



Occupational Health News

Department News

Children's Medical Center

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July 2010



July is:

Iron Disorders Awareness Month

UV Safety Month



MANDATORY Annual TB Respirator Fit Testing is here!

Dallas - Room B6-262 (Old CCBD Clinic Area)

Inside this issue:

Date	Start Time	Break Time	Finish Time
July 8, 2010	11:00 AM	3 to 4 PM	9:00 PM
July 9, 2010	11:00 AM	3 to 4 PM	9:00 PM
July 11, 2010	11:00 AM	3 to 4 PM	9:00 PM
July 12, 2010	4:00 AM	9 to 10 AM	2:00 PM
July 13, 2010	4:00 AM	9 to 10 AM	2:00 PM
July 14, 2010	11:00 AM	3 to 4 PM	9:00 PM
July 15, 2010	11:00 AM	3 to 4 PM	9:00 PM
July 16, 2010	11:00 AM	3 to 4 PM	9:00 PM
July 17, 2010	11:00 AM	3 to 4 PM	9:00 PM
July 19, 2010	4:00 AM	9 am - 10 am	2:00 PM
July 20, 2010	4:00 AM	9 am - 10 am	2:00 PM
July 21, 2010	11:00 AM	3 to 4 PM	9:00 PM
July 22, 2010	11:00 AM	3 to 4 PM	9:00 PM
July 23, 2010	11:00 AM	3 to 4 PM	9:00 PM
July 24, 2010	11:00 AM	3 to 4 PM	9:00 PM
July 26, 2010	11:00 AM	3 to 4 PM	9:00 PM
July 27, 2010	11:00 AM	3 to 4 PM	9:00 PM
July 28, 2010	11:00 AM	3 to 4 PM	9:00 PM
July 29, 2010	11:00 AM	3 to 4 PM	9:00 PM
July 30, 2010	11:00 AM	3 to 4 PM	9:00 PM

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"A good laugh and a long sleep are the best cures in the doctor's book." - Irish Proverb



Iron Disorders

by Iron Disorders Institute

What is iron and why is it so important? Iron is so important that without it all life would cease to exist. Every living thing: plants, animals, human beings, bacteria (good and bad), even cancer cells all need iron to survive and grow. It is critical that we have enough iron available at certain stages of life when we are growing rapidly. Children who are deficient in iron during these important stages can have lower IQs, problems with concentration and their body may not develop like others their age. On the other hand, iron can be so deadly that 250 mg can poison a small child.

Absorption of iron is one of the first steps in iron metabolism. Metabolism is a process of chemical interactions that generate energy from food that you eat. Iron metabolism is the part of the process that manages iron in the body. Abnormal iron metabolism can result in too much or too little iron in the body, which

can cause poor health or even death.

Symptoms of an iron imbalance will vary depending if a person has too much iron or too little iron. Some people can have abnormal iron levels and experience no symptoms whatsoever.

Symptoms provide important information and should not be dismissed as trivial. **However, a diagnosis cannot be made on symptoms alone.** For a diagnosis of an iron disorder, specific tests are needed and sometimes procedures are required to reach a complete diagnosis. See your physician if you are experiencing any of the symptoms in the table below. Fatigue is usually the first and most frequently reported symptom for people with either high or low iron.

Symptoms of Too Much Iron

- Chronic fatigue
- Joint pain
- Abdominal pain
- Diabetes mellitus
- Irregular heart beat (arrhythmia)
- Congestive heart failure
- Skin color changes (bronze, ashen-gray green)
- For women: Irregular periods or periods stop
- Apathy (loss of interest in sex)
- Osteoporosis
- Osteoarthritis
- Hair loss
- Enlarged liver or spleen
- Impotence
- Infertility
- Hypothyroidism
- Depression
- Mood swings
- Adrenal function problems
- Early onset of neurodegenerative disease
- Elevated blood sugar
- Elevated liver enzymes
- Elevated iron (serum iron, serum ferritin)

Symptoms of Too Little Iron

- Weakness
- Fatigue
- Pica (urge to eat non-food items: dirt, ice, hair, coins, etc.)
- Shortness of breath
- Irregular heart beat
- Sensitivity to cold
- Pale skin and membranes (inside of mouth, eyelids)
- Restless leg syndrome
- Sore tongue
- Spoon-shaped fingernails
- Headache
- Dizziness
- Drowsiness
- Syncope (loss of consciousness)
- Enlarged spleen



Iron Disorders (cont)

Hemochromatosis

Hemochromatosis is the most common form of iron overload. It is an inherited disorder that causes the body to absorb and store too much iron. The extra iron builds up in organs such as the heart, pancreas, liver, joints, and thyroid damaging these organs. Without treatment, these organs become diseased and eventually fail.

Healthy people absorb about 10% of iron they ingest. People with hemochromatosis absorb as much as 4 times more iron than normal. Iron cannot be excreted, except through blood loss; therefore, over time iron accumulates in vital organs such as the heart, liver, joints, pituitary and pancreas.

