

# WELL AT WORK . . .



# WELL AT HOME . . .



## TIPS on WELLNESS

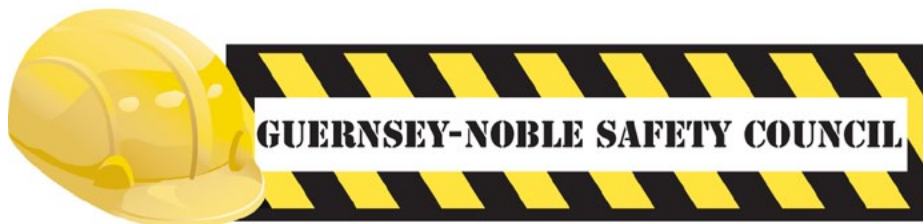
- ♦ Maintain good health through eating
- ♦ Stay strong with exercise
- ♦ Monitor your health to stay well
- ♦ Wellness tipson common diseases
- ♦ ResourceS



Bureau of Workers' Compensation

This publication was compiled by the Guernsey-Noble Safety Council Steering Committee, with funding provided by the Ohio Bureau of Workers' Compensation Division of Safety and Hygiene. We hope employers will share this information with their employees.





## "Well at Work, Well at Home / Well at Home, Well at Work"

In August 2014, the Ohio Bureau of Workers' Compensation offered a health and wellness initiative through their Ohio Safety Council Program aimed at "improving the health and wellness of Ohio's workforce." This initiative provided funds to the Guernsey-Noble Safety Council, to be used to incorporate health and wellness education into our current and upcoming safety programs.

We know that many of our members do not have active health and wellness programs for their workforce. With this in mind, we have developed this wellness publication for you to share with your workforce. The selection of articles that we have compiled is based on feedback we have received from several area agencies as well as studies defining the needs in our counties. We have also included topics that address the commonly recognized health risks that can be modified to prevent disease.

As an employer it is widely recognized that promoting wellness in the workforce results in the following benefits to your business:

- Increased productivity
- Reduced absenteeism
- Reduced healthcare cost
- Reduced Workers' Compensation costs
- Improved workplace morale
- Employees and their families benefit, as well, when they embrace a healthy lifestyle.

The Guernsey-Noble Safety Council hopes that you find this publication useful in helping your employees aspire to their best health and fitness, a.k.a. "Wellness."

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# TABLE of CONTENTS

Health and Wellness: Why it Should be a Priority .....	4
<b><i>Health and Wellness Topics</i></b>	
Nutrition: Making Food Choices for a Healthy Lifestyle.....	5
Nutrition: Breakfast is the Most Important Meal of the Day .....	6
Nutrition: Are Your Kids Getting the Right Nutrients at School? .....	6
Nutrition: Healthy Fast Food Choices.....	7
Fitness: Part of a Healthy Lifestyle .....	8
Fitness: I Just Don't Have Time.....	9
Fitness: If the Shoe Fits.....	10
Back Pain: Fight it With Prevention! .....	11
Low Back Pain: How is it Treated? .....	12
High Blood Pressure: The Silent Killer .....	13
Cholesterol: Why is it Important?.....	14
Diabetes: A Very Serious Disease .....	15
CDC Prediabetes Screening Test.....	16-17
Freedom from Smoking .....	18
Smoking: You CAN Quit! .....	19
Stress: Controlling it Can Improve Your Health .....	20
?????????.....	21
The Modern Science of Sleep, Snoring, and Sleep Apnea .....	22-25
Skin Cancer: Know the Facts .....	26-27
<b><i>Strategies for Companies</i></b>	
BWC Wellness Grant.....	28
Guernsey-Noble Safety Council .....	29
<b><i>Spotlight on Local Company Wellness Programs</i></b>	
Colgate Palmolive.....	30
LMI Mixing .....	31
Southeastern Med .....	32
Local Social Services .....	33-34
Wellness Word Search .....	34
References .....	35



# HEALTH and WELLNESS

## Why it Should be a Priority

### COST

**T**

he cost of health care is increasing and will continue to increase. Employers are spending more today than ever on their employees, and employees are spending more than ever on their own health. Most of the cost can be attributed to lifestyle choices.

Recent studies have identified the top five health issues in our area:

- Cancer
- Overweight and obesity
- Heart Disease and high blood pressure
- Diabetes
- Mental Health

In this study, participants identified the following high risk behaviors related to poor health:

- Drug abuse
- Poor eating habits
- Tobacco use
- Lack of Exercise

85% of health care claim costs are attributed to 50% of the population who have three or more high risk lifestyle behaviors:

- 66% of Americans report having an unhealthy diet
- 50% of Americans are inactive
- 33% of Americans are overweight
- 33% of Americans are obese
- 28% of Americans smoke
- 6% of Americans are extremely obese

We can work together to help reduce health care costs.

### CONTROL

Health risks increase with age, especially those related to behaviors we can change. The solution is to slow the decline of health by developing healthier behaviors.

The TOP MODIFIABLE HEALTH RISKS that lead to disease are:

***\*Inactivity***

***\*Overweight/obesity***

***\*Stress***

***Back Pain***

***\*Disease/pharmaceutical compliance***

***\*Tobacco use***

***Diabetes***

***\*Substance abuse***

***\*Poor standard of care***

***\*Poor diet***

***Alcohol consumption***

***\*Lack of sleep***

***\*Lack of health screening***

***\*High Cholesterol/Triglycerides***

*(The items marked with an asterisk (\*) are major predictors of future illness.)*

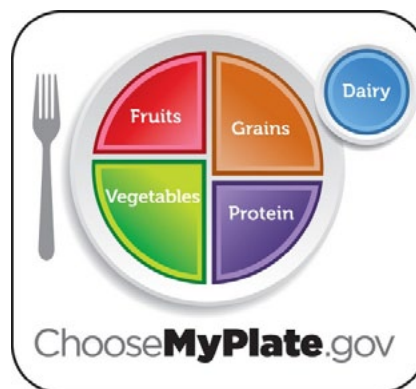
## NUTRITION: Making Food Choices for a Healthy Lifestyle

Adapted from USDA Center for Nutrition Policy and Promotion



aking good food choices is not difficult if you use these “10 tips to a great plate:”

1. Balance calories. Find out how many calories YOU need each day to maintain your weight. Being physically active can burn calories to help balance the calories that you eat.
2. Enjoy your food but eat less. Take your time when you eat. Chew your food thoroughly; it is the first step in the digestion process. Pay attention to hunger and fullness cues to know when to eat, or when you have had enough.
3. Avoid oversized portions. Use a smaller plate, portion out foods before you eat, or share a dish, or plan to save some to take home.
4. Foods to eat more often: vegetables, fruits, whole grains, fat free or 1% milk, and low fat dairy products.
5. Make half your plate fruits and vegetables. Choose brightly colored vegetables, such as tomatoes, sweet potatoes, broccoli, and other red, orange, or dark green vegetables. Fruits can be part of the main meal or side dishes or dessert.
6. Switch to fat free or low fat milk (1%). The amounts of calcium and other essential nutrients are the same as in whole milk but there are fewer calories and less saturated fat.
7. Make half your grains whole grains: Substitute whole grain products for refined products such as whole wheat bread for white bread or brown rice instead of white rice.
8. Foods to eat less often: foods high in solid fats, added sugars and salt. (cakes, cookies, ice cream sweetened drinks, pizza), and fatty meats like bacon, sausage, or hot dogs. You can eat these foods occasionally.
9. Compare amount of sodium in foods. Use the Nutrition Facts label on foods to choose those with lower sodium. Also labels may say “lower sodium” or “no salt added”.
10. Make water your drink of choice. Sodas, energy drinks, and sports drinks are a major source of added sugar and calories.



For more information, go to: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)



## NUTRITION: Breakfast is the Most Important Meal of the Day

Sneha Patadia, MS, RD, LD

**T**oo busy for breakfast? Skipping breakfast not only deprives our body of energy, but it also slows our metabolism. Furthermore, research shows that people who skip breakfast tend to overeat throughout the day and flock towards high-calorie snacks to fight their hunger cravings and make up for the calories. Several studies suggest that people accumulate more body fat when they eat fewer, larger meals than when they eat smaller, more frequent meals.

Additionally, there are many well-known benefits of eating breakfast, such as improved cognitive function, improved memory, improved immune function, and reduced fatigue. However, what we fuel our body with matters. If time and convenience are a concern, don't resort to a pop tart or donut which will lead to an energy crash and more sugar cravings; instead, fill your body with something quick and nutritious. For instance try milk and whole-grain cereal, trail mix with dried fruit and nuts, a banana with some peanut butter, a high fiber granola bar with a string cheese, a cup of low-fat cottage cheese with pineapple, or whole wheat toast with peanut butter. If time permits, make an omelet filled with vegetables, a yogurt parfait with fruit and high fiber cereal, or whole wheat pancakes topped with fruit, served with a cup of low-fat milk. Stocking your home with nutritious energizing foods will make the decision to select an appropriate breakfast much easier. Make it a point to plan for a healthy balanced breakfast every day.



