



live well, work well

June 2013

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June is National Home Safety Month



Aside from work and school, houses are where people and families spend most of their time, but how many people have taken steps to make their homes safer?

June is national Home Safety Month. According to the CDC, each year more than nine million children under the age of 20 are admitted to emergency rooms across the country.

Home Safety Month is an ideal time to learn about the top causes of household injuries and the steps you can take to prevent them.

If disaster should strike, you can minimize the danger to yourself and your loved ones with a few preventative steps as follows:

- Create an emergency safety plan. Keep your plan simple enough that the youngest

members of your family know what to do without having to find you first, but varied enough to account for the most common disasters in your area. Remember, it's not enough to have a plan if you never practice it.

- Compile an emergency kit. Be prepared for power outages and natural disasters by keeping necessities on hand. Essential items include flashlights, bottled water, nonperishable food and a first aid kit.
- Install smoke alarms on every floor of your house, and near fire hazards like fireplaces and stoves. Test the alarms and batteries regularly.
- Store medicines and toxic products in childproof cabinets and tape the phone number for the local poison control center to the fridge, along with other emergency contacts.

Fireworks Safety

Fireworks are an American tradition and an annual rite of passage. Fireworks, however, especially illegal ones, can also cause serious injury and easily be fatal. There are around 200 firework-related injuries a day reported in the months surrounding the Fourth of July.

To keep you and your loved ones safe this summer, make sure you only buy legal fireworks with a manufacturer's label and store them in a cool, dry place.

Light only one firework at a time, and never place any part of your body directly over a fireworks device. Back up to a safe distance immediately after lighting the fuse.

Never carry fireworks in your pocket or shoot fireworks off in glass or metal containers, and do not relight any that fail. Always keep a supply of water nearby in case of fire and douse all used fireworks with water.

DID YOU KNOW

Sparklers can burn at 2000 degrees Fahrenheit, or as hot as a blow torch.



Three Common Exercise Excuses and How to Beat Them

We all have our reasons for not working out, yet excuses only prevent us from being happy and healthy. Here are some of the most common excuses and ways to overcome them. Remember, no one ever regrets a workout!

Too tired – The first and most common reason to avoid regular exercise evaporates as soon as you push through it the first time. Multiple studies have shown regular physical activity can improve energy.

Too busy – Another popular excuse, it's an easy out to cite scheduling conflicts before shrugging off the gym, but according to the American Heart Association, only 75 minutes of weekly vigorous exercise is needed to improve your health.

Not motivated – Possibly the most difficult excuse to overcome, there are several ways to jumpstart motivation. One of the best is to post a goal using social media. No one likes falling short in front of others, so commit publicly to hold yourself accountable.



Summer Savings Tips

You can save money throughout the year, but the warm temperatures of summer provide a few additional benefits from the long, warm days, as well as challenges that come from staying cool. Here are some solar-powered savings tips sure to help your bank balance.

1. Turn off the air conditioner – Obviously, your air conditioner is no good to you if you never use it, but try to pattern AC use around the weather and time of day. For those times when it's breezy or simply warm, a fan and open windows work just as well and for far less money.
2. Replace air conditioner filters – Dirty filters restrict airflow and can cause the system to run longer, increasing energy usage. Experts recommend changing your filters every 30 to 60 days or more frequently if you have pets or allergies.
3. Take advantage of long daylight hours – One of the best benefits of the long summer days is reducing the need for lighting in your home.
4. Cook outside – Using a stove or oven can create excess heat inside your house. Grilling is one of the best ways to take advantage of the outdoors when the weather is nice—and keeps your indoors cool
5. Let laundry dry outside.
6. Plan ahead for future projects – The end of summer is one of the best times of year for big discounts on home and garden materials.

Baked Fish and Vegetables

While grilling is ideal for summer weather, this baked entrée is one of the healthiest and simplest recipes around, enabling you to spend more time at the beach, while looking great, too.

4 white fish filets (fresh or frozen, total of 16 to 20 oz.)
16 oz. mixed vegetables (frozen)
1 small onion (diced)
1 tsp. lemon juice (or fresh lemon, sliced thin)
1 tbsp. parsley flakes (dried or freshly chopped)
4 10x12 in. sheets of aluminum foil

Preheat oven to 450 degrees. Separate and place fish filets in center of each tin foil square. Combine frozen vegetables and diced onion in a bowl and mix. Spoon vegetables around filets. Sprinkle with lemon juice (or top with lemon slice) and add parsley on top. Fold and bake for 10 minutes.

