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A PUBLICATION BROUGHT TO YOU BY WELCOA AND HEALTHFORCE PARTNERS

Checking At Home

You can check your blood pressure at home with a home blood pressure measurement device, or monitor. It is important that you understand how to use the monitor properly. Your doctor, nurse, or pharmacist can help you check the monitor and teach you how to use it correctly. You also may ask for their help in choosing the right blood pressure monitor for you. Blood pressure monitors can be bought at discount chain stores and pharmacies. Below are additional things to do when taking your blood pressure at home:

- ✗ Sit with your back supported and your feet flat on the floor.
- ✗ Rest your arm on a table at the level of your heart.
- ✗ Take two readings, at least 2 minutes apart, and average the results.

Some people's blood pressure is high only when they visit the doctor's office. This condition is called "white coat" hypertension. If your doctor suspects this, you may be asked to check and record your blood pressure at home with a home monitor. Another way to check blood pressure away from the doctor's office is by using an ambulatory blood pressure monitor. This device is worn for 24 hours and can take blood pressure every 30 minutes.

how do you know if you have High Blood Pressure

Only your doctor can tell you if you have high blood pressure. Most doctors will check your blood pressure several times on different days before deciding that you have high blood pressure. A diagnosis of high blood pressure is given if repeated readings are 140/90 or higher or 130/80 or higher if you have diabetes or chronic kidney disease.

Having your blood pressure tested is quick and easy. Your doctor or nurse will use some type of a gauge, a stethoscope (or electronic sensor), and a blood pressure cuff, also called a sphygmomanometer (sfig-mo-ma-NOM-e-ter).

Blood pressure readings are usually taken when you are sitting or lying down and relaxed. Below are things you can do before going to get your blood pressure taken:

- Do not drink coffee or smoke cigarettes 30 minutes before having your blood pressure taken.
- Wear short sleeves.
- Go to the bathroom before the reading. Having a full bladder can change your blood pressure reading.
- Sit for 5 minutes before the test.
- You should ask the doctor or nurse to tell you the blood pressure reading in numbers.

Sweet Potato Fries, a.k.a. "Sweeties"

Contrary to popular belief, the majority of calories in french fries actually comes from the fat, not the carbohydrates. Sweet potatoes, even though "sweeter" in taste than white or red potatoes, have approximately the same number of carbohydrates per ounce. These fries are baked, which spares you more than 50 percent of the calories found in regular deep-fried fries.

Ingredients

2 large sweet potatoes, washed and peeled
Salt to taste (optional)
Oil cooking spray
Parchment paper

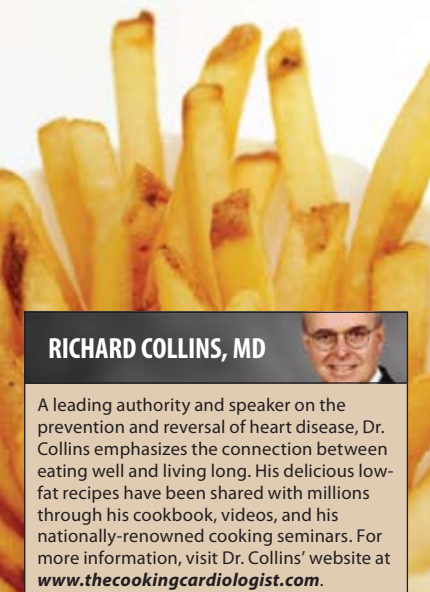
Directions

Preheat oven to 400°. Cut potatoes lengthwise into finger-like pieces or use a french fry cutter. Line a baking sheet with parchment paper and lightly spray with cooking oil. Arrange potatoes in a singly layer, not touching. Lightly spray the potatoes with cooking oil. Sprinkle with salt. Bake until golden brown, about 25 minutes. Turn once and adjust baking time as the potatoes brown.

Nutrition

Calories: 136, Total Fat: 0g, Cholesterol 0mg, Sodium 17mg, Carbohydrate 32g, Protein 2g

Number of Servings: 2



RICHARD COLLINS, MD



A leading authority and speaker on the prevention and reversal of heart disease, Dr. Collins 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

THE BEST BLT SANDWICH (OR SALAD)



The Best BLT Sandwich (or Salad)

Measure

| | |
|----------|-----------------------------------|
| ¼ cup | fat-free mayonnaise |
| 1 Tbsp. | rice vinegar |
| 2 Tbsp. | fresh basil, chopped |
| 1 | garlic clove (optional) |
| ½ tsp. | dry mustard powder |
| ½ tsp. | curry powder |
| ½ tsp. | red pepper flakes |
| 2 slices | cooked un-cured turkey bacon |
| 2 slices | whole-wheat bread |
| ½ cup | lettuce, coarsely chopped or torn |
| 3 slices | tomato |