## NUTRITION: Are Your Kids Getting the Right Nutrients at School?

Sneha Patadia, MS, RD, LD

**Y**ou may not have much control over what fuels your child's body throughout the school day, however you may have a hand in their breakfast, the most important meal of the day. Be sure to provide a nutritious breakfast for your kids to make sure they are starting their day right. Aim to incorporate lean proteins, whole grains, low-fat dairy, and plenty of fruits and vegetables. Energy-boosting breakfasts include whole grain cereal with chopped banana and low fat milk, a yogurt parfait with blueberries and some granola, or a breakfast burrito with egg, a slice of provolone cheese, and a tablespoon of salsa.

Lunch is also a crucial time your child needs good nutrition. If your child is buying lunch, chances are they may be tempted with pizza, nachos, fried foods, or food from vending machines filled with sugary drinks and processed snacks. Educating your child on proper nutrition by being a health food role model is the best way to teach them how to eat right and hopefully make smarter choices at lunch. In addition, knowing what is on the school lunch menu prior to deciding whether or not to let your child buy their lunch is crucial; if you know that it won't be providing them with the proper energy, then together you can prepare a healthy meal in advance. Pack balanced nutritious meals such as a peanut butter and banana sandwich on 100% whole wheat bread with six baby carrots, hummus with whole grain crackers and some grapes, or a turkey sandwich on whole wheat bread and cottage cheese with strawberries. Use colorful, eye-appealing lunch options and encourage kids to try new foods. Involving your child with meal preparation may also help them discover and appreciate a healthier way of eating!



## NUTRITION: Healthy Fast Food Choices

**Y**ou have only a short window to get your lunch today. You want to eat a healthy lunch, but the closest, quickest places to get lunch are fast food restaurants. According to Fitness magazine, the CDC and Prevention Magazine, fast food accounts for more than 15% of daily calories for people in their 20's and 30's. Most fast foods taste great, are convenient, and they are cheap, too. However, most are high sources of trans fats, saturated fats, and sodium. Most choices are very high in calories. But, don't be discouraged, there are healthier choices available.



Most fast food restaurants furnish nutritional information about the foods they offer, and some chains, such as McDonalds, list the caloric value right on the drive-thru menu board. You can use this information, as well as some guidelines, to make your choice. If you do some homework, you can know the nutritional value of various foods at different restaurants and be prepared to make the best selection before you even decide which restaurant you will go to.

The website, [www.healthguide.org](http://www.healthguide.org) offers some things you can consider:

- Try to keep your entire meal to 500 calories or less.
- Opt for foods that are lower in fat and higher in protein and fiber.
- Bring your own add-on items, such as nuts, seeds, or fruit, if you really want a health boost.
- Watch your sodium intake. The American Heart Association recommends that adults stay under 1500 mg. of sodium per day.
- Keep your eye on portion size. Choose a single hamburger instead of sandwiches with two or three patties. You may want to look at the children's menu. Choose smaller sandwiches, "for instance a 6" sub at Subway rather than a foot-long. This can save many calories. Consider eating only half of the meal and saving the other half for later.
- Choose grilled or roasted lean meats rather than fried.
- Pass on the French fries and the bacon; they add extra calories and fat.
- Load up on veggies whenever possible.
- Condiments, special sauces, dressings are a source of hidden calories.
- Choose beverages that are lower in calories: water, unsweetened tea, coffee, diet sodas.

Have a vending machine at work? It doesn't get much quicker than that! Here are some great tips for making more health conscious food choices at the vending machine:

1. Limit foods with added sugars (regular soda, candy bars, cookies, and cakes).
2. Craving something salty? Try low-fat popcorn, sunflower seeds, nuts, or pretzels.
3. Have a sweet tooth? Go for the trail mix, animal crackers, or a granola bar.
4. Feeling thirsty? Water or low-fat milk are a great place to start. Unsweetened coffee or tea are other guilt-free alternatives.
5. Look for foods that aren't likely to have several unknown ingredients such as dried fruit, Kashi bars, salads, grilled chicken sandwiches, rice cakes, etc.

If you feel there aren't any healthy vending options to choose from, ask around to see who could speak with your vendor about making some changes. There are resources recommended by the Ohio Department of Health, such as Fit Pick, a program that helps buyer identify products that meet nutrition guidelines. Check out <http://www.fitpick.org/nwc/> to learn more!



## FITNESS: Part of a Healthy Lifestyle

If you have recognized that good nutrition can help supply your body with the proper nutrients (aka “fuel”), and you have taken steps to eat wisely and to be aware of the amount of calories you have consumed, then you are ready to find ways to burn those calories. This means you can maintain your weight, gain weight (if you need to), or lose weight.

The Mayo Clinic notes that, “Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles.” “After all, physical activity can reduce your risk of chronic disease, improve your balance and coordination, help you lose weight, and even boost your self-esteem.” It’s all part of a healthy lifestyle and anyone can do it.

Maybe you are able to exercise with the “professionals.” Perhaps you haven’t exercised in a long time. Or you might have some limitations or disabilities. Everyone can do something! You should consult your physician to see if there are activities in which you should not participate. Once you have that “OK”, then you can decide what is best for you.

According to the Mayo Clinic, “The Department of Health and Human Services recommends that healthy adults include aerobic exercise and strength training in their fitness plans, specifically:

- At least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week.
- Strength training exercises at least twice a week.”

**Aerobic Exercise** strengthens your heart. It also causes your body to release “endorphins”, or “feel good” hormones that boost your mood. This exercise does not have to be done all at one time, rather can be broken up in increments as small as 10 minutes and added together until you reach recommended levels. The following activities are classified as “moderate exercise”: walking, cleaning (vigorous), mowing lawn (push mower), bicycling, dancing, golf (walking/pulling clubs), swimming, low impact aerobics, beginning yoga. “Vigorous exercise” includes jogging, running, hiking, shoveling snow, basketball, singles tennis, skiing, biking, high impact aerobics, jumping rope. If you have limitations, there is equipment that can be used, such as the stationary bike, (upright or recumbent), the “NuStep”, which exercises both arms and legs, and other similar equipment.

**Strength Training** helps to build stronger bones and muscles. Lifting weights (even lighter weights) can tone or build muscles. You can also use resistance bands or your own body. You can strengthen your core (abdominals and back muscles), which can help prevent some spinal problems. The Mayo Clinic advises including core strengthening in your fitness program. “Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities. In fact, most sports and other physical activities depend on stable core muscles.” You can do these exercises at home or you might consult local fitness facilities, such as the “Y”.

Finally, **Stretching** after you exercise will help to improve flexibility, maintain the range of motion of your joints, and improve your circulation. Breathe freely, stretch gradually.....and enjoy!





## FITNESS: "I Just Don't Have Time..."

Gretchen Combs M.Ed.

In my 17 years of leading aerobics classes one of the things I hear most is, I try, but I just don't, but I just don't have time to exercise." Being a full-time employee and a busy parent, I get that. I have an advantage – teaching aerobics classes forces me to go, even when the couch calls.

I began to research ideas to blend fitness and exercise into busy lifestyles, but found some to be ridiculous solutions. Since we can't (or don't want to) lead aerobics classes, I compiled 7 tactics that a busy parent, employee, and community member can use to sneak in those few extra steps.

1. Schedule It (Prioritize it) - Just as you would schedule a doctor's appointment and generally won't cancel it, write it down in the schedule (not erasable pencil), and it has to be done.
2. Sign Up or Sign On – Whether it is for your favorite charity or a destination race (Key West in January, anyone?), once you drop \$25 -\$150 on a race or event, preparing for it becomes a priority...and you feel like a real dud if you back out.
3. Park Away From the Store- It saves a lot of time when you are not looking for a parking space close to the door, plus you sneak in a walk. Notice the next time you park your car toward the end of the parking lot, and when you return to your car there will be at least two other cars parked around your car – as if you started something!
4. Climb the Stairs – If you work in a multi-level workplace take the stairs. It has become contagious at my office as I duck into the stairwell while my lunch buddies wait for the elevator. Sometimes they join me (possibly out of guilt) and sometimes I make a point to beat the elevator and look relaxed as it opens, like I have been waiting for a while.
5. Get Family on Board – My family knows well that on rare occasion I have to cancel a planned workout. Watch Out! When Mama ain't happy, ain't no one happy! Seriously, though, with family on board they will either encourage you, or even better, join you. I run after my 5 year old's bike – that's usually good for a slow 2 miles. My teenage daughter will ride her bike with me on long runs – it's good company and gives us a chance to catch up without interruptions.
6. Snack Smart – It's good advice, but I admit, difficult to follow. Bad choices are made when you wait to eat until you're starving or bored!



## FITNESS: "If the Shoe Fits ..."

**F**inding the right running shoes for you can be a daunting task taking into consideration the endless options you have, but it is certainly worth the effort. Our running shoes play a major role in diminishing the effect of the hammering of your feet when they hit the ground. In addition, your shoes absorb all kinds of shearing and twisting forces generated when you run.

So, if you choose the wrong running shoe, you will have to deal with all these side effects. Knowing the arch of our foot can be extremely helpful in determining the right shoe.

**Flat Feet:** If you're flat footed, you're most likely an over-pronator, which means that your feet roll inward when you run.

**What to Buy:** You will probably need a running shoe that maintains your stability. Look for the words, "motion control" and "stability" on the box of running shoes you are considering. In addition to motion-control shoes, some flat-footed runners who need to wear orthotics (custom-made inserts that correct foot issues).



**High-Arched Feet:** If you have high arches, you probably supinate or under-pronate, which means that your feet roll outwards as you run. It's very important that runners with high arches periodically measure their feet, because running will cause their arches to gradually fall, making their feet longer.

