

TAKE CHARGE!



for health and living

August 2016

take charge



Stand Up For Better Health

The evidence is overwhelming; sitting too much can be bad for your health. Researchers have demonstrated that excessive sitting is linked with cancer, type 2 diabetes and heart disease. Standing more: relieves pressure on the spine, lower back, buttocks and legs; improves energy levels, ability to think, work performance, circulation and bone density; and burns about 50 more calories per hour than sitting. ➔ Continued on page 4.

city events

Big Day of Play

Saturday, August 13

12:00 pm - 6:00 pm

Rainier Community Center and Playfield

4600 38th Avenue South, 98118

Paying for College 101

Thursday, August 25

12:15 pm - 1:15 pm

SMT 4086

Sleep Matters

Tuesday, August 30

12:00 pm - 12:45 pm

SMT 4086

Free Blood Pressure Screening

Wednesday, August 31

10:30 am - 1:30 pm

SMT 4070

Preteens, Teens and Vaccines

Four vaccines are recommended for preteens and teens, and most states require them before school starts in the fall.

1. The **Tdap vaccine** is needed at age 11 or 12 for protection against tetanus, diphtheria and pertussis (whooping cough).
2. The **meningococcal vaccine** protects against some of the bacteria that can cause life-threatening meningococcal disease, including sepsis and meningitis. Start at age 11 or 12, with a booster at age 16.
3. The **human papillomavirus (HPV) vaccine** helps protect girls and boys from HPV infection and cancers caused by HPV. Start and finish the series when kids are 11 or 12.
4. The **flu vaccine** helps guard against influenza strains in circulation. Though not always completely effective, it's still our best protection against flu viruses. Get vaccinated every year, starting at 6 months of age and older.



August is Psoriasis Awareness Month.

Psoriasis is a chronic autoimmune disorder that produces severe skin eruptions. The cause is unclear, but flare-ups are linked to infections, stress and some medications. It may be hereditary, but it is not contagious. There are different types of psoriasis and various treatments available to help control them, depending on the type. If you develop thick patches on your skin, see your health care provider.

No. 1 reason to immunize: Prevent epidemics of severe diseases around the globe and eventually eradicate them. Because of vaccination programs, smallpox no longer exists in the U.S., and polio may be gone worldwide in the next decade.

Failure to have children vaccinated can result in a resurgence of some diseases, most recently measles and whooping cough.

Don't avoid vaccination for your children out of fear or forgetfulness. Keep your kids growing strong and safely immunized, on schedule. Questions? Learn more from your child's health care provider. **August is Immunization Awareness Month.**

■ **Bone builders:** Subjecting your bones to physical demands and regular exercise can help reduce bone loss. Combine a variety of weight-bearing sports, daily chores and aerobic activities, plus strength-building routines. Accumulate at least 150 minutes of physical activity a week. Learn more at <http://nof.org/exercise>.

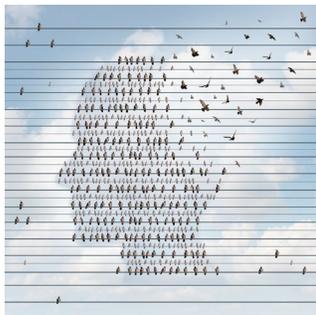


Dementia:

What You Need to Know

Dementia is the loss of mental abilities severe enough to interfere with your daily life.

The symptoms include language difficulty, loss of recent memory and poor judgment. It generally takes hold after age 80.



Alzheimer's disease (AD) accounts for 60% to 80% of dementia cases, and can strike as early as age 45. It is caused by progressive nerve damage to the brain that leads to memory loss, impaired thinking and verbal communication, as well as personality changes. A person who is suspected of having AD may live for 2 to 20 years with the condition. Alzheimer's can only be diagnosed by autopsy after death.

What is our best hope for preventing AD? Short of effective medicines to come, scientists recommend we focus on related factors we have some control over: cardiovascular health, diabetes, obesity and exercise. Best defenses:



- >> Protect your brain as you do your heart.
- >> Start watching your blood sugar to prevent or control type 2 diabetes.
- >> Ask your health care provider for a healthy weight-loss program. Excess fat at the waistline may damage the brain.

Miracle Cures? Beware of Bogus Health Claims

It's hard to avoid phony health claims — they appear on websites, in emails and advertising. A fraudulent health claim promotes any drug, device, supplement or treatment that guarantees a solution **not proven to be effective.**

The products may promise to fix our most difficult health issues, including weight loss, memory loss and hair loss — or offer unproven remedies for cancer, AIDS, diabetes, arthritis and other serious conditions. Buy them and you waste money. Try them and they could harm your health.

Using treatments that aren't proven to be effective and safe can delay getting a diagnosis or medication that can potentially save your life.



If it sounds too good to be true, check with your health care provider before you buy it.