Nutritional Analysis

Calories 261, Fat 4g (Sat. 1g), Cholesterol 30mg, Protein 14g, Sodium 1,046mg, Carbohydrate 42g

Here is a spicy BLT with a twist! Un-cured turkey bacon is lower in salt than regular salted-pork bacon and has only 0.5 grams of fat. This recipe can be made as a salad depending upon the arrangement of the breads and lettuce. For a vegetarian version, substitute soy-based strips for the turkey bacon.

Preparation

For the dressing, combine mayonnaise, rice vinegar, basil and garlic in a small bowl. Chill in the refrigerator. Combine the mustard powder, curry powder and red pepper flakes. Sprinkle evenly over the turkey bacon. Place the turkey bacon in the bottom of a microwave-safe dish and cover with a paper towel. Microwave for 3 minutes until bacon is crisp. Toast the bread. Build your sandwich by layering all ingredients between the toasted bread.

Number of Servings:

1

Stretching and Flexibility for The Older Adult

Stretching and flexibility is not only useful for younger adults, but it is very important for older adults. Many older adults find that they lose flexibility as they age. In fact, flexibility can decrease by up to 30% with age. Stretching can actually help maintain flexibility. Stretching and flexibility allow an older adult to remain independent and maintain an active lifestyle.

Benefits of Stretching for the Older Adult

There are many benefits of stretching for an older adult's lifestyle. These may include:

- **MUSCLE STRENGTH:** Improvement of upper body and lower body strength in arms and legs.
- **FLEXIBILITY:** Aging leads to the loss of flexibility over time, but stretching leads to greater flexibility. Greater flexibility gives you a better range of motion allowing your muscles and joints to move at their full potential.
- **BALANCE:** It is important to maintain balance because this will help reduce the risk of falling. Stretching has been shown to reduce the risk of falling by 38%.
- **PAIN MANAGEMENT:** Stretching on a regular basis will help you reduce the amount of pain you feel in your body.
- **ACTIVITIES OF DAILY LIVING:** Mobility and improvement of balance through stretching will lead to the ability to maintaining independence. Maintaining independence allows you to carry out an active lifestyle.



Guidelines For The Older Adult

- **FREQUENCY:** Stretch your muscles at least daily to maintain the best range of motion.
- **DURATION:** Try and hold each stretch for 30 seconds for each muscle. If you are just starting out, stretch for 10-15 seconds initially and then gradually increase the length of time you hold your stretch to 20-30 seconds.
- **FEELING:** It is important that you stretch your muscle and not injure it. Remember to stretch the muscle only until you feel slight discomfort. Stretching should not hurt.
- **ARTHRITIS:** If your arthritis interferes, you may want to try stretching in a warm swimming pool. The water warms your muscles and creates weightlessness, taking the pressure off your joints and this should help you perform the stretches a little more comfortably.
- **CHECK WITH YOUR DOCTOR:** Although stretching will increase your flexibility, it is important to check with your doctor before participating in any type of stretching program. This way, you can get your doctor's support and advice as you take charge of your health.

*Information collected and provided by
The Fisher Institute, Ball State University*

It's All In The Family

How Your Family History Influences Your Health and Well-Being

Most of us know that we can lower our chances of having health problems by being physically active, eating health foods, and not smoking. But did you know that your family history strongly influences your risk of developing certain health conditions. Everyone's family health history is different, and you cannot change the body you were given. Your hair color, eye color, and height are all inherited from your parents. Unfortunately, so were your risks for certain health problems. You may have noticed that some of your relatives are healthier than others. Some family members may even have the same kinds of health problems. By knowing your family's health history, you can identify your risk for getting certain health conditions, and more importantly, learn how to lower that risk.

What Is So Special About Family Health History?

A family health history is a record of illnesses and chronic diseases that family members have. Charting your family health history can help you identify the health risks you may face in the future. This health history can also help your doctor determine steps that will help you to manage or prevent conditions that appear to run in your family. Take your family health history with you to your doctor's visits.

Collecting Information For Your Family Health History.

The three most common ways to collect your family health history are telephone calls, talking directly with your relatives, or e-mail surveys. Ask your relatives questions about your family's medical conditions and diagnosis dates, health habits (like smoking, eating, diet, and exercise), birth dates, and dates of death. For most people, making a family health history will involve talking to many family members and collecting a lot of information.