**What to Buy:** You need to look for flexible running shoes with a soft midsole that absorbs shock. When buying running shoes, look for the words "flexible" or "cushioned" included in the description.



**Natural or Normal Feet:** As long as you pick a running shoe that doesn't counteract your foot type, you shouldn't encounter any problems. This is the most common type of foot, and it's also the least susceptible to injury provided it's outfitted with the proper footwear.

**What to Buy:** If you have normal feet, you can choose from a wide variety of running shoes, including ones made for neutral runners or those with slightly flat-footed or high-arched feet. Don't pick running shoes that have a lot of stability or motion control.



Tips for when you buy:

- Buy your shoes as late in the day as possible. Feet tend to expand a few millimeters to 2 centimeters by the end of the day.
- Make sure to change your shoes after 300 – 400 miles of usage. At this time, the shoe heel and mid-sole will start to degenerate.
- Never wear a brand new running shoe for a race; make sure you have already used them for 100 miles of runs, at a minimum.
- Make sure to try out the shoe wearing the same sock you plan to wear when running.

## BACK PAIN: Fight it With Prevention!

**A** ccording to Beth Israel Hospital, "Low back pain is a common problem. It is estimated that 60% to 80% of people in the U.S. will be affected by some form of low back pain during their lifetime. Most occurrences improve within weeks. Only 1% to 2% of patients require surgery. Of the total number of back pain patients, 5% to 10% eventually develop chronic back pain, and approximately 1% eventually become disabled."



There are number of predisposing factors that increase the risk of developing back pain. The risk can be lessened in many cases by making some simple lifestyle changes. (You can do these!)

- Prolonged sitting or standing can be modified by taking frequent breaks and doing some stretching exercises. Anti-fatigue mats can help to lessen the stress on the back.
- When driving, support your lower back. Make sure foot controls are squarely in front of your feet and wing mirrors are positioned to keep you from having to twist around.
- Proper lifting can prevent back pain: when lifting, keep the load close to your body and use your legs to lift, and not your back. Avoid twisting. Know your limits.
- Poor posture and improper alignment of the back are contributors to back pain. Learn to maintain proper posture. Stand upright, with your head facing forward.
- Improve your physical fitness: concentrate on strengthening your core.
- Obesity may contribute to back pain. Excess weight strains the whole body. Maintain a healthy weight by eating nutritious foods in proper portions. Improve your physical conditioning by getting 30 minutes of exercise 3 – 5 days each week.
- Age is a factor. As we get older, various degenerative changes and arthritis may develop in the small joints of the back. These changes may or may not cause pain.
- Alcohol and drug abuse have been shown to increase the risk of back pain.
- Smoking. Studies show that smokers have 1.5 – 2.5 times greater risk of developing low back pain than non-smokers, possibly due to reduced oxygen supply to disks and decreased blood oxygen from the effects of nicotine on constriction of the arteries.
- A wide variety of psychological and social factors can also be contributors. Some examples are: depression, stress, anxiety.

There are, in fact, some risks that cannot be modified: your gender, your age, your family history. You should take this into consideration as you plan your activities.

Again, keeping your back healthy is important: regular exercise that builds muscle strength and flexibility, maintaining a healthy weight, use of proper body mechanics (lift smart).

## LOW BACK PAIN: How is it Treated?

**A** ccording to Welcoa's health bulletin, "Don't Let back Pain Knock you Flat," "In any 3-month period, about 1 in 4 adults in the U.S. has at least one day of back pain, mostly in the lower back.... Most back pain goes away by itself, generally with over the counter medication and staying away from the activity that causes the pain."



Back pain can be treated in a variety of ways:

- At the first sign of back pain that does not radiate to the legs, try taking over the counter pain medication such as ibuprofen or naproxen for several days.
- You can also apply ice to the area. Do not put the ice pack directly on the skin. Alternate the ice for 20 minutes on and 20 minutes off.
- If this does not help, you may wish to see your physician. He or she may prescribe some muscle relaxants or physical therapy. There are often exercises that you can do to strengthen the back to help relieve or prevent back pain.
- You may wish to see a chiropractor. Chiropractors treat back pain by manipulating the spine.
- Your physician may take x-rays or even prescribe a CT scan or MRI, which can detect problems such as fractures, degenerative conditions, tumors, or other problems.
- Even some degenerative conditions benefit from physical therapy and other treatments such as electrostimulation to relieve pain.
- If all the above does not help, your doctor might refer you to a specialist to see if there is a procedure or injections that may alleviate your condition.

"What doctors do about chronic pain depends on the source of the pain. For most people, even chronic pain eventually clears up without surgery. Research has shown that patients who stay active are better off. Just be sure to avoid activities that might strain the back."



## HIGH BLOOD PRESSURE: The Silent Killer

Adapted from WELCOA Health Bulletin

**T**he blood pressure is a measurement of the amount of pressure pushing against the walls of the arteries as the heart pumps blood to the body (systolic) and the amount of pressure that is maintained in the arteries between heart beats (diastolic). It is expressed by putting the systolic number over the diastolic number (e.g. 120/80) and is measured in millimeters of mercury (mmHg).

“Why is this important to know? Because when the blood pressure is elevated over time it can damage not only the walls of the arteries, but the heart, the kidneys, and could result in stroke. There are often no signs or symptoms, thus the name, “The Silent Killer.” You could have high blood pressure for years without knowing it. It is estimated that one in three adults in the U.S. has high blood pressure”.



“It is important that you keep a regular check on your blood pressure, and if it is elevated, you should work with your doctor to lower it and then maintain it in a healthy range.

- “Normal” blood pressure is considered to be 120 / 80. Some studies indicate that it should actually be maintained lower than that.
- “High” blood pressure is considered to be Stage I Hypertension when it exceeds 140/90-99
- Stage II Hypertension is when the blood pressure is greater than 160/100.
- If your blood pressure becomes higher than 180/110 it is considered to be serious enough to require emergency care.”

“Blood pressure fluctuates at different times during the day and also is related to some activities or conditions. It is generally lower when you are asleep and rises when you wake up. If you are nervous, excited or active the blood pressure is generally higher. However, if your blood pressure remains high for most of the time, you are at risk for some health problems, and you should consult your doctor and take steps to get it back into normal range. If you have health conditions, such as diabetes, or kidney disease, you must pay particular attention to keeping your blood pressure within normal range”.

“Some things you can do to control your blood pressure fall into the “wellness” category: Proper diet (limiting sodium intake), regular exercise, measuring your blood pressure regularly, and taking your medication as prescribed (if you are on medications). Pharmacies sell automatic blood pressure cuffs, or digital devices that fit on the wrist. You can measure your blood pressure and record the results on a regular basis, and this can help you understand times when your blood pressure is elevated, and it can supply information for your doctor”





## CHOLESTEROL: Why is it Important?

### From WELCOA Health Bulletin



our blood cholesterol level has a lot to do with your chances of getting heart disease. High blood cholesterol is one of the major risk factors for heart disease. A risk factor is a condition that increases your chance of getting a disease. In fact, the higher your blood cholesterol, the greater your risk for developing heart disease or having a heart attack. Heart disease is the number one killer of women and men in the United States. Each year more than a million Americans have heart attacks and about a half million people die from heart disease.

#### How Does Cholesterol Cause Heart Disease?

When there is too much cholesterol (a fat-like substance) in your blood, it builds up in the walls of your arteries. Over time this buildup causes “hardening of the arteries” so that arteries become narrowed, and blood flow to the heart is slowed down or blocked. The blood carries oxygen to the heart, and if enough blood and oxygen cannot reach your heart, you may suffer chest pain. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack.

High blood cholesterol itself does not cause symptoms, so many people are unaware that their cholesterol level is too high. It is important to find out what your cholesterol numbers are, because lowering cholesterol levels that are too high lessens the risk for developing heart disease and reduces the chance of a heart attack or dying of heart disease, even if you already have it. Cholesterol lowering is important for everyone – younger, middle age, and older adults, women and men, and people with or without heart disease.

#### What do Your Cholesterol Numbers Mean?

Everyone age 20 and older should have their cholesterol measured at least once every 5 years. It is best to have a blood test called a “lipoprotein profile” to find out your cholesterol numbers. This blood test is done after a 9 – 12 hour fast and gives information about your:

- Total cholesterol
- LDL (bad) cholesterol – the main source of cholesterol build up and blockage of the arteries
- HDL (good) cholesterol – helps keep cholesterol from building up in the arteries
- Triglycerides – another form of fat in your blood.

If it is not possible to get a lipoprotein profile done, knowing your total cholesterol and HDL cholesterol levels can give you a general idea about your cholesterol levels. If your total cholesterol level is 200 mg/dL or more or if your HDL is less than 40 mg/dL you will need to get a lipoprotein level done. See how your cholesterol numbers compare to the tables below.

<u>Total Cholesterol</u>	<u>Category</u>	<u>LDL Cholesterol Level</u>	<u>Category</u>
Less than 200 mg/dL	Desirable	Less than 100 mg/dL	Optimal
200 – 239 mg/dL	Borderline high	100 – 129 mg/dL	Near / above optimal
240 mg/dL or above	High	130 – 159 mg/dL	Borderline high
		160 – 189 mg/dL	High
		190 mg/dL and above	Very high

HDL (good) cholesterol protects against heart disease, so for HDL, higher numbers are better. A level less than 40 mg/dL is low and is considered a major risk factor because it increases your risk for developing heart disease. HDL levels of 60 mg/dL or more help to lower your risk for heart disease.