Hemochromatosis is not a blood disease. The amount of iron in a unit of blood from a person with hemochromatosis is the same as a unit of blood from a person who does NOT have hemochromatosis.

Iron Deficiency Anemia

Iron deficiency anemia is a condition resulting from too little iron in the body. Iron deficiency anemia is the most common nutritional deficiency and the leading cause of anemia in the world. Iron deficiency at critical times of growth and development can result in premature births, low birth weight babies, delayed growth and development, delayed normal infant activity and movement; iron deficiency can result in poor memory or poor cognitive skills (mental function) resulting in poor performance in school, work, military, or recreation. Lower IQs have been linked to iron deficiency occurring during critical periods of growth.

Anemia is a symptom. Before treatment begins, it is important to know what is causing the anemia. In some

cases, taking iron pills to correct the anemia could be dangerous. There are more than a dozen conditions that can result in anemia; here are some of the most common:

- Inadequate heme iron (the type of iron in meat) in the diet
- Increased demand for iron: growth spurts, acute blood loss
- Chronic blood loss (heavy periods or disease)
- Nutritional deficiencies such as Vitamin C, B12, B6, or folate
- Problems of absorption such as: not enough stomach acid, lack of intrinsic factor (hormone needed to absorb Vitamin B12)
- Red blood cell production problems
- Red blood cell destruction problems
- Chronic disease, such as hypothyroidism, renal disease, arthritis, diabetes, Crohn's, liver disease, or cancer
- Alcohol abuse
- Medications (especially those containing aspirin)
- Excess iron accumulation in the bone marrow

Diet for Iron Balance

When iron is appropriately distributed throughout the body in hemoglobin, muscles, ferritin and elsewhere, your diet should be geared toward continued iron balance and disease prevention. Fresh fruits, vegetables, whole grains, adequate protein, limited dairy, limited fats and sugars form the basis for a good eating plan that will assure adequate iron and lower the risk of disease.

Normal Ranges for Hemoglobin	
Adult Males	Adult Females
14.0 - 18.0 g/dL	12.0 - 16.0 g/dL

Stress Less Today

by Healthyroads.com

Follow these quick tips to keep stress at bay...and keep your mind focused throughout the day.

- Take some deep breaths.
- Go for a quick walk or jog.
- Listen to relaxing music on your mp3 player.
- Stretch...especially muscles that feel sore or achy.
- Find a quiet place to practice meditation skills.



UV Safety for Your Eyes

by American Academy of Ophthalmology

While some exposure to sunlight can be enjoyable, too much is dangerous, causing immediate effects like blistering sunburns, as well as longer-term problems like eye damage.

Ultraviolet (UV) radiation is composed of high-energy rays from the sun. Long-term exposure to ultraviolet radiation may contribute to the development of various eye disorders, such as: age-related macular degeneration, the leading cause of vision loss among older Americans; and cataracts, a major cause of visual impairment and blindness.

Everyone is at risk for eye damage that can lead to vision loss from exposure to the sun. It's important to protect your eyes from acute damage caused by even a single outing on a very bright day. Intense, excessive exposure to UV light reflected off sand, snow, or pavement can damage the eye's surface. Similar to sunburns,

eye surface burns usually disappear within a couple of days, but may lead to further complications later in life.

To ensure your eyes are protected, wear sunglasses and a broad-rimmed hat. When selecting sunglasses, make sure they block 99 to 100 percent of UV-A and UV-B rays. But don't be deceived by color or cost. The ability to block UV light is not dependent on the darkness of the lens or the price tag.

Also, while out enjoying the sun in the water, remember to wear swimming goggles whenever you swim. Chlorine can make your eyes red and puffy, and ponds and lakes may have bacteria that can get underneath contact lenses and cause inflammation of the cornea.

Remember to protect your eyes when you step out into the sun. If you experience any vision problems, see your eye doctor.



Be Sun Smart!

by American Academy of Dermatology

Sun exposure is the most preventable risk factor for all skin cancers, including melanoma. You can have fun in the sun and decrease your risk of skin cancer. Here's how to **Be Sun Smart**:

- **Generously apply a broad-spectrum, water-resistant sunscreen** with a Sun Protection Factor (SPF) of 30 or more to all exposed skin. "Broad-spectrum" provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply approximately every two hours, even on cloudy days, and after swimming or sweating.
- **Wear protective clothing**, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, where possible.
- **Seek shade** when appropriate. Remember that the sun's rays are strongest between 10 a.m. and 4 p.m. If your shadow appears to be shorter than you are, seek shade.
- **Protect children** from sun exposure. Be sure to play in the shade, use protective clothing, and apply sunscreen.
- **Use extra caution near water, snow, and sand** because they reflect and intensify the damaging rays of the sun, which can increase your chances of sunburn.
- **Get vitamin D safely** through a healthy diet that may include vitamin supplements. Don't *seek* the sun.
- **Avoid tanning beds.** Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling. If you want to look like you've been in the sun, consider using a sunless self-tanning product, but continue to use sunscreen with it.
- **Check your birthday suit on your birthday.** If you notice anything changing, growing, or bleeding on your skin, see a dermatologist. Skin cancer is very treatable when caught early.