A family health history can also help you:

- ▶ Get a clear diagnosis of a medical condition that you may appear to be at risk for.
- ▶ Find out what you can do to maintain a lower risk of developing common diseases.
- ▶ Highlight the tests your doctor should be aware of if you are at an increased risk.
- ▶ Identify other relatives at risk of developing common chronic diseases.
- ▶ Establish the risk of health conditions that you can pass on to your children.

Examples Of Questions You Can Ask Your Family...

1. What serious health conditions have you or your relatives been diagnosed with (heart disease, cancer, depression, diabetes, Alzheimer's, allergies, asthma, birth defects, and obesity)?
2. Has anyone recorded health conditions that run in the family?
3. What is the racial and ethnic background of our family (Some conditions run in certain races and ethnicities)?
4. Have you ever been diagnosed with a specific chronic disease (Health diseases, cancer, depression, diabetes, Alzheimer's, allergies, asthma, birth defects, and obesity)?
5. At what age did you develop the disease?
6. How many family members have died of a serious disease?
7. Were these family members brothers, sisters, mothers, or fathers?
8. Were these family members aunts, uncles, cousins, grandparents, or great grandparents?
9. When were family members diagnosed with a serious disease?
10. At what stage was the serious disease detected?
11. Did they die from the disease? If so, at what age?
12. Do any of our family members go for regular health screenings for particular chronic diseases?



Great Aunt Susan M.

- High Blood Pressure
- Diabetes

Uncle James Arnold

- Died from stroke.

What Should I Know Before I Sign The Membership Agreement?

As you choose to become a member of a club, you can expect to sign an agreement, indicating the length and terms of membership, as well as payment procedures and club policies.

1. Examine the agreement carefully. Make sure all verbal agreements are spelled out in writing.
2. Understand the length of term. Are you agreeing to a multi-year membership, an annual membership, or a month-to-month membership? Do not agree to sign up for a lifetime membership; they are illegal in most states.
3. Thirty-seven states specifically regulate the maximum length of contract and cancellation provisions. To find out the applicable laws in your state, call your state consumer protection agency or attorney general's office.
4. Be aware that it is standard policy to offer a "cooling off" period – usually the three days after signing up for a membership, during which you may cancel the agreement without penalty. Also become familiar with other cancellation provisions that are in the contract, provided by law, so you know the policy in case you become disabled or move.
5. Ask if the club will "own" your contract, or if they will sell it to a third party. In the latter case, the club may have less incentive to provide good service and encouragement to stay with your exercise program. Also, it can be difficult to cancel a contract when a third party takes over.
6. Check with the Better Business Bureau to see if complaints have been filed against the club.

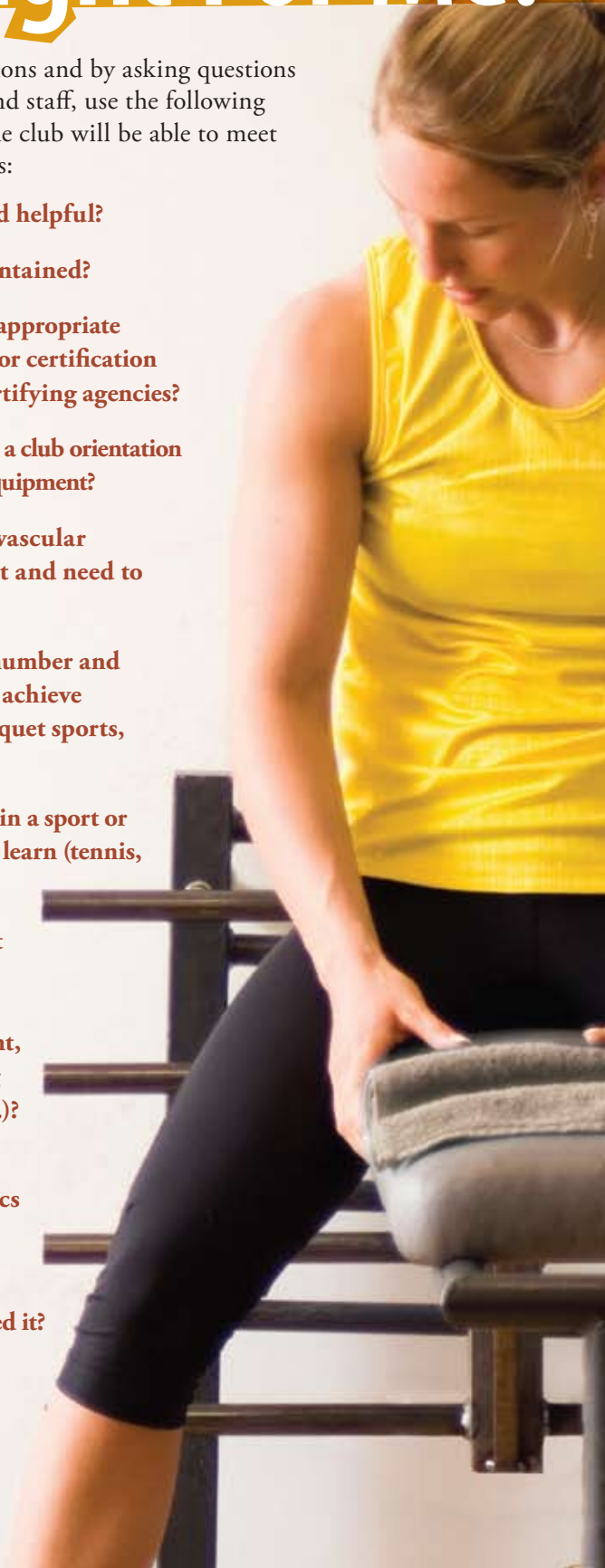
Citation: <http://www.healthclubs.com/choosing/body7.html>
A Service of IHRSA