Triglycerides can also raise heart disease risk. Levels that are borderline high (150 – 199 mg/dL) or high (200 mg/dL or more) may need treatment in some people.

#### What Affects Cholesterol Levels?

A variety of things can affect cholesterol levels. These are things you can do something about:

- Diet - Saturated fat and cholesterol in the food you eat make your blood cholesterol go up.
- Weight – Being overweight is a risk factor for heart disease.
- Physical activity - Not being physically active is a risk factor for heart disease.

Things you cannot do anything about also can affect cholesterol levels. Those include:

- Age and gender – As women and men get older, their cholesterol levels rise.
- Heredity – Your genes partly determine how much cholesterol your body makes.

## DIABETES: A Very Serious Disease

**D**iabetes is a disease that is very common in the U.S. According to the American Diabetes Association, in 2012, 29.1 million Americans, or 9.3% of the population had diabetes. In the same year, 86 million Americans age 30 and older had pre-diabetes, and this number continues to increase. It was the 7th leading cause of death in 2010.

Ohio State University's Wexner Medical Center defines diabetes as "a disease where your body is not able to use the foods you eat for energy to keep your body working." When you eat, the food is broken down by the body to form glucose also known as "sugar, or "blood sugar." Glucose is transported to the cells to give it energy and moves from the blood into the cells by insulin (a hormone made by the pancreas). When the glucose is moved from the blood stream into the cells, the amount of sugar in the blood decreases. If there is not enough insulin, the glucose is not able to move into the cells and remains in the blood stream, and thus the level of sugar in the blood is high. This condition is "hyperglycemia," (high blood sugar), and the disease is called diabetes.

There are two types of diabetes: Type 1, in which the pancreas produces no insulin, and people are dependent on insulin injections to allow the glucose in the blood to enter the cells. This is most common in people under 20 years of age. In persons with Type 2 diabetes, the pancreas is able to produce insulin, however there is not enough or it doesn't work properly. Most Type 2 diabetics are over 45 years old. This type of diabetes can be managed either by modifying the diet and exercising regularly, or may require medications such as oral hypoglycemics or even insulin injections to assist the glucose to enter the cells. Most diabetics are "Type 2".

There are risk factors for this disease, which is most common in people who are overweight, inactive, over 40 years of age, who are related to someone who has diabetes. If your HDL cholesterol is equal to or less than 35 mg/dL, your triglycerides are equal to or 250 mg/dL, or high cholesterol equal to or greater than 140/90, you are also at risk. Smoking or years of heavy alcohol use, and some medications are risk factors. Diabetes can also occur during pregnancy (gestational diabetes).

The problematic thing about this disease is that when your blood sugar remains elevated and your diabetes is "uncontrolled", it can result in damage to many organs of your body. According to the American Diabetes Association, the following complications or "co morbid" conditions are often found: hypertension (high blood pressure), dyslipidemia (high cholesterol). In persons who are diabetic, the incidence of cardiovascular disease and heart attack is greater, stroke risk is elevated, loss of vision due to damage to small blood vessels in the retina of the eye (diabetic retinopathy), and kidney failure. These all result from damage to the blood vessels due to the continued elevated blood sugar levels. Many people who are diabetic have poor circulation in the lower extremities (legs and feet) that can result in amputation of those limbs. Damage to nerves in the extremities causes neuropathy (tingling and numbness).

There are 3 "hallmark" symptoms of diabetes: increased thirst (polydypsia), increased hunger (polyphagia) and frequent urination (polyuria). If you experience these symptoms, you should see your physician. Other symptoms can be: dry mouth, unexplained weight loss, weak, tired feeling, blurred vision, numbness or tingling of the hands or feet, slow healing sores or cuts, dry itchy skin, or frequent yeast infections.

Diabetes is diagnosed by blood tests, known as fasting blood sugar or A1C. This is the reason that it is included in routine blood tests ordered by physicians. If you think that you have any of the symptoms or are concerned about the possibility that you may have diabetes, it is important for you to see your physician.

# CDC Prediabetes Screening Test



## COULD YOU HAVE PREDIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

## TAKE THE TEST—KNOW YOUR SCORE!

Answer these seven simple questions. For each "Yes" answer, add the number of points listed. All "No" answers are 0 points.

Yes	No
1	0
1	0
1	0
5	0
5	0
5	0
9	0

Are you a woman who has had a baby weighing more than 9 pounds at birth?

Do you have a sister or brother with diabetes?

Do you have a parent with diabetes?

Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?

Are you younger than 65 years of age and get little or no exercise in a typical day?

Are you between 45 and 64 years of age?

Are you 65 years of age or older?

**Add your score and check the back of this page to see what it means.**

## AT-RISK WEIGHT CHART

Height	Weight <small>Pounds</small>	Height	Weight <small>Pounds</small>
4'10"	129	5'7"	172
4'11"	133	5'8"	177
5'0"	138	5'9"	182
5'1"	143	5'10"	188
5'2"	147	5'11"	193
5'3"	152	6'0"	199
5'4"	157	6'1"	204
5'5"	162	6'2"	210
5'6"	167	6'3"	216
		6'4"	221





### IF YOUR SCORE IS 3 TO 8 POINTS

This means your risk is probably low for having prediabetes now. Keep your risk low. If you're overweight, lose weight. Be active most days, and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for type 2 diabetes.

### IF YOUR SCORE IS 9 OR MORE POINTS

This means your risk is high for having prediabetes now. Please make an appointment with your health care provider soon.

### HOW CAN I GET TESTED FOR PREDIABETES?

**Individual or group health insurance:** See your health care provider. If you don't have a provider, ask your insurance company about providers who take your insurance. Deductibles and copays may apply.

**Medicaid:** See your health care provider. If you don't have a provider, contact a state Medicaid office or contact your local health department.

**Medicare:** See your health care provider. Medicare will pay the cost of testing if the provider has a reason for testing. If you don't have a provider, contact your local health department.

**No insurance:** Contact your local health department for more information about where you could be tested or call your local health clinic.







# Freedom from Smoking

Quitting smoking or tobacco use is one of the most important things you can do for your health. Most people who quit live longer and feel healthier, even if they have smoked for many years. Even people with serious health problems from smoking, such as lung cancer and emphysema, will experience health benefits from quitting.

But if you have tried to quit smoking, you know how hard it can be. It's easy to get discouraged, but don't give up; there are well-researched ways to help you quit successfully. All you need is help.



***Southeastern Med***  
Your Community Hospital

## Free Quit Smoking/Tobacco Coaching

Coaching consists of two sessions that are offered once a month.

All classes will be held at Southeastern Med. Classes are open to the public. For dates, times, or to register call Wellness Resources at 740-435-2946.



## SMOKING: You CAN Quit!



According to the CDC, "lung cancer is the leading cause of cancer death, and cigarette smoking causes almost all cases. Compared to nonsmokers, men who smoke are about 23 times more likely to develop lung cancer, and women who smoke are about 13 times more likely. Smoking also causes cancer of the voice box (larynx), mouth and throat, esophagus, bladder, kidney, pancreas, cervix, stomach, and causes acute myeloid leukemia." Smoking is also recognized as a cause of heart disease, stroke, infertility, chronic obstructive pulmonary disease (COPD, including emphysema and chronic bronchitis).

The American Lung Association lists the following information:

- Smoking is the leading cause of preventable death in the U.S., causing over 438,000 deaths per year.
- Secondhand smoke is a serious health hazard for people of all ages, causing more than 41,000 deaths each year.
- Marijuana smoke contains many of the same toxins, irritants and carcinogens as tobacco smoke.
- Electronic cigarettes are a new tobacco product, and the potential health consequences and safety of these products are unknown.
- Smokeless Tobacco products are a known cause of cancer, and are not a safe alternative to cigarettes.
- Cigars have many of the same health risks as cigarettes, including causing certain cancers.

That's the bad news. On a better note, it is known that quitting smoking greatly reduces the risk of the above diseases and early death.

Nicotine in cigarettes is the agent that produces addiction that is very hard to shake. There are many ways to quit, however, the smoker must decide that he or she is ready to quit. One way is to quit "cold turkey." Another way is to use nicotine patches that supply nicotine in gradually reducing doses, to help reduce the craving for nicotine. There are medications, such as Chantix that can be prescribed by physicians. And, there are various smoking cessation programs that help to modify the behavior so that people are able to quit.

WELCOA offers tips to help you cope when you are quitting and you feel like smoking and, you just can't deal with your emotions:

- Take time out from a stressful or upsetting situation.
- Express yourself by calling or texting a friend to talk about what's bothering you.
- Distract yourself by taking a walk, playing a game.
- Get your body moving by taking a walk or exercise.
- Rehearse and practice dealing with stressful situations.
- Make a list and set goals.
- Don't let negative thoughts take over.
- Give yourself a break..just aim to do your best without having to be perfect.
- Exercise, eat regularly, and get plenty of sleep.
- When you are feeling upset, use the Stop-Think-Breathe method.