Yield: 4 servings. Each serving provides 360 calories, 12g total fat, 2g saturated fat, 120mg cholesterol and 130mg sodium.

Source: USDA



Prevention

newsletter ...for the health and well-being
of you and your family.

You need to be proactive to work towards and maintain good health throughout your life. This includes getting regular health screenings, taking preventive medications if necessary and taking other steps for overall good health.

Men: Stay Healthy at Any Age

Establishing and maintaining good health is an ongoing process that you need to take charge of. It is important that you are proactive in managing your health to avoid preventable illnesses and catch other medical conditions early.

Get the Screenings You Need

Screenings are tests that look for diseases before you have symptoms. Examples include blood pressure checks and tests for high cholesterol. You can get some screenings, such as blood pressure readings, in your doctor's office. Others, such as a colonoscopy, will require you to visit a specialist or hospital.

After a screening, ask when you will see results and who you should talk to about them. Here are common screenings you should get:

Abdominal aortic aneurysm. If you are between the ages of 65 and 75 and have ever been a smoker, talk to your doctor or nurse about being screened for abdominal aortic aneurysm (AAA). AAA is a bulging in your abdominal aorta, the largest artery in your body. An AAA may burst, which can cause dangerous bleeding and death.

Colorectal cancer. Have a screening test for colorectal cancer starting at age 50 (or earlier if you have a family history of colorectal cancer). Several different tests can detect this cancer. Talk to your doctor to decide which is best for you.

Depression. Your emotional health is as important as your physical health. Talk to your doctor or nurse about being screened for depression, particularly if recently:

- You have felt down, sad or hopeless.
- You have had little interest or pleasure in doing things you once enjoyed.

Diabetes. Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medication for high blood pressure. Diabetes (high blood sugar) can cause problems with your heart, brain, eyes, feet, kidneys, nerves and other body parts.

High blood pressure. Starting at age 18, have your blood pressure checked at least every two years. High blood pressure is 140/90 or higher, and can cause strokes, heart attacks, kidney and eye problems, and heart failure.

High cholesterol. If you are 35 or older, have your cholesterol checked. Have it checked started at age 20 if:

- You use tobacco.
- You are obese.
- You have diabetes or high blood pressure.
- You have a personal history of heart attack or blocked arteries.
- A man in your family had a heart attack before age 50, or a woman before age 60.



HIV. Talk with your health care team about HIV screening if any of these apply to you:

- You have had unprotected sex with multiple partners.
- You have sex with men.
- You use or have used injection drugs.
- You have or had a sex partner who is HIV-infected or injects drugs.
- You are being treated for a sexually transmitted disease.
- You had a blood transfusion between 1978 and 1985.
- You have any other concerns.

Syphilis. Ask your doctor or nurse whether you should be screened for syphilis.

Overweight and Obesity. The best way to learn if you are overweight or obese is to find your body mass index (BMI). You can find your BMI by entering your height and weight into a BMI calculator, such as the one available at www.nhlbisupport.com/bmi.

Take Preventive Medicines if you Need Them

Aspirin. If you are 45 or older, ask your doctor if you should take aspirin to prevent heart disease.

Immunizations.

- Get a flu shot every year.
- If you are 65 or older, get a pneumonia shot.
- Depending on your health conditions, you may need a pneumonia shot at a younger age or need shots to prevent diseases like whooping cough or shingles.
- Talk with your doctor or nurse about whether you need vaccinations. You can also find which ones you need here: www.cdc.gov/vaccines/recs/schedules/adult-schedule.htm.

Take Steps to Good Health

- ✓ Be physically active and make health food choices. Learn how at www.healthfinder.gov/prevention.
- ✓ Get to a healthy weight and stay there. Balance the calories you take in from food and drink with the calories you burn off by your activities.
- ✓ Be tobacco free. For tips on how to quit, go to www.smokefree.gov. To talk to someone about how to quit, call the National Quitline: 800-QUITNOW (784-8669).
- ✓ If you drink alcohol, have no more than two drinks per day if you are 65 or younger. If you are older than 65, have no more than one drink a day.
 - A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine or 1.5 ounces of 80-proof distilled spirits.

You know your body better than anyone else. Always tell your doctor or nurse about changes in your health, including your vision and hearing. Ask them about being checked for any condition you are concerned about (such as prostate or skin cancer), not just the ones listed here.

Source: The U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality

Establishing
and
maintaining
good health
is an
ongoing
process.