Can you spot the red flags in the claims? The FDA watch list includes:

- ▶ **Scientific breakthrough, or miracle cure** — If a true cure for a serious disease were discovered, it would be widely reported.
- ▶ **Quick fixes** — Few diseases or conditions can be treated quickly, even with legitimate (FDA-approved) products.
- ▶ **All natural** — It's a meaningless term. Many products labeled *all natural* may contain hidden and dangerous doses of drug ingredients or untested active artificial ingredients.
- ▶ **Personal testimonials** — Claims such as *"It cured my arthritis"* are not useful unless they are backed by scientific evidence.

QUIKQUIZ™



Periodic Checkups

Do you know what to expect when you see your health care provider for a routine checkup?

Test your knowledge:

- 1 The primary purpose of a periodic checkup with your provider is preventive care.
 True False
- 2 A periodic checkup does not include lab tests such as blood chemistry and urinalysis.
 True False
- 3 Your provider should offer lifestyle counseling at every visit, either before or during a health problem.
 True False

ANSWERS:

1. **True** — Today's providers focus on disease prevention at every office visit to help you maintain and improve your health. The frequency of your checkup generally depends on your age and gender and whether or not you're using prescription medications.

Young adults may have few health issues and seldom see a provider unless they become injured or sick. By age 40, you should see your provider every 1 to 3 years to identify any problems, as health risks increase with age.

2. **False** — Lab tests are not standard requirements of a checkup, but your provider may order them based on your personal health profile. For example, if you have a family history of diabetes, a blood sugar test might be part of your exam.

Any exam should include checking your blood pressure and heart rate, scheduling cancer screenings or updating your immunizations, if necessary.

3. **True** — A proven effective intervention by your provider is discussing your lifestyle and well-being as they affect your health, either before or during a problem. Examples: smoking cessation, weight loss, depression, stress or pre-pregnancy advice.

Think When You Eat



Snack mindfully. Take a break from your computer screen, TV or smartphone and concentrate on what you're eating. It can

help you control portions so you avoid overeating. It's also a great mini-break for your brain. Savor the taste of your snack and enjoy every bite.

Power Snacks

By Cara Rosenbloom, RD

We like to snack. Snack sales constituted 40% of the \$370 billion packaged food market in the U.S. in 2014, according to Euromonitor International. What we eat when we snack can make a difference in our health.

For example, waiting for hours between meals can wreak havoc on energy and blood sugar levels. Healthy between-meal snacks can help power you through a busy afternoon.

But don't confuse snacks with unhealthy treats. Snacks are powerful combinations of whole foods, such as:

- Banana with peanut butter.
- Carrots and hummus.
- Plain Greek yogurt with strawberries.
- Cheese and whole-grain crackers.
- Oat, nut and fruit granola bars.

Unhealthy treats – including pastries, candy and chips – are high in fat, sugar or salt, but provide no nutrients to nourish or replenish the body. Eat them in small portions, as an occasional post-meal dessert. Here's how to snack well:

- 1. Include protein:** Nuts, seeds, eggs, yogurt, cheese and beans are excellent ingredients for keeping you feeling full.
- 2. Add vegetables or fruit:** Fruits and vegetables at snack time help you get much-needed daily servings.
- 3. Don't rely on sugar:** Candy provides a quick jolt of energy and a subsequent crash, leaving you craving more sugar.
- 4. Control portions:** Snacks should be about 200 calories. Serve an individual portion instead of eating out of a large box or bag of food.
- 5. Keep it handy:** Stash healthy, portable snacks nearby to reduce cravings for treats.



Failure Isn't Forever

Failure feels bad, so your natural instinct is to avoid it at all costs. However, setbacks can be important stepping-stones toward success. Major goals are often reached only after you experience and learn from failures and adversities.

To reverse setbacks:

- 1. Accept negative feelings.** It is normal to feel angry, hurt, disappointed and frustrated by mistakes. Cope with those feelings as a way to process the experience; then, move on.
- 2. Seek to understand, not to place blame.** Look at failure from every angle, and be realistic about the role you played. Asking for feedback from others during this step can help you gain insight.
- 3. Don't internalize failure.** Just because you failed doesn't mean you are a failure. Instead, choose to emerge from the experience smarter and more experienced.
- 4. Try again.** Keep challenging yourself and expanding your skills.

Learn from your mistakes. And try not to repeat them.



PEANUT POWER BARS

EASY | RECIPE

From Personal Best®

1½ cups rolled oats
¾ cup dates, pitted
1 cup roasted peanuts,
loosely chopped

2 tbsp sunflower seeds
2 tbsp honey
½ cup peanut butter,
smooth or creamy



Preheat oven to 350°F. Add oats to a parchment-lined baking sheet, and bake for 7-10 minutes, stirring once, until toasted and slightly brown. Set aside to cool for 10 minutes. In a food processor, blend dates for about 1 minute for a dough-like consistency. In a large bowl, combine toasted oats, dates, peanuts and sunflower seeds. In a small pan, warm honey and peanut butter over medium heat for 3-5 minutes, until runny. Pour peanut butter over mixture and stir to combine. Transfer to a parchment-lined 8" x 8" baking dish, and pack firmly into the bottom of the dish. Refrigerate until set, about 1 hour. Cut into 12 bars. Store in a sealed container at room temperature or freeze to preserve freshness.