## Did you know?

### What happens after you quit smoking?

After 20 minutes	Heart rate and blood pressure drop.
After 12 hours	Carbon monoxide level in the blood returns to normal.
After 2 weeks-3 months	Lung function and circulation begin to improve; coughing and shortness of breath decrease.
After 1 year	Excess risk of heart disease is half that of continuing smoker's.
After 5 years	The risk of developing throat, mouth, and esophagus cancer is cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker.
After 10 years	The risk of lung cancer is cut in half.

## STRESS: Controlling it Can Improve Your Health

There is good stress, and there is bad stress. “Good” stress can motivate us to get ready for activities that require quick action: to react during an athletic event, such as a ball game or race, to motivate us to get a project done on time, or to get out of a situation in which we are at risk (“fight or flight”).

When stress happens too often, or persists over a long time, it becomes “bad” stress. It can cause physical reactions such as headaches, back pain, difficulty sleeping, and stomach distress (upset stomach, diarrhea). It can even affect your immune system and can promote higher levels of inflammation. And it can contribute to the development of many diseases of aging. Continued stress can cause you to have trouble coping, interfere with your relationships, or make it difficult to accomplish what you need to do. There certainly are times in our lives when stressful situations happen that we must face over a longer period of time: illness of a child or spouse, job status, or even major life changes. Nevertheless, many people overcome seriously stressful events and even grow through the experience.

According to Web.MD, there are some steps you can take:

- Determine what is causing stress in your life. You may wish to keep a journal or a list of things that are making you stressed. Is it something that will go away in a short period of time, or is it longer-lasting? How are you dealing with the stress? By noting how you feel and how you reacted, you might be able to figure out some ways to counter the stress.
- Look for ways to reduce the stress or avoid it, if possible. Sometimes it might be as easy as managing your time better. Do you procrastinate and then get in a situation where you are overwhelmed or have too many tasks to do in a limited time? You might make a schedule and stick to it. Figure out better ways to cope. Try not to get into the worry cycle. Worrying does not get the job done and does not help to reduce your stress. One thing that we have trouble doing is asking for help. Many times other people are able to give you a hand or at least just to listen to you and perhaps give you a different perspective.
- Have a strategy for stress relief. Your strategy can start before you face the stress. Getting enough sleep or rest can help. Regular exercise can help you combat stress and give you an outlet to cope when the stress happens. Taking an exercise break such as a walk, a run, or perhaps a yoga class when you are stressed can help you get away from the stress for a short time and help you relax. Learning to use relaxation techniques such as listening to music. Talk it out with another person you can trust. If you can, find the humor in the situation and laugh. (These are common ways that first responders cope with the high stress of dealing with serious situations they have faced.) If you are overwhelmed, you might want to see your physician or a mental health counselor.

Our world is stressful and doing things to avoid or manage stress is very much to our advantage in order to maintain our optimum health and well-being.



## Substance Abuse and Addiction: A Contemporary Problem

**A**ddiction. In many communities, this word has come to mean so much more. Drug addiction and alcoholism have become major problems that no longer affect just “the few” or “the minority.” Many people are directly or indirectly touched by addiction.

With no exception, addiction is affecting every race, gender, and socioeconomic class. Substance dependence can begin with our unborn children and expands to include our siblings, parents, spouses, and our children and grandchildren. Many have endured the experience of having a loved one who suffers from addiction, or even worse, have had lost someone because of an accidental or unintended overdose.

According to the NIH, National Institute of Drug Abuse, “Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences. It is considered a brain disease because drugs change the brain; they change its structure and how it works. These brain changes can be long lasting and can lead to many harmful, often self-destructive, behaviors”.

And it can start innocently and unintentionally by someone trying a drug that is offered to them. They do not realize that sometimes, it only takes one time to start the addiction. Marijuana is thought to be a “gateway” drug, and because it has now been legalized in some states, people tend to think it is innocuous. It may begin with amphetamines to stay awake to study for a test or even to try and lose some weight. Some persons have difficulty sleeping, and they resort to depressants to help. With alcohol, it can be just a few beers, or socially with some binge drinking, which the person thinks they can “control.” As the dependence increases, the perceived need for the substance also increases, resulting in a craving ... and then tolerance for the substance which result in the need for more. This results in a physical need that causes withdrawal symptoms when the substance is not used or is unavailable to the user.

People who are addicted cannot control their need for alcohol or other drugs, due to the effects on the brain and damage that has been done, and in turn, there are also behavior changes. Addiction is considered to be an illness, or disease of the brain. To the addicted person, alcohol and/or other drugs not only become more important than family, friends and career, but more important than the most basic needs for food, clothing, and shelter. In 2013, the National Survey on Drug Use and Health, nearly 10 percent of full-time workers are substance abusers or 68.9 percent of the estimated 15.4 million drug users in the United States are employed.

The good news is that by receiving professional treatment for the addiction or substance abuse, the person can begin the process of recovery. There are various support groups that offer help and education to individuals and relatives. In our area, Alcohol and Drug Services of Guernsey County and several other groups\* can offer treatment options, group support, and community education. If you or a loved one is suffering because of addiction, please call for help! \* (See our list of local social services on pg.33).



## SLEEP : The Modern Science of Sleep, Snoring, and Sleep Apnea



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Since recorded history, sleep and dreams have captured the imagination and interest of man. Modern science has discovered much about our sleep. Sleep research, just as with space and ocean exploration, helps us uncover answers to what has been a complex mystery. Sleep medicine is in its infancy, but this field has also benefitted from the major technological advances made over the past few decades. To date, sleep researchers have identified over 80 different sleep disorders. Of these disorders, snoring and sleep apnea are the most prevalent.

### **What is sleep?**

Sleep is a behavioral state characterized by very little physical activity and almost no awareness of the outside world. Most scientists think sleep is vitally important and research continues to learn exactly what sleep does. What we do know at this stage of research is that without sleep we would die. It is as necessary as the air we breathe and the food we eat.

Our bodies tell us when we need to sleep and when sleep has done its job. Following normal sleep we feel rested and know that we have slept enough. In addition to this obvious benefit, research clearly shows that learned knowledge is retained during normal sleep which affects our memory function. Normal sleep also aids in the development of growth hormones in children and strengthens the immune system for everyone.

Sleep is actually made up of two different states: (1) non-rapid eye movement sleep (NREM); and (2) rapid eye movement sleep (REM) or the dream state. During REM sleep you can watch the sleeper's eyes move around beneath closed eyelids. Some scientists think that the eyes move in a pattern that relates to the visual images of the dream. We are almost completely paralyzed in REM sleep with only the heart, diaphragm, eye muscles and the smooth muscles (intestines and blood vessels) operating during sleep. Our deepest stages of sleep are REM and stages 3 and 4 of NREM. We are most easily awakened during stage 1 and 2 of NREM sleep. Scientists have learned that the four stages of NREM and REM sleep, occurring in a continuous cycle while we sleep, are necessary for memory function, productivity and overall good health.

The timing of sleep and wakefulness is controlled to a great extent by our exposure to the natural light and dark cycles of the earth. All humans tend to sleep in the dark and move about in the light. Our internal biological clocks are sensitive to light and have evolved over the ages in close approximation to the 24-hour light-dark cycle of our world.

**How much sleep should I get?**

Not everyone has the same sleep needs. However, it is true that most people need about eight hours of sleep a night. Only 10 percent of the population needs more or less. Newborn babies average sixteen to eighteen hours of sleep a day. By the end of their first year, most babies sleep twelve to fourteen hours a day. This declines over their adolescent period and levels off at eight hours per night until they reach their teens. Between the ages of twelve and twenty, young people need an hour more sleep than do pre-teens. The need for sleep actually increases during the second decade of life. With eight hours of sleep, the daytime alertness of teens is severely impaired. In spite of this increased need, peer pressure and other external pressures force many young people to turn in the opposite direction. Once in our twenties and through the rest of our lives, the average person requires about eight hours of sleep per night although the “bed time” and “rise time” may shift as we age.

**Why do we dream?**

The reason we dream is unknown. However, dreaming is an integral part of sleep and appears to be unavoidable. It provides necessary stimulation to the brain while giving us a safe and socially acceptable way to fulfill our wishes and dreams. Learning specialists feel that dreaming is important for consolidating what we have learned while we were awake so that we can remember facts and problem solutions for years to come.

Doctors believe that many common features of dreams stem from the physiological paralysis that naturally occurs during REM sleep. For example, many people dream about falling, being unable to get away from a pursuer or unable to move fast enough to prevent an accident. All of these kinds of dreams have the common feature of movement impairment which may stem from the brain's recognition of paralysis during REM sleep.

Many people believe that we can solve problems during dreams and there are experiments showing that during REM sleep some people have heightened telepathic capabilities. Dream interpretation can also give insight into what problems are being faced and how well the person is coping. People who frequently have disturbing dreams may have a psychological problem that requires professional attention.

**What are the best ways for most of us to get a good night's sleep?**

1. Stick to a regular schedule of going to bed and getting up at the same time every day.
2. Exercise regularly in the morning or early afternoon, but not within five hours of bedtime.
3. Stay away from drinks containing caffeine after about 4pm.
4. Avoid alcohol which may disturb sleep patterns and cause early morning awakenings.
5. Be careful about sleeping pills. Long term use may lead to increased insomnia.
6. Find the right room temperature for you and maintain it throughout the night.
7. Try to relax before going to bed (i.e. warm bath, read a light novel, listen to music, etc.)
8. Do not eat heavily before going to bed.



