Save your Heart — Lifestyle Changes that Can Reduce the Risk of Heart Disease

Submitted by: Martha Gulati, MD, MS, FACC, FAHA, Division Chief of Cardiology for the UA College of Medicine – Phoenix

Heart disease has become an epidemic in the United States as it’s the leading cause of death for men and women with more than 610,000 people dying from the disease each year. This death rate can be significantly reduced with particular lifestyle changes — no matter your family background or genetic predisposition; 80% of heart disease is preventable.

Here are a few simple steps you can take to improve your heart health. These include:

• **Eat Heart-Healthy Foods:** Changes in your diet can actually help stop or reverse heart disease and it all starts with small steps, which can add up to make a huge impact on your health. Try eating more fruits and vegetables, limit salt, and limit drinks and foods with added sugar.

• **Stop Smoking:** This unhealthy habit is difficult to quit, but it will significantly reduce your risk of heart disease among other health hazards that smoking causes. If you’re interested in quitting smoking, [click here](#) for more information.

• **Exercise More:** Start making physical activity a daily routine. This is one of the best ways to improve your overall health and your heart. Even if you only have ten minutes per day, make it your new challenge.

• **Reduce Stress:** Although it’s difficult to avoid stress, we can manage our stress levels by taking deep breaths, meditating, and taking time for ourselves each day.

• **Visit Your Doctor:** Be sure to regularly check-in with your doctor and have your cholesterol and blood pressure measured to help prevent heart disease.

Despite what our genes say, we can change many of our health outcomes. It will take work, but the changes will help you live a longer, happier, and healthier life.

For more information on prevention, treatment, and management of cardiovascular disease, visit [CardioSmart.org](#).

**Life & Work Connections’ Employee Wellness and Health Promotion** professionals can help you to protect your heart health and make lifestyle changes. Call us for health coaching and more! 621-2493.
Mark Your Calendar!

Individual Employee Health Screenings
February 16, 2017
Registration required. Please register online at https://lifework.arizona.edu/wsw/health_screenings/individual.

Metabolic Syndrome Screening
Life & Work Connections offers this free screening for UA employees eligible for full benefits. The screening includes tests for the five factors evaluated for metabolic syndrome: blood pressure; total cholesterol and HDL; body composition; cardiac endurance step test; nutrition, fitness, and resilience consultation. If you are concerned about your risk for diabetes, you may also have the A1c diabetes screening for $10. This screening measures your long-term glucose levels. All blood tests are done with a finger-stick and do not require that you fast.

AdoA Health Impact Program (HIP)
There's still time to sign up for ADOA Health Impact Program (HIP). This program offers an incentive for a healthy lifestyle. Life & Work Connections can help! Our health screenings, metabolic screenings, and nutrition/fitness coaching are some of the activities that fulfill the state of Arizona requirements as HIP activities. Consult the Life & Work Connections website for details regarding enrollment, activities, and incentives.

Resistence Bands for Strength Classes
Wednesdays: Student Union, Presidio Room (4th floor), noon to 12:40 p.m.
Wednesdays: University Services Building (USB 216), 12:30 p.m. to 1:00 p.m.

Nutrition and Fitness Coaching
Call Cindy Davis, MS, RDN, at 621-4601 or Jodi Charvoz at 626-1760 to schedule an appointment or for more information.

Childcare and Family Resources
For information on the Childcare Voucher Program, go to https://lifework.arizona.edu/cc/voucher-program-forms, email lwcvoucher@email.arizona.edu, or call 621-4365. To discuss the Sick Child and Emergency/Back-Up Care Program, call 621-4365. Visit https://lifework.arizona.edu/cc/sick_child_and_emergency_back_up_care_program for forms, guidelines, and detailed information.

Consultations and Support
Free, voluntary, and confidential consultations, informal assessment, referral, or brief problem solving support. Employees can be seen for any reason, including alcohol, substance abuse, stress management, parenting, relationship, depression, anxiety, and more. Call 621-2493 to schedule with Susan Pickering, MEd, LPC, or Dave Swihart, MC, LPC.

