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Department News

August is:

Cataract Awareness Month

National Immunization Awareness Month

Psoriasis Awareness Month



Quantiferon Gold TB Blood Testing is Here!

Why Quantiferon?

- Confidently detect TB infection
- Extremely specific and sensitive for *M. tuberculosis*
- Unaffected by BCG vaccination
- Cost effective - eliminates unnecessary follow-up and repeat TB skin tests
- One blood test means only one visit
- Objective results - eliminates variability with individual interpretation of skin test readings.



"When it comes to eating right and exercising, there is no 'I'll start tomorrow.' Tomorrow is disease."

- V. L. Allineare

What's the Difference Between Ophthalmologists and Optometrists?

An Ophthalmologist (MD) is a medical or osteopathic doctor who specializes in the eye. They perform eye exams, diagnose and treat disease, prescribe medication, and perform surgery. They may also write prescriptions for eye glasses and contact lenses.

An Optometrist (OD) is an eye doctor who examines eyes for both vision and health problems, and corrects refractive error by prescribing eye glasses and contact lenses.

Optometrists diagnose and treat eye problems and diseases, prescribe many ophthalmic medications and may participate in your pre- and postoperative care if you have eye surgery. Some optometrists provide low vision rehabilitation and vision therapy.

What Are Cataracts? By Amer. Academy of Ophthalmology

About 20.5 million Americans age 40 and older have cataracts.

More than half of all Americans develop cataracts by age 80.

Cataracts are the leading cause of blindness worldwide.

Cataracts cloud the eye's clear lens, similar to a window that is "fogged" with steam. When the lens becomes cloudy, light rays cannot pass through it easily and vision becomes blurry. Cataracts are not a growth or a film over the eye.

Cataracts start out mildly and have little effect on vision at first. But as the cataract becomes denser, so does the impact on vision. See your ophthalmologist if you experience:

- Painless blurring of vision
- Sensitivity to light and glare
- Double vision in one eye
- Poor night vision
- Fading or yellowing of colors
- Frequent changes in glasses or contact lens prescriptions

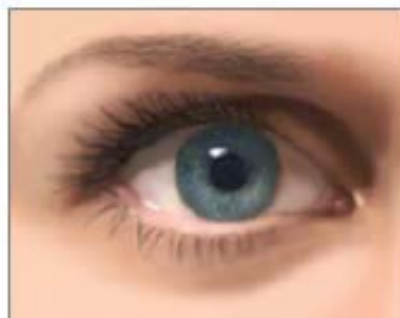
Although cataracts usually develop as part of the aging process, they can also result from:

- Eye injuries
- Certain diseases, such as diabetes
- Genetic inheritance
- Certain medications
- Frequent, unprotected exposure to UVA and UVB rays
- Smoking

Currently, there are no medications or exercises that will help cataracts disappear. However, if cataracts don't interfere with your life, you may choose to not do anything about them. When they begin to interfere with daily activities, they can be treated surgically. Cataract surgery is one of the safest and most frequently performed surgeries in the U. S., with more than 1.6 million surgeries performed each year. After surgery, vision is improved in most patients. Laser treatment is sometimes used after cataract surgery to remove a film that can occasionally grow behind the lens implant.

Remember, cataracts are detected through a comprehensive eye exam. Early treatment may save your sight.

Normal, clear lens



Lens clouded by cataract



A cataract is an opacity of the normally clear lens which may develop as a result of aging, metabolic disorders, trauma or heredity

Psoriasis is the most prevalent autoimmune disease in the U. S., affecting as many as 7.5 million Americans.

Each August, the National Psoriasis Foundation sponsors Psoriasis Awareness Month, dedicated to raising awareness, educating the public and dispelling myths about psoriasis.

Psoriasis occurs when the autoimmune system sends out faulty signals resulting in red, scaly patches on the skin that bleed and itch. Psoriasis is NOT contagious.

Psoriasis frequently occurs with a range of other health concerns including Crohn's disease, diabetes, hypertension, heart attack, depression, rheumatoid arthritis, and liver disease.

Up to 30% of people with psoriasis also develop psoriatic arthritis, which causes pain, swelling, and stiffness around the joints. People with mild psoriasis are just as likely to develop psoriatic arthritis as those with moderate to severe forms of the disease.