### What causes snoring?

Snoring is viewed by most as a social nuisance. In reality, snoring is a medical symptom for something as simple as the common cold -- to something as potentially life-threatening as severe sleep apnea. Snoring is the sound made by air passing through irregularities and narrowings in the throat and windpipe. Snoring can occur when someone breathes in or breathes out. Snoring in itself is not dangerous, but it can be the first stage in the development of apnea. Weight gain, sedation or anything else that further constricts the oropharyngeal airway could turn a chronic snorer into a sleep apnea patient.



### Should snoring be treated?

Those who snore should be seen by a doctor to determine if the snoring may result in cardiopulmonary consequences, such as high blood pressure or episodes of sleep apnea. But, there may be ways of reducing a person's snoring without major medical intervention. There is nothing wrong, for example, with trying to ask an otherwise healthy snorer to change sleeping positions. As a matter of fact, it is a good sign if a change of position -- rolling over on the side, for instance -- will stop a person's snoring. If snoring stops when sleeping on their side, doctors suggest special pillows or a tennis ball sewn into the back of the pajama top.

For more severe snoring that cannot be remedied by simple measures, a doctor may suggest other treatments, such as dental appliances, breathing strips, or an outpatient procedure to remove or reduce excessive or obstructive tissue in the back of the throat or upper palette.

Light snoring may be a minor nuisance, but when snoring becomes loud and disruptive, and when it is accompanied by extreme sleepiness or sleep attacks during the daytime, it should be taken seriously. If snoring involves a repetitious cycle of "snore, pause, snort" or, in other words, the person snores, stops breathing for a few seconds and starts again with a loud snort, the sleeper most likely suffers from sleep apnea and should seek the immediate treatment of a qualified doctor.

### What is sleep apnea?

Sleep apnea is a condition that was discovered only recently (in 1965, in Europe). Between 70 and 90 percent of those who suffer from it are men, mostly middle-aged, and usually overweight. The vast majority snore heavily. The problem is a neuromuscular one that results in the partial closing of an airway called the nasal pharynx while one sleeps. Up to 10% of the male population, up to 5% of all adult women, and up to 40% of all Americans over the age of sixty may suffer from some form of sleep apnea.

### How do you recognize the signs of apnea?

Those who suffer from sleep apnea actually stop breathing as they sleep -- perhaps as often as several hundred times per night. Patients seem to gasp for breath in their sleep, and the oxygen level in their blood becomes abnormally low. In severe cases, the patient may actually spend more time not breathing than breathing.

Those who suffer from apnea do a lot of loud and intermittent snoring during the night. They may have the sensation of choking, and may move about a great deal while in bed. Excessive sweating often occurs during sleep. There often is an irregular pounding of the heart as the patient gasps for breath.

pounding of the heart as the patient gasps for breath.

People who have sleep apnea may suffer from early-morning headaches and feel excessively sleepy throughout the day. Hallucinations sometimes occur while the patient is awake but feeling extremely sleepy. Memory deterioration, personality changes, and impotence are common. Rapid weight gains, often approaching obesity, often occur.

Sufferers are hard to awaken, and if they are suddenly awakened, they frequently do not know where they are. Upon awaking, those who suffer from the “snoring sickness” usually will not recall having experienced an apneic episode in their sleep. A period of disorientation sometimes occurs immediately after waking. During such periods, the individual may have difficulty with his memory and give inappropriate answers to questions, acting as if he did not hear it or failed to understand what was asked.

### **What can occur if apnea goes untreated?**

Sleep apnea may produce fatal pulmonary and cardiovascular complications. Cardiovascular problems resulting from the illness may include blood pressure, irregular heart rhythm, or deterioration of the heart muscle and its ability to pump blood, which can result in heart failure, heart attack or stroke.

Apnea patients have twice the usual prevalence of hypertension, three times as much heart disease, and four times as much cerebrovascular disease. Other potential consequences include stroke, neuropsychiatric problems, cognitive impairment, sexual dysfunction, and injury due to accidents. Once a person develops sleep apnea, he appears to have it for life.

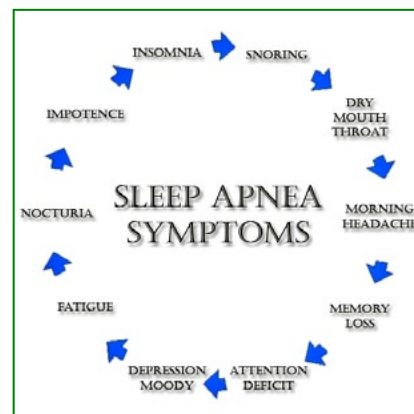
At least a million people are severely impaired by the ailment, and twice that many are partially impaired. Unfortunately, 95% of them remain undiagnosed and untreated.

### **How is apnea diagnosed?**

Any person who suspects they may have sleep apnea should ask their family doctor for a referral to a doctor who specializes in sleep disorders. If referred to a sleep specialist, the doctor will obtain a medical history and ask sleep-related questions, may perform a physical examination, and may ask to interview the patient’s bed partner. If the sleep specialist feels an overnight sleep study is indicated, the patient may be referred to a sleep lab at the nearest hospital. In the sleep lab, the patient’s brain waves, muscle activity, leg and arm movements, heart rhythms, and other body functions will be monitored during sleep. With this information, the doctor can properly diagnose the patient’s condition and begin the patient on an appropriate treatment plan.

### **How is apnea treated?**

Physicians usually treat sleep apnea by providing pressure support for the walls of the airway during sleep with a technique called continuous positive airway pressure given through the nose -- nasal CPAP for short. While the idea of wearing such a mask all night long may seem unappealing, most patients learn to use CPAP quickly and adapt to wearing the device whenever they sleep. The vast improvement in the quality of the patient’s life seem to far outweigh any inconveniences. In some cases where an abnormality is involved, surgical widening of the airway or repositioning of the jaw may be needed. For less serious cases, weight reduction, respiratory stimulants, drugs to increase muscle tone in the back of the throat, and dental appliances may be the recommendation of the doctor.



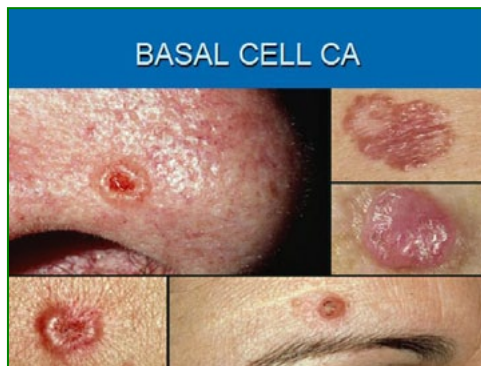


## SKIN CANCER: Know the Facts

Michael D Sarap MD, FACS  
 Chairman, SE Med Cancer Committee  
 Chairman, Commission on Cancer Ohio  
 Physician Liaison Program

**E**ach year in the U.S. nearly 5 million people receive treatment for skin cancer and each year there are more new cases of skin cancer than the number of new cases of breast, prostate, lung and colon cancers combined! Over the past three decades more people have had skin cancer than all other cancers combined. One in five Americans will develop skin cancer in the course of their lifetime.

There are three common kinds of skin cancer including basal cell carcinoma, squamous cell carcinoma and melanoma. Basal cell carcinoma (BCC) is the most common of the three with 2.8 million cases per year. Basal cell cancers usually are easily treated and rarely fatal but can be highly disfiguring if ignored. An estimated 700,000 cases of Squamous Cell Carcinoma (SCC) are diagnosed every year. Cases of SCC have risen up to 200% over the past three decades in the US. Squamous Cell Cancer can spread to lymph nodes and elsewhere and up to 2% of cases can be fatal.



Melanoma accounts for less than 2% of all skin cancers but is responsible for the vast majority of deaths from skin cancer. One person dies of melanoma every single hour in this country. In 2015 there will be an estimated 73,870 new cases of melanoma and 9,940 people will die from the disease. Of the seven most common cancers in the U.S., melanoma is the only one whose incidence is increasing. Melanoma is the most common form of cancer for young adults 25-29 and the second most common form of cancer for young people 15-29 years old.



The treatment of skin cancers mostly involves surgical removal of the lesion and an additional margin of normal skin. For advanced cases, skin grafts may be required as well as additional surgery to remove affected lymph nodes. In selected cases of later stage disease radiation, chemotherapy and immune therapy may be utilized. The annual cost of treating skin cancers in the US is estimated at \$8.1 billion: \$4.8 billion for nonmelanoma skin cancers and \$3.3 billion for melanoma.

The most significant risk factor for skin cancer is exposure to UV radiation from sunlight and indoor tanning. UV exposure can raise skin cancer risk even without getting a sunburn but blistering sunburns significantly increase one's risk over their lifetime. Other risk factors include prior skin cancers, family history of skin cancer especially melanoma, having many irregular moles; having fair skin, blue eyes or blond, red or light hair; living or vacationing at higher altitudes or in tropical climates, spending large amounts of time outdoors for your job or recreation and having certain autoimmune diseases or taking drugs to suppress your immune system (transplant patients).