How Do I Choose A Health Club That's Right For Me?

Through your own observations and by asking questions of current club members and staff, use the following checklist to determine if the club will be able to meet your fitness, social, and safety needs:

- ★ **Are staff members friendly and helpful?**
- ★ **Is the club clean and well-maintained?**
- ★ **Do fitness staff members have appropriate educational backgrounds and/or certification from nationally-recognized certifying agencies?**
- ★ **Are new members provided with a club orientation and instruction on how to use equipment?**
- ★ **Does the club have the cardiovascular resistance equipment you want and need to achieve your fitness goals?**
- ★ **Does the club offer sufficient number and variety of programs for you to achieve your fitness goals (aerobic, racquet sports, basketball, etc.)?**
- ★ **Does the club offer instruction in a sport or activity that you might want to learn (tennis, squash, swimming, etc.)?**
- ★ **Does the club offer a sufficient number and variety of programs for you to achieve other goals (stress management, weight management, smoking cessation, social activities, etc.)?**
- ★ **Are there long lines at the equipment, or crowded aerobics classes, at the time that you would be using the club?**
- ★ **Is child care available if you need it?**
- ★ **Is there adequate parking available if you need it?**

Citation: <http://www.healthclubs.com/choosing/body6.html>
A Service of IHRSA



about ARTHRITIS

Arthritis is a chronic condition that can cause a great deal of pain and severely limit an individual's activities. Arthritis

is much more common in older adults, but the perception that the disease is a condition that only affects older adults is off base. In fact, most people with arthritis are younger than 65, and nearly 300,000 children are affected by arthritis as well.

Arthritis is a disease of the joints, and causes the membranes, cartilage, and tissues around the joints to become inflamed. After prolonged inflammation and breakdown, joints can become severely damaged, causing permanent disability.

At this time, the cause of arthritis is not known; although researchers are investigating the possibility that a virus may cause the body's immune system to attack the joints. There is no cure for arthritis; however, it can be effectively managed using self-care techniques.

Signs & Symptoms

There are more than 100 different types of arthritis. Osteoarthritis, rheumatoid arthritis, and gout are the most common forms. Osteoarthritis causes cartilage to break down resulting in bones rubbing together. Rheumatoid arthritis causes the tissues lining the joints to become inflamed leading to disability. Gout is a disease caused by the deposit of uric acid crystals in the joints. The symptoms of these three common forms of arthritis include the following.

Symptoms

- Pain or stiffness of joints (especially in the knees, fingers, hips, and feet)
- Swelling of joints
- Sudden and strong pain
- General stiffness in the mornings, or after prolonged rest
- Redness or heat surrounding a joint

Risk Factors

- A possible genetic predisposition to arthritis
- Being female
- Being between the ages of 50 and 70
- Having experienced an injury to a joint
- Long-term wear and tear on joints