- Snack on energy-building foods (granola, apple with skin, low-fat cheese, or peanut butter crackers).
- Eat a healthy breakfast: cereal or whole-wheat bread; fruit; and low-fat or fat-free milk or orange juice without added sugar.
- Load up on vegetables, fruits, and whole grain foods at mealtime. Lighten up on meats, fatty foods, and food/drinks with added sugar.
- Exercise at a level that raises your heart rate for at least 30 minutes most days **with your doctor's OK.**
- Don't go to bed worried; instead, resolve to find a solution after good sleep.
- Maintain a strong social network to help you weather stress, illness, or difficult changes.
- Wind down before bedtime to promote good sleep, which for most is 7-8 hours.
- Smile! Laugh out loud easily and often by finding humor in silly goings-on.
- If emotions are getting you down, get help from a trusted family member, friend, or your health care provider.
- Relax with 20 minutes of calming activities.

Get Set for Physical Fitness

- Find fun and easy ways to exercise so it won't seem like a chore, especially if you're a beginner.
- Check with your health care provider if you are unaccustomed to exercise and plan to make major changes.
- Pick a time that fits smoothly into your schedule.
- Think of the benefits while you're exercising - stress relief, a trimmer body, better sleep and more energy, for example.
- Track your steps daily with a low-cost pedometer. Aim for 5,000 steps or better, 10,000 steps per day.
- Consider fitness a long-term project that starts small, with weekly goals and builds gradually into a natural way of life.
- Devote a portion of your lunch break to physical activity such as walking.
- Don't miss three workouts in a row for the first three months.
- Pick activities that are convenient and easily accessible.
- Work toward a reward such as a new pair of athletic shoes or something special.



Feel Happier! Enjoy a New View

1. Call a friend or reconnect with an old friend.
2. Talk to a trusted friend or family member, your minister, or your health care provider if emotions keep getting you down.
3. Help someone - volunteer your time, skills, or intellect in your community.
4. Write down the good things that happened to you today.
5. Recapture the child in you with fun, games, and laughter.
6. Schedule your annual checkup with your health care provider.
7. Leave your guilt at the door and find positive ways to change what isn't working in your life, one small step at a time.
8. Clear the clutter at home and in your work space.
9. Explore a subject or hobby that you have found interesting but have never taken the time to pursue.
10. Fix something that is broken.

Getting Better Sleep

by RealAge.com

- Go to bed and get up at roughly the same times every day, including your days off.
- Have a relaxing bedtime ritual - light reading, soothing music, a warm bath, or meditation.
- Avoid caffeinated drinks from late afternoon on.
- Exercise most days, but not within 3-4 hours of bedtime.
- Watch the alcohol; it actually contributes to wakefulness during the night.
- Avoid eating heavy meals and drinking beverages near bedtime.
- Stop tossing and turning; resolve to find solutions to problems after a good night's sleep.
- Reduce noise - earplugs or white noise may be helpful.
- Keep your room dark with light-blocking shades or a sleep mask.
- Sleep in light, comfortable clothing in a slightly cool room.



Taking Care of Your Back

by RealAge.com

- If you sit for long periods, use lumbar support for your lower back, and shift your position often.
- Lift correctly. Bend at your knees, not at your waist, to pick up anything.
- Use the strong muscles of your legs as your primary lifting power - not your back.
- Avoid twisting and other awkward movements while you lift and carry.
- Strengthen your back and abdominal muscles through exercise.
- Push, don't pull, when moving heavy objects.
- Get help if the load is too heavy. Ask a co-worker or use a dolly.
- Listen to your body. If your back hurts, stop what you are doing.
- Help your lower back - lose excess weight around your belly.
- Wear supportive shoes to aid posture and cushion your step.



When you're so stressed you can't think straight, take a quick look around. See lots of clutter? Consider it a sign.

In her book, *The Superstress Solution*, physician and author Roberta Lee writes that a disorganized, untidy, clutter-filled home is not only a symptom of stress but also a source of stress. Clean up the litter and you'll dial up the calm.

