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THE WELL WORKPLACE[®]

HEALTHLETTER



A Publication Of
The Wellness
Council Of America

★ HEALTH INFORMATION PRESENTED AS IF YOUR LIFE DEPENDED ON IT ★

What Are The Signs And Symptoms

Many people have no signs or symptoms. Symptoms can also be so mild that you might not even notice them. More than five million people in the United States have Type 2 diabetes and do not know it. Here is what to look for:

- **increased thirst**
- **increased hunger**
- **fatigue**
- **increased urination, especially at night**
- **weight loss**
- **blurred vision**
- **sores that do not heal**



What Is diabetes

Diabetes is a disease in which blood glucose levels are above normal. People with diabetes have problems converting food to energy. After a meal, food is broken down into a sugar called glucose, which is carried by the blood to cells throughout the body. Cells use the hormone insulin, made in the pancreas, to help them process blood glucose into energy.

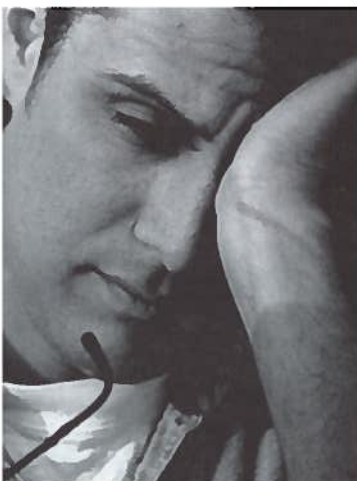
Types Of Diabetes

Type 1 Diabetes. Type 1 diabetes, formerly called juvenile diabetes or insulin dependent diabetes, is usually first diagnosed in children, teenagers, or young adults. In this form of diabetes, the beta cells of the pancreas no longer make insulin because the body's immune system has attacked and destroyed them.

Treatment for type 1 diabetes includes taking insulin shots or using an insulin pump, making wise food choices, exercising regularly, taking aspirin daily (for some), and controlling blood pressure and cholesterol.

Type 2 Diabetes. Type 2 diabetes, formerly called adult-onset or non-insulin dependent diabetes, is the most common form of diabetes. People can develop type 2 diabetes at any age, even during childhood. This form of diabetes usually begins with insulin resistance, a condition in which fat, muscle, and liver cells do not use insulin properly. At first, the pancreas keeps up with the added demand by producing more insulin. In time, however, it loses the ability to secrete enough insulin in response to meals. Being overweight and inactive increases the chances of developing type 2 diabetes. Treatment includes taking diabetes medicines, making wise food choices, exercising regularly, taking aspirin daily, and controlling blood pressure and cholesterol.

Gestational Diabetes. Some women develop gestational diabetes during the late stages of pregnancy. Although this form of diabetes usually goes away after the baby is born, a woman who has had it is more likely to develop type 2 diabetes later in life. Gestational diabetes is caused by the hormones of pregnancy or a shortage of insulin.



Forbidden RICE and Vegetables

Ingredients

- 1 ½ cups forbidden black rice
- 3 cups water
- 2 cups vegetables of choice, finely chopped
- ¾ cup low-fat honey-dijon salad dressing
- ¼ cup pecans, pan-toasted
- ¼ cup green onion, thinly sliced
- 2 Tbsp sesame oil
- ¼ tsp cayenne pepper
- ¼ tsp black pepper

Directions

Place rice and water in a medium pot. Cover with a tight-fitting lid. Bring to a boil, then reduce heat and simmer 30 minutes. Don't peek! Stir cooked rice to break up clumps. Set aside to cool in a large bowl. Meanwhile, cook the vegetables in the two tablespoons of sesame oil. Cool. Combine the vegetables with half of the salad dressing. Add vegetables to cooked rice and stir gently, adding the remainder of the dressing. Mix in toasted pecans and green onions. Season to taste with cayenne and black peppers. Serve chilled or at room temperature.

Nutritional Analysis

Calories 210, Fat 9g (Sat. 1g), Cholesterol 0mg, Sodium 157mg, Protein 5g, Carbohydrate 31g, Dietary Fiber 3g, Sugars 4g

Number of Servings

8



ABOUT **Richard Collins MD**

Dr. Richard Collins, a leading authority and speaker on the prevention and reversal of heart disease, emphasizes the connection between eating well and living long. His delicious low-fat recipes have been shared with millions through his cookbook, videos, and his nationally-renowned cooking seminars. For more information, visit Dr. Collins' website at www.thecookingcardiologist.com.