Makes 12 bars. Per serving (1 bar):

225 calories | 8g protein | 13g total fat | 2g saturated fat | 6g mono fat | 5g poly fat
| 0mg cholesterol | 23g carbohydrate | 10g sugar | 4g fiber | 50mg sodium

Stay in Touch

Keep those questions and suggestions coming!

Phone: 800-871-9525

Fax: 205-437-3084

E-mail: PBeditor@ebix.com

Website: www.personalbest.com

Executive Editor: Susan Cottman • Advisers: Jamie Lynn Byram, MBA, AFC, MS; Eric Endlich, PhD; Mary P. Hollins, MS, JD; Alice Lockridge, MS; Diane McReynolds, past Executive Editor; Zorba Paster, MD; Charles Stuart Platkin, PhD; Elizabeth Smoots, MD, FAAFP • Editorial Assistant: Erin Bishop • Designer: Heather Burke

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News & Notes

- **Weight Watchers Pricing:** Effective August 1, 2016, participant pricing for meetings, Diabetes for Weight Watchers and online-only services will increase by less than \$1 per month. Details at <http://www.seattle.gov/personnel/benefits/wellness/programs.asp>. Enroll at: wellness.weightwatchers.com; Employer ID: 62344; Employee Passcode WW62344.
- **Anticipate 2017 Out-of-Pocket Costs:** If you plan to elect the healthcare Flexible Spending Account during Open Enrollment, include known expenses in your estimate. Check with your healthcare provider in August or September. They may be able to provide an estimate for services that can be delayed to 2017, such as orthodontia, prescription eyeglasses or contact lenses, non-emergency crowns, or elective surgery.
- **Open Enrollment for 2017:** Make your benefit choices Monday, October 3 through Friday, October 28, 2016. Check your home mail for an open enrollment letter in September.
- **Change in Family Status?** Be sure to tell your department's benefits representative if you get married, have a new domestic partner, legally separate, divorce, terminate a domestic partnership, or there is a new child in your family through birth, adoption, or guardianship. There may be benefits implications.

5 Outdoor Lightning Precautions



During a lightning storm, the best way to stay safe is to stay indoors. However, if you are caught outdoors, follow these safety rules:

1. Find a safe enclosed shelter as soon as you hear thunder. Safe places can be homes, offices, buildings or hardtop cars with the windows rolled up. Avoid open spaces, picnic pavilions, porches, gazebos and baseball dugouts. Stay in a safe shelter for 30 minutes after the last sound of thunder.
2. Never lie flat on the ground in a storm. Instead, crouch down with your head between your knees.
3. Avoid tall structures, hilltops, lone trees, bodies of water, power lines, fences and concrete floors or walls. Lightning can travel through any metal wires or bars in concrete walls or flooring.
4. Separate from a group to reduce the number of injuries if lightning strikes.
5. Avoid touching anything metal including farm equipment, motorcycles, bicycles and golf carts.

Best bet: Check the weather before you venture out.

Stand Up For Better Health

➤ Continued from page 1.

Here are a few tips to improve your ability to stand more.

- Try to stand for at least 1 to 2 minutes for every 15 minutes of sitting. This doesn't mean you have to stop working – figure out ways to incorporate standing more while you work.
- Set reminders or prompts using your phone, computer or watch. Or you can use cues – for example, stand every time you get an email.
- Find out what work you prefer doing while standing (e.g., phone calls, clearing out your inbox and routine desk work).
- Stand up and move whenever you drink water.
- Stand up and walk during phone conversations.
- Walk to coworkers instead of emailing or calling them.
- While standing, don't just stand still; make sure to move around (e.g., pace).
- While treadmill or standing desks may not be practical at work, they are worth exploring for home use.



expert advice

– Elizabeth Smoots, MD, FAAFP

Q: Colon cleansing benefits?

A: Colon cleanses are gaining in popularity for detoxification. The procedure usually involves flushing the lower colon with water, coffee or herbal preparations. Proponents say colon cleanses remove toxins from the body that contribute to health problems. But the body's normal bowel movements are designed to remove waste products effectively. No scientific evidence supports claims that colon cleanses improve energy, enhance immune function or improve general health.

Risks of the procedure include perforations of the bowel wall, infection, dehydration and electrolyte shifts. A colon cleanse may also inhibit friendly bacteria in your gut. Coffee enemas in particular have been linked to several deaths.

The bottom line: Routine colon cleansing is unnecessary and may be harmful. Check with your health care provider before attempting a colon cleanse. Powerful laxatives to cleanse the colon are sometimes required before medical procedures such as a colonoscopy.