Elder Care and Life Cycle Resources
Call Caryn Jung, MS, at 621-9870 to request a personalized phone or in-person consultation to discuss area and national elder care and family caregiving referrals.

Work/Life Integration
Learn about the University's guide on flexible work arrangements, related workplace and workforce issues, and strategies for coordinating work/life matters, by calling Caryn Jung, MS, at 621-9870.

Introduction to the University of Arizona's Flexible Work Arrangements Guide
Save the Date: February 15, 2017
11:00 a.m. to noon
Location: University Services Building, Room USB 214

Workplace expectations are diverse and varied on how and where work is performed. Join Human Resources — Life & Work Connections colleagues to learn about UA's flexible work arrangement considerations that can lead to successful planning and practice. Visit the Professional Development Series page to register. Call 621-9870 to discuss flexible work questions.

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Supervisor Consultation
Regarding individual and work group issues. Call 621-2493 for an appointment.
Going to the gym is great for your body, but it’s also great for your mind.  — Rory McIlroy

GetMoving: Love Your Body

Physical activity boosts mental health, too

Having a bad day? Need a break from a stressful situation? How about putting on your sneakers (and season-appropriate clothes) and heading outside for a walk around the block or maybe going to the gym?

Exercising has many physical-health benefits, but when you get moving, your mental health is likely to improve as well.

Studies show exercise helps mental health by:

• Reducing anxiety, depression, and negative mood.
• Improving self-esteem and cognitive function.
• Easing symptoms, such as low self-esteem and social withdrawal.

Thirty minutes of moderate-intensity exercise (such as brisk walking) three days a week is enough for these health benefits. These 30 minutes don’t need to be continuous. Three 10-minute walks are believed to be equally as helpful as one 30-minute walk.


Weatherproof exercises

Can’t go outside to work out because it’s too cold or rainy or whatever? No problem. You can do plenty of activities indoors.

• Go dancing. Ballroom, line, salsa, and belly dancing can get your heart pumping.
• Sign up for a self-defense class or martial-arts class.
• Check out exercise videos from your local library.
• Power walk around an indoor shopping center.
• Join a community-sports league and play basketball or volleyball.
• Volunteer to help with stretching sessions at a local retirement home or senior center.
• Play an electronic fitness game on your television or computer that requires movement of major muscle groups.
Life is so much more beautiful and complex than a number on a scale.
— Tess Munster

The Whole You: PHYSICAL HEALTH

Get enough ‘beauty’ sleep

The benefits of sleep are more than skin deep. Take care of yourself by taking enough time to rest.

Although personal needs vary, here are recommended amounts of sleep for different age groups:

- Newborns (0-3 months): 14-17 hours
- Infants (4-11 months): 12-15 hours
- Toddlers (1-2 years): 11-14 hours
- Preschoolers (3-5): 10-13 hours
- School-age children (6-13): 9-11 hours
- Teenagers (14-17): 8-10 hours
- Adults (18-64): 7-9 hours
- Older adults (65+): 7-8 hours

To set yourself up for successful sleep:
- Go to bed at the same time each night and get up at the same time each morning.
- Sleep in a dark, quiet, comfortable space.
- Avoid nicotine.
- Exercise daily.
- Limit electronics use before bedtime.
- Avoid alcohol and caffeine late in the day.
- See a healthcare professional for ongoing sleep problems.

Sources: National Institutes of Health; National Sleep Foundation

Tag-team traveling

To prevent drowsy driving, stop or switch drivers every 100 miles or two hours. As with alcohol, drowsiness can affect vision, slow reaction time, and increase the risk of crashing, especially at night. For more on drowsy driving, including how to prevent it, go to Feb.HopeHealth.com/drowsy.

Source: National Sleep Foundation

Remember to take a ‘blink break’

If you work long hours at a computer, take a “blink break” a couple times each hour. Set a timer, if needed, to remind yourself. Keep your eyes closed for 10 seconds and move your eyeballs around under your closed lids to bathe and lubricate your eyes. Stand up at least once every 30 minutes.


Hands-on way to save a life

“Hands-only” CPR could save the life of any adult in sudden cardiac arrest.