A HEALTHY RECIPE BY **RICHARD COLLINS, MD**

GINGER-LIME Salmon

GINGER-LIME SALMON

Measure

- 1 ½ lbs
- 2
- 1-inch
- 4 Tbsp
- 2 Tbsp
- 2 Tbsp
- 2 tsp
- 1/8 tsp

Ingredients

- salmon fillet, cut in 4 pieces
- limes
- section fresh ginger root, peeled and thinly sliced
- plant-sterol margarine, well-chilled
- shallots, minced
- rice vinegar
- reduced-sodium soy sauce
- celery seed

Preparation

Preheat the oven to 450°. Place the salmon in the center of a large piece of foil. Lay half the ginger slices on top of the salmon. Cut 2 strips of zest from one of the limes. Set them aside and thinly slice the lime. Place two lime slices on top of each piece of salmon. Seal the foil, making a packet. Bake for 15 minutes.

Place the remaining ginger, the strips of lime zest, shallots, vinegar, soy sauce and celery seed in a medium saucepan and set over high heat. When the liquid has boiled down to 2 teaspoons, reduce the heat to low. Whisk the cold margarine, 1 tablespoon at a time, into the pan.

Slice the second lime. Open the packet of salmon. Discard the cooked lime and ginger. Set each piece of salmon on a dinner plate. Spoon some of the shallot sauce over the salmon. Top with two fresh slices of lime, and serve immediately.

Nutritional Analysis

Calories 273, Fat 15g (Sat. 2g), Cholesterol 65mg, Sodium 193mg, Protein 31g, Carbohydrate 3g, Dietary Fiber 1g, Sugars 1g



EXERCISE (A Common Myth) AND FEEL GREAT!

When we undertake new activities, it's almost always a little awkward at first. The same holds true with exercise. When you begin an exercise program, chances are your body isn't used to it, and it's going to take a little time to adjust to your new healthy habit. The fact is most exercise experts agree that there's an inherent amount of physical discomfort associated with exercise.

Too Much Too Soon

Along with the physical discomfort many Americans experience when beginning to exercise, there is also an increased risk for injury—especially if you're just starting out. After years of sedentary living, muscles and joints can be weak, and doing too much, too soon, can be a recipe for disaster. Consider the fact that emergency rooms treat approximately 1 million sports related injuries every year—and that's just counting the baby boomers! It's a safe bet that these boomers are injured in "weekend warrior" activities, or during their exercise program. Either way, their bodies weren't prepared for the extra stress of physical activity.

Keypoint

Exercise discomfort won't last forever, and by exercising, you'll reap the benefits of a healthier, longer life. Exercise has proven itself time and time again as one of the most important things you can do for yourself. In fact, experts have found that exercise can reduce your risk for things like heart disease, stroke, diabetes, and cancer by as much as 30 to 50%.

How Much Exercise Is RIGHT For Me?

Any amount of regular exercise is better than none. And exercise doesn't have to be strenuous or exhausting to be beneficial.

- It's best to start exercising modestly and build based on your fitness level.
- In fact, like most anything else, too much exercise (to the point of injury, exhaustion or obsession), or exercise that is too extreme for your individual fitness level, can lead to ill effects. Forget about "no pain, no gain." Exercise is about joy, satisfaction, accomplishment and feeling good.

Take The Hurdles In Stride

No one can exercise for you—you have to do it for yourself. Even if you hire a personal trainer to show you what to do and to help you do it, you're the one who has to expend the effort if you hope to collect the rewards.

Source: Consumer Product Safety Commission

Common Sports Injuries

Still got game?

Millions of Americans are hitting the gym, courts, playing fields, and swimming pools. Many will bask in the light of success; unfortunately, many will also bask in the light of an x-ray machine as they are being treated for sports and exercise related injuries that occur each year. The most common exercise injury sites are:

- ▶ Neck
- ▶ Shoulder
- ▶ Back
- ▶ Knee
- ▶ Ankle



To reduce the risk of injury and medical costs, take time off in between exercise sessions so that your muscles get enough time to fully recover. Also, no matter how much you may want to play that weekend softball game, avoid exercise if you have an existing injury. Sports injuries may also be prevented by wearing proper safety gear and staying fit with regular exercise.



5 Tips To Conquer Your Commute



Whether it's a trip across town or an hour each way to work, endless commuting has become second nature to many working Americans. In fact, in order to put in an 8-hour day at work, many of us will travel 30 minutes or more to and from the office. Over the course of one year, this number equates to 240 hours or six 40-hour workweeks.

So, what does all of this extra time on the road mean for you? Well, if you aren't careful, it could lead to an increased risk for accidents, stress, and even serious health conditions. Check out the 5 tips in this article to help you conquer your commute.



