

Healthcare Insights

Quarterly Newsletter for Employee Wellness
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Healthcare Vision



Did you know?

- 1 in 2 women and 1 in 4 men over the age of 50 will break a bone because of osteoporosis.
- Bending forward from the waist and twisting of the spine are NOT safe for those with osteoporosis.
- Men with low testosterone or estrogen and women who experience early menopause are at increased risk for osteoporosis.

Go Green!

Compete with co-workers to see who can get fit by going green!

Enjoy lunch by walking instead of driving to restaurants near work, eat more in-season fruits and veggies, or consider biking to work. It's all good for your health and your environment.

Save some green, too!

Cut costs (and maybe a few pounds) by bringing a healthy brown bag lunch to work. Pack in some healthy spring treats, like grapefruit and kiwi!

Building Healthy and Strong Bones for Life

Regardless of age, everyone needs to be aware of bone health. The National Osteoporosis Foundation (www.nof.org) estimates 34 million Americans are at risk, while 10 million Americans have full blown osteoporosis. Eight million of those affected are women.

People with osteoporosis are more susceptible to fractures, some of which can be debilitating. Other issues include excruciating pain, decreased quality of life, and limited physical ability, which can lead to depression. There are ways to strengthen bone health and improve bone density:

- Get enough calcium and vitamin D daily [*Adults UNDER 50 require 1,000 mg of calcium and 400-800 international units (IU) of vitamin D; Adults OVER 50 need 1,200 mg of calcium and 800-1,000 IU of vitamin D*].
- A combo of strength training 2-3 times a week, weight bearing aerobic activity 30 minutes a day most days of the week, and flexibility and balance exercises daily can promote bone health (www.mayoclinic.com).
- Eat fruits and vegetables that are rich in nutrients that support bone health, such as

magnesium, potassium and vitamin K.

Studies also show that smoking, certain medications, and high amounts of alcohol, caffeine, sodium, and non-dairy animal protein can actually impair bone health.

If you have been diagnosed with osteoporosis, then disease management is crucial to preventing broken bones and delaying disease progression:

- Work with your healthcare provider, who will look at your medical history, physical exam, and bone density test to determine a specific plan of treatment.
- Get the recommended amounts of calcium and vitamin D. A glass of skim or low fat milk contains 300 mg per glass, while a slice of low fat cheese contains about 200 mg.
- Work with a physical therapist, occupational therapist, exercise physiologist, or personal trainer. Professionals can help you design a safe exercise plan that helps you avoid falls and broken bones through posture and movement.

Monthly Tips & Health Reminders

■ **April:** Observe Occupational Therapy Month by looking around your worksite. Is it designed safely? Does your posture or certain repetitive motions cause discomfort?

Check if someone at your workplace understands office ergonomics and ask him or her to evaluate your work area. Simple changes can make a huge difference in avoiding injuries.

■ **May:** May is National Osteoporosis Awareness and Prevention Month, as outlined above. May is also Mental Health Month. Reports show

that 1 in 4 people have a treatable emotional health condition. Emotional health is vital for overall wellness and essential for coping with challenges. Learn more at www.liveyourlifewell.org.

■ **June:** Celebrate National Cancer Survivor's Day on June 3rd. Help a family member or friend celebrate their life by spending time together and having fun.

Visit www.ncsd.org to find an official event near you.

Also, take time to reflect on your own health needs and schedule your screenings.

■ **Spring Nutrition Tips:** Are you getting enough calcium and vitamin D in your diet? If not, a few simple changes could get you there.

Swap out your soda with dinner for a glass of low fat or fat free milk. If you are a fan of juice, look for vitamin D and calcium fortified orange juice.

Try making a parfait dessert. Simply take low fat or fat free vanilla yogurt, add some mixed berries, and a spoonful of chopped nuts or granola. It's a refreshing and healthy treat for a sunny Spring day.

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