Many people are afraid to act because they worry that they’ll do something wrong, but the survival of an adult who has a cardiac arrest can depend on getting immediate CPR. If someone you’re with suddenly collapses, call 911 immediately and then push hard and fast in the center of the person’s chest until emergency help arrives.

Studies of real emergencies show that hands-only CPR can be as effective as conventional CPR. To view a video on how to perform hands-only CPR, go to Feb.HopeHealth.com/CPR.

Source: American Heart Association

Learn more about The Whole You: at Feb.HopeHealth.com
Shrug off stress

Here’s a quick and easy tension reliever: As you inhale, raise your shoulders to your ears, pulling them up as high as they’ll go. Exhale and let your shoulders drop back down. Move deliberately, paying attention to which muscles you’re using. Repeat several times.

See page 8 —

Stock Your Tool Box:

See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

Don’t let body-image issues eat away at you

Having a healthy relationship with food is important. Eating disorders — anorexia, bulimia, and binge eating disorder — affect millions of people and involve extreme emotions, attitudes, and behaviors surrounding body image, weight, and food issues. If you suspect you or a loved one might have an eating disorder, take a quick, anonymous assessment to find out whether you should contact a medical professional. Go to Feb.HopeHealth.com/ed.

Train your brain to see yourself better

People are often their own worst critics, especially when it comes to their bodies. Teach yourself to look at yourself in a more positive light.

The more you practice developing new thought patterns, the better you may feel about yourself and your body.

• Appreciate everything your body does for you. Regularly say thank you to your body. Thank it for allowing you to experience the joy of living and breathing every day.

• Take inventory of things you like about yourself but that have nothing to do with your weight. Make a written list (or put a list in the notes app on your smartphone) and read it often.

• Tell yourself that true beauty is not skin deep.

• Wear comfortable clothes that make you feel good about your body.

• Surround yourself with positive people.

• Do nice things for yourself. Maybe it’s a walk in the park, curling up with a good book, or taking a nap.

• Help other people. Doing so may help you to feel good about yourself.

Source: National Eating Disorders Association

Tantrum-taming tips to keep parents from losing it

Childhood tantrums are inevitable. Even the most angelic kiddos have their moments. What’s a parent to do?

• Give your child control over little things. Throwing a fit over what’s for dinner? Allow your child to choose aspects of it, but not during the tantrum. Say, “When you calm down, we can discuss this.” After the fit is over, you might say, “You can choose your drink. Do you want milk or water with dinner?”

• Set your child up for success. Does being hungry or tired make your child more prone to a meltdown? Always have a healthy snack available (especially when you’re out of the house) and make napping/sleeping a priority.

Source: American Academy of Pediatrics

Love Your Body
To have that sense of one’s intrinsic worth...is potentially to have everything. — Joan Didion

The $1 difference really pays off

Paying just $1 more a day ($30 a month) on the minimum monthly payment due (assuming a minimum payment of 2% of the outstanding balance) on a $5,000, $10,000, or $15,000 credit-card balance with 17% interest will save you $7,624, $12,615, and $16,168, respectively, in interest payments.

Avoid image-improving scams

“Erase years from your appearance.” “Shed stubborn weight without effort.” You’ve probably heard these claims and more in infomercials and ads and may have been tempted to call that toll-free number or visit that website and have the product rush delivered.

Beware: Scammers like to prey on people’s desire to look their best. Instead of giving in to vanity, vow to love the body you have. If you do want to try a product, before you give out any personal or financial information online or over the phone:

• Confirm the online seller’s physical address (not just a P.O. Box) and phone number.
• Search online for the company name and website. Look beyond the first page of results, and especially for any negative reviews.
• Make sure the site is secure by looking for a URL that begins with https (the “s” is for secure). However, the “s” isn’t foolproof. Security icons can be forged. Avoid sites that ask you to send personal or financial information by email or ask you to wire cash through a money-transfer service.