Protection from the harmful effects of UV rays involves staying out of direct sunlight during the peak hours, protecting your skin with clothing and sunscreen, wearing a hat and sunglasses (to protect the eyes) and also avoiding indoor tanning. Skin cancer researchers believe that the dramatic recent rise in melanoma rates in young and middle aged adults has been caused by the popularity of indoor tanning. At least 170,000 cases of skin cancer each year are linked to indoor tanning. Many states in the US and Europe have banned tanning bed use by minors. Brazil has banned indoor tanning entirely.

Signs of a possible skin cancer include a lesion that is new, dark colored, irritated, crusty, ulcerated or bleeding. Self-examination can be carried out with the use of a hand held mirror and a wall mirror.



The most important warning sign for melanoma is a new spot or a spot that is changing in size, shape or color. Another important sign is a spot that looks different from all the other spots on your skin (known as the ugly duckling sign). The ABCDE rule is another guide to the usual signs of melanoma:

**A is for Asymmetry** – one half of a mole or birthmark does not match the other

**B is for Border** – the edges are irregular, ragged, notched or blurred

**C is for Color** – the color is not the same all over and may include shades of brown or black, or sometimes with patches of pink, red, white or blue

**D is for Diameter** – the spot is larger than 6 millimeters across (the size of a pencil eraser), although melanomas can sometimes be smaller than this

**E is for Evolving** – The mole is changing in size, shape or color

If you have any of these warning signs, have your skin checked by a health care professional.

The websites of The Skin Cancer Foundation and the American Cancer Society have excellent resources for additional information about skin cancer. Further information or a physician referral is also available by calling Bonnie Burns, Cancer Registrar, at the SE Med Cancer Program.





## BWC Workplace Wellness Grant Program:

Helping Companies Design and Implement Wellness Programs

Employers wanting to improve the health and wellness of their workers can benefit from the BWC Workplace Wellness Grant Program, which provides funding to assist employers in establishing training and programs to reduce health risk factors specific to their employees. The objective is to control the escalating cost of workers' compensation claims through addressing health risk factors. And, in addition, these programs will help employers reduce health care costs and improve the health of the workforce.

Who's eligible? In order to be eligible for the grant, a company must meet the following requirements: (1) Be a state-fund employer. (2) Be current on monies owed to the BWC (no more than 45 days past due). (3) Maintain active coverage – not more than 40 days lapsed in the prior 12 months. (4) Do not already have a wellness program. (5) Contract with a third party vendor that provides wellness program services to participate in the wellness grant program

Available funds: Employers participating in the grant fund may receive \$300 per participating employee over a four year period, up to \$15,000 per policy, until funds are no longer available.

Year 1	Year 2	Year 3	Year 4	Total
\$100	\$75	\$75	\$50	\$300 per employee

Use of funds: A workplace wellness program consists of the following tools: a health risk appraisal and a biometric assessment, both of which measure health risk factors, and programs designed to address those health risk factors.

- Employers must provide documentation of expenditures for the health risk assessment/biometric data elements, and the employee data.
- Subsequent expenditures for the health promotion programs must also be provided to the BWC.
- The external wellness vendor must develop the health promotion programs, such as: smoking cessation, weight management, weight loss challenges, exercise classes, nutrition classes, walking programs, lunch and learns, and disease prevention training.
- Program participants must report data elements pertaining to health-risk factors such as cholesterol, blood pressure etc. to the BWC annually. Participants will report data for all participating employees, and in addition, employers must submit a year-end case study that explains what they have done to create and implement their workplace wellness program.

To apply for the grant: (1) Contact your local BWC safety and health consultant to verify your eligibility and the availability of funds (2) Review the program requirements. (3) Complete the application. (3) Take the online safety self-assessment (4) Execute the wellness program vendor contract. (5) Provide the vendor name (6) Submit the application, safety assessment, and a copy of the wellness program vendor contract. (7) Complete and submit baseline data (HRA and biometrics) within 3 months of receiving BWC approval to participate in the grant program. (8) Provide receipt document within three months of receiving grant forms.

For more information go to the BWC website, [www.bwc.ohio.gov](http://www.bwc.ohio.gov) or for assistance, call your local BWC safety consultant.



## Guernsey-Noble Safety Council



The Guernsey-Noble Safety Council has been meeting for nearly 25 years. Sponsored by the Bureau of Workers Compensation Division of Safety and Hygiene and the Cambridge Area Chamber of Commerce, we have been bringing monthly safety training to our local businesses since that time. We began meeting with few local businesses attending, and over the years we have grown to average 55 persons in attendance each month.

Our goal is to bring together persons who are responsible for safety and health in their organizations for the purpose of education, networking, and support in their effort to reduce accidents, both in the workplace and at home. We recognize that any time an employee is unable to perform his or her job, for health or injury reasons, it not only affects the employee and his family, but it also impacts the business. Indirect costs of having to get someone to do the job, additional costs for training, administrative costs to process workers comp or insurance claims, among other costs. For this reason, we include a variety of topics in our monthly meetings to include safety information, wellness topics, workers compensation information and other timely topics. We have hosted several safety expos and a safety and career expo for senior high school students to help them learn why safety is so important. And, we have fun at our meetings!

We hold monthly meetings at Zane State College in Cambridge, Ohio, on the 4th Wednesday morning of each month (8 – 9 am). The meetings are open to all businesses. Businesses that participate in the Ohio BWC are encouraged to sign up with the Safety Council. We also hold an awards banquet each year, at which time awards for improved accident rates are given by the Ohio BWC Division of Safety and Hygiene. The awards are based on semi-annual safety reports that are required to be submitted by each member business.

State-insured employers are eligible for BWC Premium rebates each year and for safety awards. Requirements to be eligible for these are: attendance at 10 safety council meetings, submission of semi-annual accident statistics, and attendance by the company CEO at one meeting.



This Wellness Publication was compiled by members of the Guernsey Noble Safety Council and is intended to provide information that can be used by members and other businesses in our community.

# Colgate - Palmolive

## Colgate-Palmolive Wellness Initiative

Colgate's Global Live Better initiative is part of Colgate's Sustainability Strategy under the People Pillar. Live Better strives to Help Colgate People and Their Families Live Better lives. To accomplish this we strive to:

- ♦ Encourage all Colgate people to proactively manage their health and well being.
- ♦ Inspire healthy choices.
- ♦ Promote a culture of health through encouragement of small changes.
- ♦ Foster a workplace environment that endorses healthy lifestyle.

We believe by encouraging small changes, over time we can reach our goals of,

- (1) Continuously improving employee health and reduce health risks by 15%.
- (2) Reducing overall health costs by 5% through an emphasis on early diagnosis of chronic and treatable disease.
- (3) Encouraging healthier living for Colgate People and their families.
- (4) Ensuring a safe and healthy work environment with a goal of zero lost-time incidents.
- (5) Providing education and tools to Colgate people to elevate financial awareness and planning.

Live Better works best with a global teamwork approach of sharing and inspiring healthy ideas, practices and lifestyles across our world. By focusing on continuous improvement, we can discover and provide opportunities to make better choices every day.

As a Global Team we **Live Better**



Colgate – Palmolive

Offers on-site wellness

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• STATE OF THE ART FITNESS CENTER<br/>OPEN 24/7/365</li> <li>• WALKING TRAIL</li> <li>• ON SITE NURSING CLINIC</li> <li>• MONTHLY WELLNESS EDUCATION</li> <li>• ANNUAL HEALTH FAIR</li> <li>• BIOMETRIC SCREENING</li> <li>• ANNUAL HEALTH RISK ASSESSMENT</li> <li>• TOBACCO FREE FACILITY</li> <li>• ON SITE FARMER'S MARKET</li> <li>• WELLNESS CHECK UPS</li> <li>• NUTRITION TOOLKITS</li> <li>• EAP PROGRAM</li> </ul> | <ul style="list-style-type: none"> <li>• ACCESS TO IMMUNIZATIONS</li> <li>• COMPETITIVE HEALTH BENEFITS</li> <li>• TEAM PARTICIPATION IN WALKS FOR CHARITY</li> <li>• TEAM PARTICIPATION IN SPORTS: SOFTBALL, VOLLEYBALL, GOLF AND FISHING</li> <li>• WORKSHOPS FOR FINANCIAL WELLNESS</li> <li>• ERGONOMICS PROGRAM</li> <li>• HEARING CONSERVATION PROGRAM</li> <li>• WELLNESS AMBASSADORS</li> <li>• GLOBAL ACTIVITY CHALLENGES</li> <li>• LOCAL VOLUNTEERISM</li> <li>• VISIBLE LEADERSHIP</li> </ul> |
|---|---|





# Wellness is a Priority at

## **LMI** CUSTOM MIXING, LLC

LMI Custom Mixing is a state-of-the-art custom polymer mixing facility located in Cambridge, Ohio. Since 1998, LMI has produced high-quality polymer compounds for a variety of markets including automotive and building and construction. As part of the Lauren International family of companies headquartered in New Philadelphia, Ohio, LMI shares an innovative, customer-centric vision supported by experience and expertise in a diverse range of worldwide markets. Lauren International companies are united by a collaborative culture that promotes social responsibility, associate development, and commitment to safety and wellness.

LMI promotes healthy living and offers a variety of wellness services and events for associates and their families. Many of these services are made available through the Wellness Center. Associates have access to an on-site nurse, personalized health coaching, health risk assessments, blood pressure checks, lipid panel tests, and A1C tests.