According to Lee, research shows that we secrete the stress hormone cortisol when surrounded by disarray. Bad news for your body. But the good news is that you know exactly what to do about it. With a quick tidy-up, you could reclaim both your surroundings and your serenity. Don't know where to start your spring clean-out? Try these tips:

- Take baby steps - break up the task into manageable chunks.
- Set a schedule - set aside the time you need.
- Write it down - keeping a journal helps you keep goals.

- Take a brisk walk or ride a bike for 30 minutes nearly every day (get physically active).
- Maintain a healthy weight: Burn more calories than you take in for weight loss, or balance calories-in with energy-burned to maintain weight.
- Choose sodium-free, low-sodium, or unsalted foods when you shop.
- Bypass fatty foods such as whole-milk dairy products, fried foods, butter, and stick margarines.
- Plan meals with fruit, vegetables, and other fiber-rich foods such as whole-grains, dried peas, beans, and lentils.
- If you smoke, talk to your doctor about quitting.
- If you are prescribed blood pressure medication, take it as directed.
- Boost food flavor with herbs and spices instead of the salt shaker.
- If you drink alcohol, take it easy. More than 1 or 2 drinks per day can raise blood pressure.
- Get your blood pressure checked regularly (generally, it should stay below 120/80).



This Month's Brain Teaser

LINE UP

Which of these shapes is not like the others - and why?



(Answer on page 8)

August is recognized as National Immunization Awareness Month (NIAM). The goal of NIAM is to increase awareness about immunizations across the life span, from infants to the elderly.

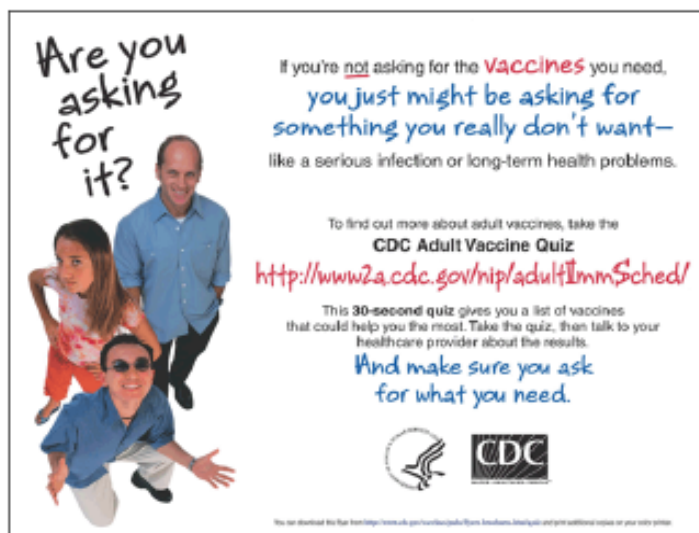
August is the perfect time to remind family, friends, co-workers, and those in the community to catch up on their vaccinations. Parents are enrolling their children in school, students are entering college, and healthcare workers are preparing for the upcoming flu season.

Why are immunizations important? Immunization is one of the most significant public health achievements of the 20th century. Vaccines have eradicated smallpox, eliminated wild poliovirus in the U. S., and significantly reduced the number of cases of measles, diphtheria, rubella, pertussis, and other diseases. But despite these efforts, people in the U. S. still die from these and other vaccine-preventable diseases.

Vaccines offer safe and effective protection from infectious diseases. By staying up-to-date on the recommended vaccines, individuals can protect themselves, their families and friends, and their communities from serious life-threatening infections.

Who should be immunized? Getting immunized is a lifelong, life-protecting community effort regardless of age, sex, race, ethnic background, or country of origin. Recommended vaccinations begin soon after birth and continue throughout life. Being aware of the vaccines that are recommended for infants, children, adolescents, adults of all ages and seniors, and making sure that we receive these immunizations, are critical in protecting ourselves and our communities from disease.

When are immunizations given? Because children are particularly vulnerable to infection, most vaccines are given during the first five to six years of life. Other immunizations are recommended during adolescent or adult years and, for certain vaccines, booster immunizations are recommended throughout life. Vaccines against certain diseases that may be encountered when traveling outside of the U. S. are recommended for travelers to specific regions of the world.




Are you asking for it?