Source: Federal Trade Commission

8 tips to stay immune to health-insurance fraud

1. Never sign blank insurance-claim forms.
2. Never give blanket authorization to a medical provider to bill for services rendered.
3. Ask your medical providers what they will charge and what you will be expected to pay out-of-pocket.
4. Carefully review your insurer’s explanation of benefits statement. Call your insurer and provider if you have questions.
5. Do not do business with door-to-door or telephone salespeople who tell you that services or medical equipment are free.
6. Give your insurance/Medicare identification only to those who have provided you with medical services.
7. Keep accurate records of all healthcare appointments.
8. Know if your physician ordered equipment for you.

Source: Federal Bureau of Investigation

See page 8 —

StockYourToolBox: See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

Put the manufacturer to the test... before you buy

If you’re buying items such as a computer, other electronic devices, or software, you may want to call the maker’s toll-free help line to see how quickly you can get through. How long you wait will give you an indication of what kind of service to expect if you should ever need to call for help.
What does "reduced" really mean?

Ever wondered what it means for a food to be labeled reduced fat, reduced calorie, or reduced sodium? It means that the item must have at least 25% less fat, 25% fewer calories, or 25% less sodium per serving than the regular version of whatever it is. Don’t confuse reduced with low, which for fat means 3 grams or less, for calories means 40 or fewer, and for sodium means 140 milligrams or less.

To be fat-free, the food must have less than 0.5 g of total fat. Calorie-free means to have less than 5 calories. Cholesterol-free means having less than 2 mg cholesterol.

February Crossword Puzzle

See how well you know the topics covered in this issue of the newsletter.

Across
1. Surround yourself with this type of people
4. Exercise may help to reduce this
5. Getting too much of this can up your risk of high blood pressure
8. A type of CPR that can be as effective as conventional CPR (one word, no hyphen)
11. During a “blink break,” keep your eyes closed for ____ seconds (number spelled out)
12. A food item that has 25% less of something than the regular version can use this word on packaging
13. The “s” in https stands for this

For the crossword puzzle answer key, go to Feb.HopeHealth.com

Down
2. Regularly say this to your body (two words, no space)
3. To prevent drowsy driving, stop for a break every ____ hours (number spelled out)
6. An approach to eating that may lead to more thoughtful food choices
7. To set yourself up for sleep success, avoid this late in the day
9. Puree these for a thick, sweet sauce you can use to top different foods
10. An indoor activity that you can do during times of bad weather

Protecting furry friends in the winter weather

- Always keep your dog on a leash when on snow or ice, especially during a snowstorm, when dogs can lose their scent and easily become lost.
- Once you get back indoors, wipe off your dog’s paws, legs, and stomach. Pets can ingest salt, anti-freeze, or other chemicals when they lick their paws.
- Keep cats inside. Felines can freeze, get hurt, or be exposed to infectious diseases if left outside.
- If you have outdoor cats in your neighborhood, bang loudly on your car hood before starting the engine. Cats may sleep under car hoods to stay warm. The noise will give them a chance to escape before the engine starts.

For more tips on pets and cold weather, go to Feb.HopeHealth.com/pets.

Source: American Society for the Prevention of Cruelty to Animals
At least half of all the grains you eat should be whole grains. Why not take this month to sample some new ones? Try at least one each week. Here are some ideas:

**Feb. 1 – 7: Barley** — Good in soups, stews, and cold salads.

**Feb. 8 – 14: Quinoa** — High in protein and gluten free and has a light texture that combines well with other grains.

**Feb. 15 – 21: Millet** — Nutty, easily digestible, and gluten free; good with vegetables or stews.

**Feb. 22 – 28: Wild rice** — Not a true rice, but the seed of a marshy grass; low fat, high fiber, high protein, and gluten free.

“**You need only two tools:** WD-40 and duct tape. If it doesn’t move and should, use WD-40; if it moves and shouldn’t, use the tape.”

— Unknown

“**What some people mistake for the high cost of living is really the cost of living high.”**

— Doug Larson

“**Try to live your life so that you wouldn’t be afraid to sell the family parrot to the town gossip.”**

— Will Rogers

“**It’s hard to lead a cavalry charge if you think you look funny on a horse.”**

— Adlai Stevenson