### HIGHLIGHT

One of LMI's most popular initiatives is POUND, a full-body jam session that combines cardio, Pilates, and other movements as participants drum their way through a fun workout. POUND is offered on-site every Tuesday.

In addition, the Wellness Center acts as a liaison with other healthcare services, coordinating supplementary health and wellness benefits for associates' total well-being. These services include access to chiropractic care, massage therapy, nutrition counseling, and smoking cessation for those who qualify. Associates who join and regularly attend a local gym are encouraged to participate in Lauren International's Fitness Reimbursement Program. This program helps to cut the cost of joining a gym, which makes physical activity an affordable option for associates who may not normally participate. LMI also provides an Associates Assistance Program to assist with stress management, family illness, loss and grief, alcohol and drug abuse, and a variety of other issues.

LMI's wellness program educates and engages associates, extending the benefits to associates' families and the community. In 2015, LMI associates took part in a variety of wellness events and challenges, including the Ohio Erie Canalway Coalition's Healthy Steps competition. LMI also participated in a Lauren International blood drive competition, the March Nutrition Challenge, and Men's and Women's health weeks. To encourage healthy eating and buying local, LMI associates received a \$5 voucher to use at the local farmers market.

Lauren International's culture of continuous improvement drives Lauren companies to continuously evaluate and enhance all aspects of their business. LMI views associates as its greatest asset, making health and wellness a top priority. 2016 promises to be an exciting year, as Lauren International plans to roll out additions to the Lauren International Wellness Program, including a revamped Wellness Newsletter and an innovative new incentive program to encourage even more associate involvement in Lauren International's wellness initiatives. To learn more about LMI, visit [lmimix.com](http://lmimix.com).





The mission at Southeastern Med includes caring for our community members when they are ill or injured. Along with meeting the needs of our community, we must also strive to improve the health and wellness of our associates who provide medical services for our patients.

Southeastern Med offers a comprehensive wellness program for its associates including a Wellness Rewards program. All associates are invited to participate in this year-long initiative. Associates may earn points throughout the year for completing or participating in a variety of health and wellness activities. Prevention is a key component of this program and associates receive points for annual physical exams, dental cleaning and vision screening as well as preventative testing such as mammograms, Prostate Specific Antigen (PSA) and Colonoscopy.

Each month, Southeastern Med associates receive health bulletins on a variety of health topics. If associates read the articles and take a quiz, they will earn wellness reward points. As another means to promote longevity, Southeastern Med encourages its associates to maintain an active lifestyle. Individuals can earn points for fitness in a variety of ways. Associates may record the number of minutes of exercise they do each day on a tracker card that is submitted monthly. In addition, special events take place throughout the year to encourage physical activity and fun competition. One such program was "2015 in 2015." Teams of four individuals had the goal to complete 2015 miles, by either walking or running, in the year 2015. During January, associates tracked the number of days they were able to drink eight glasses of water, and submitted their log for points at the end of the month, as a part of "Hydration Month". The "Fruit and Veggie challenge" included encouraging staff to eat 5 or more fruits and vegetables per day. To support this challenge, several farmers markets were held on site during the summer with a fruit and vegetable recipe contest. Southeastern Med associates are encouraged to and receive wellness rewards for participating in local races. Associates may also use exercise equipment in the Cardiac Rehabilitation Department during designated hours. They may also choose their own wellness program such as training for a 5k, starting Zumba classes, or reading a book on stress management etc.

Our "Maintain Don't Gain" program encourages associates to maintain their weight, especially over the holidays. Annually, all associates are offered the opportunity to participate in a health risk assessment (HRA). A questionnaire pertaining to lifestyle behaviors is distributed electronically. Lab work (cholesterol, blood sugar, and thyroid) is drawn and a blood pressure measurement and body composition is assessed. The results of the HRA are reviewed with associates with a member from the Southeastern Med Wellness Department. Annually, in December, the points earned throughout the year are tallied and associates that earn at least fifty points and up to a maximum of one hundred and fifty points receive a check for \$1 for each point. Each day at Southeastern Med's cafeteria, a healthy meal selection is offered that has no more than 400 calories; there is also a fresh salad bar each day. Associates that coordinate meetings are encouraged to offer healthy food selections when hosting meetings at Southeastern Med.

For more information about Southeastern Med, please visit [www.seormc.org](http://www.seormc.org). To learn more about the associate wellness programs offered to associates, contact Shelly Thompson, MS, RD/LD, Director of Southeastern Med's Wellness Resources Department, at 740-435-2941 or [MCThompson@seormc.com](mailto:MCThompson@seormc.com).



## Local Social Services:

Alcohol and Drug Services of  
Guernsey County  
927 Wheeling Ave. Cambridge, OH 43725  
740-439-5788

American Red Cross  
7650 E Pike Norwich, OH 43767  
740-452-2731

Area Agency on Aging, Region 9  
1730 Southgate Pkwy Cambridge, OH 43725  
740-439-4478

Big Brothers Big Sisters  
4 North 7th Street Zanesville, OH 43701  
740-453-7300

Cambridge Behavioral Hospital  
66755 State Street Cambridge, OH 43725  
740-432-4906

Cambridge Metropolitan Housing  
1100 Maple Court Cambridge, OH 43725  
1-800-457-6651

Cambridge YMCA  
1301 Clairmont Ave., Cambridge, OH 43725  
740-432-6600

Cedar Ridge Behavioral Health Solutions  
1225 Woodlawn Avenue Cambridge, OH 43725  
1-855-692-7247

Family Planning Center  
Cambridge-Guernsey County Health Dept.  
326 Highland Ave., Cambridge, OH 43725  
740-439-3340

Guernsey Counseling Center/  
Six County Inc.  
2500 John Glenn Hwy., Cambridge, OH 43725  
740-439-4428

Guernsey County Cancer Society  
927 Wheeling Ave., Cambridge, Ohio 43725  
740-432-9290

Guernsey County Children Services  
274 Highland Ave., Cambridge, OH 43725  
740-439-5555

Department of Job and Family Services  
Guernsey County  
324 Highland Avenue Cambridge, OH 43725  
1-800-307-8422  
Noble County  
46049 Marietta Road Caldwell, OH 43724  
1-800-905-2732

Guernsey County Senior Citizens Center  
1022 Carlisle Ave., Cambridge, OH 43725  
740-439-6681

Guernsey County Health Department  
326 Highland Ave., Cambridge, OH 43725

Guernsey Residential  
627 Steubenville Ave., Cambridge, OH 43725  
740-439-4271

GMN Tri-County CAC, Inc.  
615 North Street Caldwell, OH 43724  
740-732-2388

Haven of Hope, Inc.  
927 Wheeling Avenue Cambridge, OH 43725  
740-439-7233

Hospice of Guernsey  
9711 East Pike Rd., Cambridge, OH 43725  
740-432-7440

Joyce M. Davis Senior Center  
300 Cumberland St., Caldwell, OH 43724  
740-732-5129

Noble County Health Department  
44069 Marietta Road Caldwell, OH 43724  
740-732-4958

Noble Family Violence Council  
16 Olive St., Caldwell, OH 43724  
740-732-2960



Open Arms Pregnancy Center  
141 South 11th St., Cambridge, OH 43725  
740-280-6908

Robert T. Secrest Senior Citizens Center  
201 High Ave., Senecaville, OH 43780  
740-685-6345

Samaritan Center of Guernsey County  
1207 Chestnut St., Cambridge, OH 43725  
740-439-3558

The Salvation Army  
221 Dewey Ave., Cambridge, OH 43735  
740-432-7759

Thompkins Treatment Inc.  
211 Watson St., Byesville, OH 43725  
Guernsey County 740-432-2377  
Noble County 740-732-7036

United Way of Guernsey & Noble County  
611 Wheeling Ave., Cambridge, OH 43725  
740-439-2667

Veteran's Services  
Guernsey County  
627 Wheeling Ave., Cambridge, OH 43725  
740-432-9295  
Noble County  
190 Courthouse Caldwell, OH 43724  
740-732-5567

## Wellness Word Search

aerobic  
exercise  
blood pressure  
bwc  
colgate  
diabetes  
fats  
fitness  
Imicustommixing  
low cholesterol  
melanoma  
nutrition  
obesity  
plate  
prediabetes  
protein  
skin cancer  
sleep  
sleep apnea  
smoking  
southeastern med  
stress  
sugar  
tobacco  
use  
wellness grant  
workers comp

r	p	r	e	d	i	a	b	e	t	e	s	g	p	e
y	t	i	s	e	b	o	l	s	t	a	f	n	s	j
l	m	i	c	u	s	t	o	m	m	i	x	i	n	g
x	t	o	b	a	c	c	o	u	s	e	c	k	m	r
s	e	t	e	b	a	i	d	g	q	r	w	o	l	e
c	a	a	e	n	p	a	p	e	e	l	s	m	u	c
o	m	s	l	e	e	p	r	x	t	h	f	s	u	n
l	o	w	c	h	o	l	e	s	t	e	r	o	l	a
g	n	s	p	m	o	c	s	r	e	k	r	o	w	c
a	a	u	k	l	i	w	s	p	r	o	t	e	i	n
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a	t	n	a	r	g	s	s	e	n	l	l	e	w	m

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**Bureau of Workers'  
Compensation**



*January 2016*

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**Guernsey-Noble Safety Council • 607 Wheeling Ave. • Cambridge, OH 43725 • 740.439.6688**