your calendar and planning your workout before you get to the gym will help you to stick with it. If for some reason your workout gets cancelled have a back up plan to walk or jump rope at home for 20-30 minutes.

3. Find a workout buddy

You will be more likely to get out of bed or make it to the gym if you know someone is waiting on you. Having that accountability will help you stick to your workout plan. Find someone who is at the same fitness level and the same level of dedication/motivation.

4. Keep a journal

Write down your goals and exactly what you want to accomplish with your new fitness plan. For example, your goal weight, length of time for exercise, number of days per week, etc.

5. Be adventurous

Challenge yourself to do things you have always wanted to do, but never took the time to do. Go rock climbing, kayaking, hiking, mountain biking, etc. Vary your methods of exercise, you will be less likely to get into a slump.

6. Make a soundtrack for your workout

Add songs to your soundtrack that are upbeat and get you pumped. Upbeat music helps you to block out sensations from pain and effort.

7. Make an agreement

Talk with your partner and get him to agree for you to have one hour of “you” time for exercise 4-5 days a week. Make sure he knows this is to improve your health, then propose the same for him. If both of you take the time to look and feel better it could even make your relationship stronger.

8. Begin with Squats

Begin with the dreaded squats so you can end with your favorite exercise. We all hate this exercise but it pays off in the places you are seeking results (glutes, hips, thighs).

9. Workout with him

Many couples who divorce say they simply “grew apart.” Not only will working out together allow you to spend time with him, it will also make you feel happier, more motivated, and less stressed. If both of you do this together you will be able to associate him with pleasurable feelings, ultimately strengthening your relationship.

10. Reward yourself

When you start to see and feel the effects of your new fitness routine reward yourself. You are starting to gain confidence and feeling better so get a new hair cut, or buy yourself some new workout clothes, etc.

This newsletter is a monthly publication of HealthSTAT, Inc., for its clients and their employees. It is for informational purposes only, and is not intended to replace medical advice.

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What does **FOOD** actually do for my **BODY**?

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Provides **nutrients** to replace and repair muscles, skin, bones, and organs.

Provides **energy** to digest food and distribute nutrients throughout the body.

Provides **energy** to walk, run, and work.



Provides **fuel** to keep the **brain functioning**; to think, make decisions, and interact with others.



Provides **fuel** to maintain **body temperature** at 98.6°F.

Fruits & Veggies

5 servings a day

(add color, texture, taste, and enjoyment to any meal)

- Citrus fruits
- Raw veggies
- Salads & leafy greens
- Berries & Melons
- Onions, scallions, leeks, and garlic
- Broccoli & Cabbage
- Tomatoes & Peppers
- Apples & Bananas



Whole Grains

3-5 servings a day

(regulates digestive system, feel full with fewer calories)

- 100% whole wheat foods
- Multi-grain foods
- Sweet potatoes
- Brown rice
- Oatmeal
- Spinach pasta
- Dried fruits
- Nuts

DID You KNOW???. . .



- ✓ The cells in your digestive tract are replaced every 3 to 4 days.
- ✓ Red blood cells are replaced every 120 days.
- ✓ All of the protein in muscle cells is replaced every 120 days.
- ✓ All the protein in the brain is replaced twice a year.
- ✓ Even the protein in bone structure is completely replaced every 3 to 4 yrs.

Your body is constantly renewing itself. **Every day** every cell in your body is being *rebuilt* with new materials.

Pains Men Should NOT Ignore

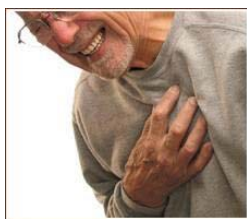


1. Severe Headache

A severe headache could be the result of a brain aneurysm rupture. An aneurysm could be quickly fatal. According to the National Institutes of Health (NIH), a brain aneurysm is the swelling of an artery due to weakness in its wall. Anyone can be affected by brain aneurysms, but adults between the ages of 30 and 60 are most prone to have them. The National Institute of Health states that should an aneurysm rupture and bleed into the brain, it can result in a “hemorrhagic stroke, permanent nerve damage and death.”

2. Chest Pain

If you have intense pain, pressure, and squeezing in the center of your chest you may be experiencing a heart attack. This uncomfortable sensation will last for more than a few minutes or may come and go. You may also experience shortness of breath, lightheadedness, nausea, or break out into a cold sweat. Do not wait to take action if you experience any of these symptoms. The NIH states that many individuals wait two or more hours before seeking medical attention which could result in death or permanent damage to the heart.



3. Other Chest Pain

A sudden stabbing sensation in the chest area with possible shortness of breath may be pneumothorax or a pulmonary embolism. Pneumothorax is a collection of air or gas in the space around the lungs. A pulmonary embolism is a sudden blockage in the lung artery most frequently caused by a blood clot which traveled from the leg to the lung. The NIH states that more than 600,000 Americans experience a pulmonary embolism every year, approximately 10% die. Usually fatalities occur within the first hour after symptoms begin. Do not wait time.

4. Severe Back Pain

Many Americans suffer from back pain. If you ever experience severe back pain in combination with weakness in your legs, shooting pain down one or both legs, trouble controlling your bladder or bowels, or pain when coughing you may have something wrong with your spinal cord. These symptoms could be caused by a herniated disc. A herniated disc is when the cartilage between the vertebrae in the spine bulges and pinches the nerves in the spinal cord.



5. Abdominal Pain

Appendicitis can be a serious problem if the symptoms are ignored and the appendix ruptures. Appendicitis usually begins with pain or discomfort in the lower right side of the abdomen. According to the NIH other symptoms may include; nausea, constipation or diarrhea, vomiting, inability to pass gas, loss of appetite, low grade fever, and abdominal swelling. Not all individuals experience all of these symptoms.

6. Joint & Muscle Pain

We are all familiar with the saying, “No Pain, No Gain.” But is this true? If you play through the pain you could cause additional and more extensive damage to the joint or muscle. This could result in permanent damage or a longer recovery period. When you experience pain, inflammation, or swelling of a joint or muscle get it checked. The earlier the injury is treated the better your body will respond to treatment.