



# live well, work well

August 2011

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## Transform Your Summer Cookout

Warm weather means outdoor get-togethers and cookouts, but it can be tough to eat nutritiously surrounded by hot dogs, potato salad and pie. Use these tips to incorporate health and safety into your summer parties.

### Safety First

With all-day events, it can be easy to neglect simple hygienic food practices.

- Never let food sit out for more than two hours (one if over 90 degrees F outside). Set a timer to remind you.
- Always wash your hands and all dishes used for food preparation.
- Preheat the grill at least 20 minutes in advance to get rid of bacteria from your last barbeque.
- Keep mayonnaise-based foods and fresh fruit cool – put some ice in a second bowl underneath.

### Enjoy Your Favorites

Watching what you eat doesn't mean you have to sacrifice your favorite cookout menu. Try these tips to add nutrition to traditional summer foods.

- Choose turkey or veggie burgers and turkey dogs with a whole wheat bun to enjoy these classics without ruining your diet. Top with ketchup, mustard, lettuce and tomato – skip the mayo and cheese.

- Make potato salad healthier by leaving the potato skins on and substituting nonfat yogurt for half the mayo. This swap also works for coleslaw.
- Replace potato chips with pretzels or a fruit and veggie platter.
- Experiment with new grill items, such as lamb and veggie kabobs (see *recipe*), fish, chicken breast, and various vegetables and fruits.
- Keep dessert sweet but add nutrition by serving a fruit salad. Or freeze 100 percent fruit juice to make frozen juice pops.
- Offer a cooler of water and sliced lemons for a refreshing, calorie-free drink option.

Don't forget to plan fun activities to get the group moving, such as ring toss, kickball or playing catch.



## Cellphone Scare?

A World Health Organization panel has classified cellphones as "possibly carcinogenic," based on a review of several studies examining a potential link between cellphone use and increased cancer risk. Heated debate surrounds this announcement. Keep in mind that cellphones are considered only "possibly" carcinogenic – there is no definitive evidence linking the two.

If this risk concerns you, there are easy precautions to take. Use your phone on speakerphone and/or use an earpiece to keep the phone away from your head. It is wise to invest in an earpiece anyway, for safe hands-free talking while driving.

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Implications of this finding unclear. Some experts say that cellphone radiation should be taken seriously by the FCC, the telecom industry and government. Others stress it should be kept in perspective – all cellphones now share the same category with items such as pickled vegetables and e-cigarettes.





## 'Tis the Season ... To Get Active!

You know that regular physical activity is important for you (and your family's) health, but it can be difficult to get motivated. Take advantage of the summer weather and find fun, affordable ways to get active while enjoying the outdoors.

- Find a park or trail near you and explore. Take the whole family for a scenic hike or bike ride. Or, take a walk or ride around the neighborhood.
- When possible, get in the habit of walking or biking to nearby places such as stores, parks or restaurants.
- Cool off on a hot day and hit the local pool or beach. Not only is swimming fun and low-impact, it's also great for your cardiovascular health, strength and flexibility. This activity is ideal for people of all ages, as well as those

with a disability or recovering from an injury.

- Join a local softball, volleyball or other sports league – and encourage family members and kids to do the same.
- Take your kids to a local playground and join in their fun!



## Do You Really Need the ER?



Have you ever been to the emergency room (ER) for a sore throat or sprained ankle? Though it is tempting to seek immediate care for an illness or injury, you could save a lot of money by choosing your facility more wisely.

A trip to the ER is far more expensive than a visit to your primary doctor or urgent care – and yet, a study by the Commonwealth Fund found that 21 percent of ER visits are avoidable. Steering clear of unnecessary ER visits can save you hundreds of dollars each time you are sick or injured.

Do visit the ER when immediate attention is required, such as trouble breathing, chest pain, heart attack, stroke, broken bones, severe burns or bleeding, shock, poisoning or seizures.

For conditions such as ear infections, vomiting, fever less than 102 degrees F, sprains and strains, upper respiratory infections and headaches, opt for an urgent care facility or your primary doctor instead. In addition to saving money, these options can mean less waiting – a patient with a nonemergency in the ER may wait an hour or more to be seen.