If you're not asking for the **vaccines** you need, you just might be asking for something you really don't want—like a serious infection or long-term health problems.

To find out more about adult vaccines, take the **CDC Adult Vaccine Quiz**
<http://www.2a.cdc.gov/nip/adultImmSched/>

This **30-second** quiz gives you a list of vaccines that could help you the most. Take the quiz, then talk to your healthcare provider about the results.
And make sure you ask for what you need.



You are encouraged to cite this link: <https://www.cdc.gov/nip/adultImmSched/> from brochures, handouts and print additional copies of your video series.

You may only need to cut a mere half teaspoon of salt from your diet to see a benefit to your heart and brain.

In a dramatic new study, researchers estimate that cutting out just 3 grams a day (about half a teaspoon) could prevent up to 99,000 heart attacks and 66,000 strokes a year.

Research suggests we get up to 75 percent of our daily salt intake from processed foods and restaurant meals. In fact, processed and packaged foods have so much sodium that most of us end up eating 8 to 11 grams of salt a day -- more than twice what's recommended.

Lick the Salt Habit

Time to get serious about the sodium in your diet. Try these tips and tricks for kicking salt to the curb:

- Freeze that fast-food fix.
- Boost your sodium IQ.
- Give nutrition labels the evil eye.
- Cook with less salt but more flavor.

Flavorful Flautas

8 WW points per serving (Serves 4)

- 1 spray olive oil cooking spray
- 1 pound lean ground turkey
- 1 $\frac{1}{2}$ oz. Old El Paso Taco Seasoning Mix, or other brand
- $\frac{1}{2}$ cup water
- 4 medium flour tortillas, whole wheat
- 1 cup salsa
- 1 medium avocado, thinly sliced

Preheat oven to 400 degrees F. Coat a shallow baking pan with cooking spray. Set a large non-stick skillet over medium-high heat and preheat. Add turkey and cook until cooked through, about 6-8 minutes, breaking up the meat as it cooks. Add seasoning packet and stir to coat. Add water and simmer until liquid is absorbed, about 2 minutes. Spoon $\frac{1}{4}$ of turkey mixture onto center of each tortilla; roll up tortillas tightly and tuck in ends. Place flautas in prepared pan and spray with cooking spray. Bake until golden brown, about 15 minutes. Top flautas with salsa and avocado slices just before serving.



Reading can be a great escape from stress because it forces you to focus on something other than your own troubles. Also research has shown that people who read have a better ability to understand how other people think and feel, and become better equipped in dealing with problems.



"Stay back, you guys! This stuff has killed 99.99% of our fellow germs!"

Answer to Brain Teaser:

The only piece with more sides on the inner shape than the outer one.



Just For Fun



A J H L W S Z V A E V H H V R E
U I S F O P Z S J H I U V C Z O
V F R U T K N E R D L I H C H K
E M E C T S U G U A D U G G N B
S Y H Z O L W N E W S H O E S Z
W S C F U N G D Z A W W C Y T H
I U A E N S D B K C A P K C A B
M B E K E U L I B Y Y B W P F B
M L T H W P B O T E R H U C P F
I O A E C P I C O I A D K G C A
N O K A L L G N T H O C V U R N
G H Y T O I F H Y C C N H A W S
T C C J T E T K M N D S I E K S
Q S K D H S Y N O R A I N N S C
H O T I E Y Q O G B R M A G G G
S E S Z S S Y F Z K Q H R Y O Z

Find these words:

August
Air conditioning
Children
New clothes

Hot
Backpack
Fans
New shoes

Dry
Beaches
Heat
No rain

Swimming
School
School bus

Teachers
Supplies

Mission Statement:

Occupational Health & Wellness provides for those who are here to make life better for children, with a focus on:

T raining **H** ealth promotion **E** valuation
O verall care **N** urturing **E** ducation



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Carolyn Amrich, RN COHN, Manager
Tiffany Burton, HR Associate
Debby Rouse, RN

Brenda Bielamowicz, RN
Kathy Gause, LVN
Jenney Saxton, MA

Cindy Brumley, RN (Legacy)
Lisa Nagid, RN

Comments or Questions?

Email: Kathy Gause (Kathy.gause@childrens.com)

Occupational Health & Wellness (214-456-5780)