Don't get behind.

The most important aspect of a safe and enjoyable commute is time. When we get behind on the drive, our moods suffer and the risks to our safety skyrocket. If possible, try to leave earlier and accept the fact that trying to "make-up" time on the road is a bad idea.



Rollin, rollin, rollin.

Another area that will prove beneficial when trying to conquer your commute is to keep your tires in good condition. There are two easy things you can do that will keep you on the road safely. First, check your tire pressure every time you fuel-up. Low tire pressure will wear your tires out and the extra road friction can cost you big bucks in extra fuel expense. Second, you'll want to get your tires rotated about every 10,000 to 15,000 miles. This will increase the life of your tires and could prevent an unexpected blow out.



Release the rage.

Commuting can either cause or be the result of major stress in our daily lives. One way that you can cut down on the amount of stress caused by commuting is to think of your car as a refuge from the outside world. You can buy a relaxing tape or CD or perhaps try carpooling with your spouse or someone from work. If there are other people in the car, your mind will generally be on the conversation at hand, rather than the guy who just cut you off.





Service engine soon.

Anyone who spends a lot of time on the road will want to take this point to heart. Your vehicle owner's manual will indicate how often you should take your car in for a tune up or regular servicing—heed this advice to the mile! A breakdown on the road is no way to spend your time and it poses obvious safety hazards that we all can do without.



Buckle Up!

It's a no brainer—you've heard it before, but buckling that seatbelt is the best way to help prevent serious injury if you happen to be involved in a motor vehicle accident. BUCKLE UP!



The "Gauge Your Rage" Quiz

When you're behind the wheel, do you:

- Commonly feel stress?
- Listen to loud music?
- Tend to go through yellow and red lights?
- Honk your horn at motorists to communicate?
- Make obscene gestures to other drivers?
- Use the phone?
- Eat?
- Worry about being late?
- Speed?
- Merge without signaling?
- Tailgate the car in front of you?

If you answered yes to any of the above, your safety and the safety of those around you may be at serious risk.

Long-Term

STRESS

Is Bad For
Your Health

Some experts think that stress may cause 50% of all disease. Stress contributes to the first and second leading causes of death—heart disease and cancer. It's also a factor in migraines, digestive problems, mental illness, chronic insomnia, fatigue, high blood pressure, asthma, allergies, ulcers, tooth decay, and the common cold.

We're not talking about one incident. It's chronic stress—day in, day out—which can harm your immune system, making you more prone to accidents, illness, and plain old unhappiness.

Many of us have come to accept stress as normal—doesn't everyone complain about how busy they are?

That doesn't make it okay. Take a look at your stress levels, what causes your stress, and what you can do about it.



Simplify

Your Life

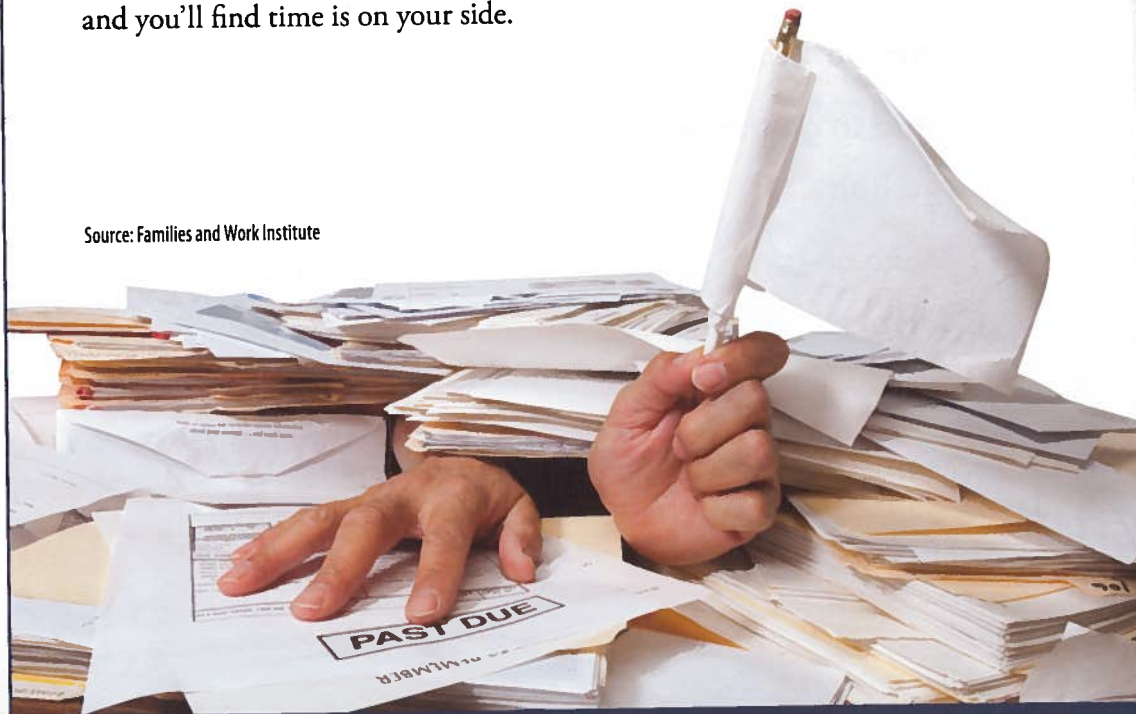
Note to
Self:

Most of our lives are filled with clutter—stacks of paper, bills, and other should-be-organized stuff. But how does all that clutter affect your time? To illustrate, consider the following example: on a typical workday, a person with a cluttered work area will spend an hour and a half simply looking for things or getting distracted. Over the course of a year, that's a month and a half of lost time. Consider the following suggestions for taking the clutter out of your day.

- **Cancel subscriptions to magazines you never read.** These just add to your list of things you'd LIKE to do—more importantly, it's a waste of money.
- **Set up automatic bill payments.** This process will help alleviate late payments, save you time, and save money on postage.
- **Say no when necessary.** You can't always please everyone, so realize you don't have to take on every project or responsibility.
- **Simplify your wallet or purse.** Take out those unused, unnecessary credit cards and other items that you don't use. The less clutter, the better.
- **Consolidate your debt.** Combine your debts and search for one low interest rate. Not only will this save you money, it will save you time.

Organization is not glamorous, nor is it commonly thought of as a time-saver. However, clutter is the companion of inefficiency. Make organization a priority and you'll find time is on your side.

Source: Families and Work Institute



Stomach Standards:

How To Manage Abdominal Pain



Most abdominal pain is not serious, although it can be extremely uncomfortable. Diarrhea, constipation, and excessive gas are common causes of abdominal pain. Fortunately, these conditions can be treated at home using simple self-care techniques. Treatment depends on which of these conditions you are experiencing.

Signs & Symptoms

Oftentimes, the symptoms of diarrhea, constipation, and gas can be similar, and may even be experienced together. Take a closer look at the symptoms outlined here to determine which condition you may be experiencing.

Diarrhea

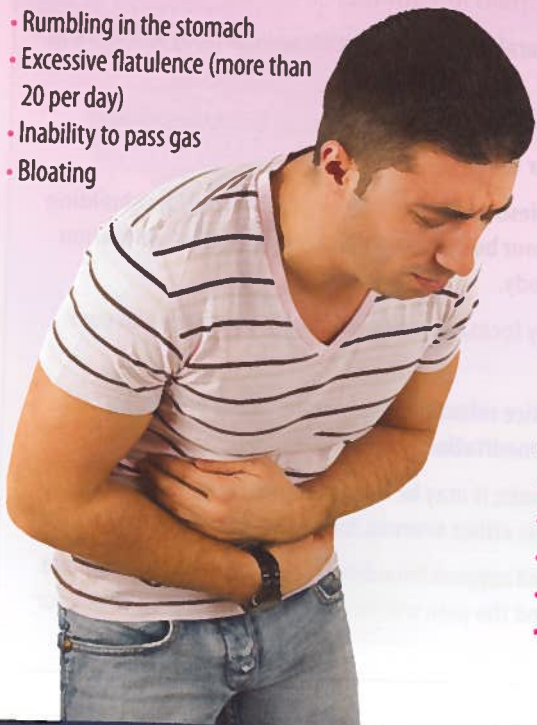
- More than 3 or 4 loose watery stools per day
- Cramping and pain in the abdomen
- Bloating

Constipation

- Difficulty passing stools
- Firm, hard bowel movements
- Cramping or pain in the abdomen

Gas

- Rumbling in the stomach
- Excessive flatulence (more than 20 per day)
- Inability to pass gas
- Bloating



Home Treatment

Home treatment for most abdominal pain is relatively straightforward, and most often involves taking an over-the-counter medication to relieve symptoms.

Diarrhea

- Drink eight, 8 oz. glasses of water or other clear fluids such as clear soda, juices, or tea each day.
- As your diarrhea clears, add semi-solid and low-fiber foods to your diet.
- Avoid dairy products, fatty, or seasoned foods.
- Stay away from caffeine and nicotine.
- Try an over-the-counter medication such as Pepto-Bismol or Imodium.