## Lamb & Veggie Kabobs

- 2 tbsp. olive oil
- ½ cup chicken broth
- ¼ cup red wine
- 1 lemon (juice only)
- 1 tsp. garlic, chopped
- ¼ tsp. salt
- ½ tsp. rosemary
- 1/8 tsp. black pepper
- 2 lb. lean lamb, cut into 1-inch cubes
- 24 each: cherry tomatoes, mushrooms, small onions

Combine oil, broth, wine, lemon juice, garlic, salt, rosemary and pepper. Pour over lamb and vegetables. Marinate in refrigerator several hours or overnight. Put together skewers of lamb, onion, mushrooms and tomatoes. Grill on medium heat 10-13 minutes (turning once), or until desired doneness is reached. Makes 8 kabobs; 274 calories each. *Source:* [www.health.gov](http://www.health.gov)





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# Children's Health: Sports Safety

Each year, over 3 million children ages 14 and under suffer from sports-related injuries. It is estimated that as many as 20 percent of children participating in sports are injured each year.

Every day, from soccer fields to ice rinks, millions of youths participate in sporting activities. Participating in sports builds the body and mind, but can also result in injury if the proper safety precautions are ignored. Young athletes are at an increased risk for injury because their bones, muscles, tendons, and ligaments are still growing.

## Safety Tips

The risk of injury should not keep a child from participating in sports. Instead, parents and coaches need to take the proper precautions by following safety guidelines and providing the proper protective equipment to keep young athletes safe during play. Parents, coaches, and children are encouraged to follow these safety precautions:

- Know and abide by the rules of the sport.

- Be in proper physical condition before beginning any sport.
- Wear proper apparel and protective gear required.
- Know how to properly use athletic equipment.
- Be sure to warm up before playing.
- Drink plenty of liquids before playing to prevent dehydration.
- Do not play when tired or in pain.

## If Injury Occurs

Prompt treatment can often prevent a minor injury from turning into something much worse. The first step is to use RICE therapy (see box). If a child displays any of the following signs, it may warrant a visit to the doctor:

- Inability or decreased ability to play
- Visible deformity
- Severe pain that prevents the use of an arm or leg
- Symptoms which persist or

affect athletic performance

## Prevention

Most sports-related injuries are preventable. The following are steps coaches and parents can take to help reduce the chances of an injury occurring:

- Enroll your child in programs where you know an adult will be monitoring the event.
- Be sure your child uses the proper safety equipment.
- Teach your child to start by warming up and stretching.
- Remind your child to cool down afterwards.



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## Children's Health: Vision Care

Properly developed vision is vital to a child's growth and development. Use the following guidelines to help understand and care for your children's eyes.

### Infant Vision

- During the first four months of life, infants will follow moving objects with their eyes and attempt to reach for things.
- Between four and eight months, a baby should begin to turn from side to side, as well as use his or her arms and legs. At this time, eye movements and eye-body coordination skills begin to develop, and both eyes should focus more.
- At 8 to 12 months old, a baby should begin to use both eyes together and be able to judge distances.

A baby's eyes should be checked at birth and during well-baby doctor visits throughout his or her first year. All children should also undergo a complete eye exam at around 6 months old.

### Preschool-Age Vision

Between ages 3 and 6, children continue the process of fine-tuning their vision skills. Preschool children develop visually-guided eye, hand and body coordination; general motor skills; and the necessary visual motor skills to learn how to read and write. If no previous vision problem has been detected, your child should have a thorough eye exam by age 3 to ensure vision is

developing properly and to detect any developing eye diseases. If the child remains healthy, his or her next eye exam should be at age 5.

### School-Age Vision

Astigmatism, nearsightedness and farsightedness are the main vision concerns for school-age children. To detect and treat these problems, they should have their eyes checked around age 6 and every two years thereafter if no vision problems exist.

However, if a child requires glasses or contact lenses for refractive errors, he or she should receive a vision exam every year. The basic vision skills a child needs by school age include:

- Near and distance vision
- Eye movement skills
- Focusing skills
- Peripheral vision
- Hand-eye coordination

Parents should bring children in for a complete eye exam and should not rely solely on vision screenings done by a school nurse or pediatrician

### Spotting Eye Problems

Signs that a child may have vision problems include:

- Constant eye rubbing
  - Extreme light sensitivity
  - Poor focusing
  - Poor visual tracking (following an object)
  - Abnormal eye alignment or movement after 6 months of age
  - Chronic eye redness or tearing
  - A white pupil instead of black
- In school-age children, watch for other signs such as:
- Inability to see objects at a distance
  - Inability to read the blackboard
  - Squinting
  - Difficulty reading
  - Sitting too close to the TV

Source: [www.kidshealth.org](http://www.kidshealth.org)



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toys and other  
should provide