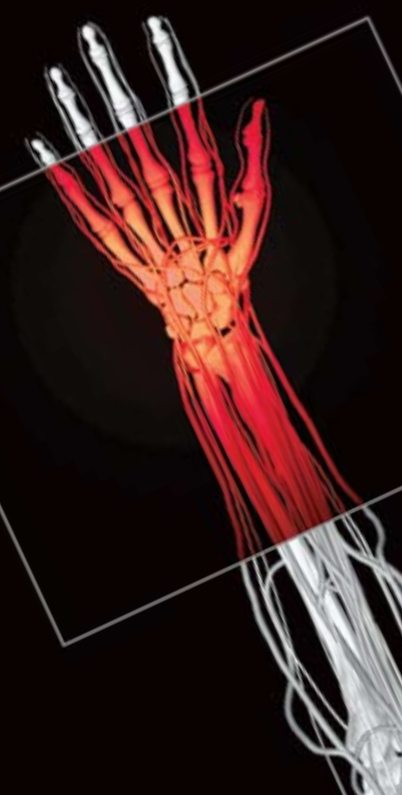
Source: WELCOA's Lifestyle Management Guide:
Chronic Conditions

When to Seek Care

Because arthritis can be a serious chronic condition, it's important that you involve your healthcare provider in the decision making process. You'll especially want to call your healthcare provider if you exhibit any of the following symptoms.

- ✗ If pain and swelling in and surrounding the joints comes on suddenly with no explanation
- ✗ If joint pain is associated with fever or rash
- ✗ If the joint is so inflamed and painful that it's impossible to use
- ✗ If your pain does not improve after six weeks of self-care

Source: WELCOA's Lifestyle Management Guide:
Chronic Conditions



Time-Out Guidelines for Parents

What Is Time-Out?

Time-out is a way of disciplining your child for misbehavior without raising your hand or your voice. Time-out involves removing your child from the good stuff in life, for a small amount of time, immediately following misbehavior. Time-out for children is similar to penalties used for hockey players. When a hockey player has misbehaved on the ice, he is required to go to the penalty area for two minutes. The referee does not scream at, threaten, or hit the player. He merely blows the whistle and points to the penalty area. During the penalty time, the player is not allowed to play, only watch. Time-out bothers hockey players because they would rather play hockey than watch. Keep this hockey comparison in mind when using time-out for your child. Children usually do not like time-out because they would rather play than watch other kids play. So when you use time-out in response to a misbehavior, remove your child from whatever he or she is doing and have him or her sit down.

Where Should The Time-Out Area Be Located?

You do not have to use the same location each time. Just make sure the location is convenient for you. For example, using a downstairs chair is inconvenient when the problem behavior occurs upstairs. An adult-sized chair works best, but a step, footstool, bench, or couch will also work. Make sure the area is well-lit and free from all dangerous objects. Also make sure your child cannot watch TV or play with toys.

How Long Should Time-Out Last?

The upper limit should be one quiet minute for every year your child has been alive. So if you have a 2-year-old, aim for two quiet minutes. Keep in mind, children do not like time-out, and they can be very public with their opinion. So it may take some time to get those two minutes. This is especially true in the beginning when children do not know the rules and still cannot believe you are doing this to them. For some reason, the calmer you remain, the more upset they are likely to become. This is all part of the process. Discipline works best when you administer it calmly.

So, do not begin the time until your child is calm and quiet. If your child is crying or throwing a tantrum, it does not count toward the required time. If you start the time because your child is quiet but he or she starts to cry or tantrum, wait until your child is quiet again and then start the time over. Do not let your child leave time-out unless he or she is calm; your child must remain seated and be quiet to get out of time-out. Some programs suggest using timers. Timers can be helpful but are not necessary. If you use one, remember the timer is to remind parents that time-out is over, not children.

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Girls and Boys Town

Citation: http://www.parenting.org/precious/p_current.asp

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WORKPLACE HEALTH SOLUTIONS



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INTERACTIVE MINDS

Time-Out Overview

Time-out is a way of disciplining your child for misbehavior without raising your hand or your voice. Here are some things to consider when implementing time-outs in your family.

1. Choose time-out areas.
2. Explain time-out.
3. Use time-out every time the problem behaviors occur.
4. Be specific and brief when you explain why your child must go to time-out.
5. Do not talk to or look at your child during time-out.
6. If your child gets up from the chair, return him or her to the chair with no talking.
7. Your child must be calm and quiet to leave time-out once time is up.
8. Your child must answer "yes" politely when you ask, "Would you like to get up?"
9. If you wanted your child to follow an instruction, give him or her another chance after time-out is over. And, in general, deliver a few other easy-to-follow commands so your child clearly learns who is in charge and who is not.
10. Catch them being good.

Citation: http://www.parenting.org/precious/p_current.asp