Constipation

- Eat on a regular schedule if possible, and consume more high-fiber foods such as fruits and vegetables.
- Drink eight, 8 oz. glasses of water or other clear fluids such as clear soda, juices, or tea each day.
- Increase your level of physical activity.
- If necessary, try a laxative such as Metamucil or Milk of Magnesia. (Follow label directions, as excessive use of laxatives can be harmful and may worsen your constipation).

Gas

- Avoid eating spicy or fatty foods.
- Increase your level of physical activity.
- Eat slowly, and avoid excessive air intake.
- Cut down on carbonated drinks and beer.
- Avoid lying down immediately after eating.
- Increase your level of physical activity.
- Try an over-the-counter medication such as Gas-X to relieve symptoms.

When To Seek Care

Most abdominal pain is more of an annoyance than a serious medical condition. However, there are times when your condition may indicate the presence of a more serious health problem. Seek medical attention if you're experiencing any of the following symptoms..

Diarrhea

- If you have diarrhea that lasts longer than one week
- If you become dehydrated—symptoms include little or no urination, weakness or dizziness, and an excessively dry mouth
- If stools are bloody
- If you have a fever of 101.5°F or higher with diarrhea

Constipation

- If stools are thin and pencil-like (can indicate the presence of a tumor in the lower bowel)
- If your constipation lasts longer than three weeks
- If stools are bloody
- If you are reliant on laxatives for bowel movements

Gas

- If your gas is accompanied by crushing or squeezing chest pain (possible sign of a heart attack)
- If gas is associated with pain that spreads to the upper abdomen, back, jaw, or arms (possible sign of a heart attack)
- If your gas is accompanied by severe, steady pain in the upper abdomen

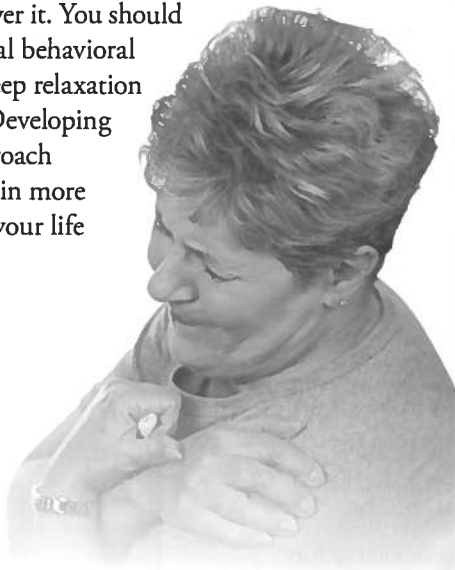


Disease And Pain Management

Aging brings many rewards and challenges; one of the most common challenges is pain. Short-term pain, less than 3 months, is typically related to an acute episode of some problem, and usually goes away with the assistance of simple over the counter medications. Pain longer than 3 months presents more significant issues. This pain is usually caused by an underlying chronic problem. Specific treatment and rehabilitation, including complimentary or integrative medicine, may eliminate the pain and bring you back to work at your pre-problem level. But, sometimes you must learn to deal with pain that will not go away.

Living With Pain

A pain-free life may be unrealistic, but developing a lifestyle that reduces pain and increases a sense of control over pain is a realistic goal. You should think about how you can improve your body's functioning, and minimize intentional damage. General recommendations about overall health including daily physical activity, maintaining normal weight, and improving your diet are very important for general pain management. Your mind also plays a major role in how you cope with pain, and you can change your thinking to make pain more manageable. Reducing stress, building strong relationships, and focusing your attention on the pain is a strong beginning. By paying attention to pain, you gain some awareness of its scope, and increase your sense of control over it. You should also develop several behavioral skills including deep relaxation and meditation. Developing a mind/body approach will make your pain more manageable, and your life more enjoyable.



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INTERACTIVE MINDS

Managing Your Pain And Your Life

Use your mind and body to manage pain. Do these simple but important things, and you will increase your control over the pain in your life.

1. **Improve your overall physical condition so your body will work as it was designed.**
2. **Keep your weight within normal range, as that stresses your body the least over time.**
3. **Eat quality wholesome foods, as they provide fuel for rebuilding and rebalancing your body systems and can reduce inflammation throughout the body.**
4. **Reduce stress by focusing your work and life activities on your priorities.**
5. **Learn and practice relaxation techniques: deep breathing, mental imaging, meditation, yoga.**
6. **Listen to your pain; it may be a clue to something that needs adjusting in your life; either overuse, underuse, or emotional tension.**
7. **Finally, have and support friendships, increase the pleasure and joy in your life, and the pain will move into the background of your existence.**