Expect To Keep Your Memory

by RealAge.com

Age-related memory loss. Think it's inevitable? Here's why you might want to think again. Buying into the stereotype that memory function automatically dwindles with age could become a self-fulfilling prophecy, research shows.

Defy the Stereotypes

At least that's what happened in one study. When older adults (ages 60 to 70 years) were given cues that people their age tend to suffer from memory loss, they actually performed more poorly on memory tests than a control group not exposed to such cues. Likewise, older adults who felt looked down upon --

or stigmatized -- due to age also fared poorly on memory tests. Bottom line: Anxious thoughts about negative stereotypes may disrupt your working memory. So think positive!

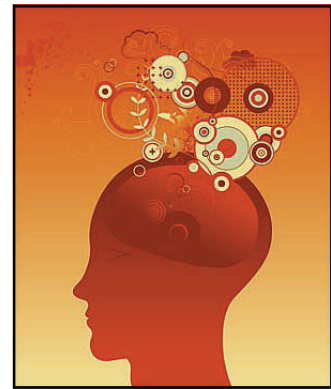
Multifaceted Memory Protection

Okay, positive thinking is no guarantee against memory problems -- but a positive attitude is always a healthier choice. For a full-court defense against age-related memory loss, here are some other ways to sharpen your noggin:

- **Stay in touch.** Staying connected to family and friends can nourish the connections in your

brain.

- **Eat right.**
- **Sleep tight.** Power naps can help recharge your brain.
- **Step it up.** Walking today means a better memory tomorrow.



Foods to Help Keep Your Mind Sharp

by RealAge.com

Food	Why	Recommended Amount
Nuts	Nuts contain monounsaturated fats to keep your arteries clear, as well as levels of precursors of serotonin to boost mood.	1 ounce of nuts a day is just right. (More is fine, but be careful of calorie overload.) An ounce is about 12 walnuts or 24 almonds.
Fish (especially wild salmon, whitefish, tilapia, catfish, flounder, mahi mahi)	Fish contain artery-clearing omega-3 fatty acids.	Aim for 13.5 ounces of fish a week, or 3 servings, each about the size of your fist.
Soybeans	Soybeans contain heart- and artery-healthy protein, fiber, and fats.	1 cup of soybeans a day.
Tomato juice and spaghetti sauce	Tomatoes contain folate, lycopene, and other nutrients to keep arteries young.	8 ounces a day of juice or 2 tablespoons of spaghetti sauce a day.
Olive oil, nut oils, fish oils, flaxseed, avocados	All of these foods contain heart-healthy monounsaturated fats.	25% of daily calories should be healthy fats
Real chocolate (at least 70% cocoa)	Real chocolate increases dopamine release and provides flavonoids, which keep arteries young.	1 ounce a day (to replace milk chocolate)

Recipe of the Month

Lemon-Thyme Roasted Chicken with Fingerlings

5 WW points per serving (Serves 4)

4 tsp. Canola oil or Olive oil	1 tsp. dried thyme, crushed
1/2 tsp. kosher salt or 1/4 tsp. regular salt	1/4 tsp. freshly ground black pepper
1 lb. fingerling potatoes, halved lengthwise	4 small skinless, boneless chicken breast halves
2 cloves garlic, minced	1 lemon, thinly sliced

*Fingerling potatoes are small, long, knobby spuds that are shaped like fingers. Look for them in the produce dept. of larger supermarkets or at farmer's markets. You can also substitute tiny new red or white potatoes.







In a very large skillet, heat 2 teaspoons of the oil over medium heat. Stir 1/2 teaspoon of the thyme, the salt, and pepper into the oil. Add potatoes; toss to coat. Cover and cook for 12 minutes, stirring twice. Stir potatoes; push to one side of the skillet. Add the remaining 2 teaspoons oil. Arrange chicken breast halves on the other side of the skillet. Cook, uncovered, for 5 minutes. Turn chicken. Spread garlic over chicken breast halves; sprinkle with the remaining 1/2 teaspoon thyme. Arrange lemon slices on top of chicken. Cover and cook for 7 to 10 minutes more or until chicken is no longer pink (170°F) and potatoes are tender.



Nifty Nutrition Tips

by Healthyroads.com

It's easy to say you're going to eat more fruits and vegetables, but it's sometimes harder to actually do it! Follow these tips to work healthier fare into your diet:

-  Add fruit to cereal or oatmeal for breakfast.
-  When out, ask for a side of steamed vegetables or a salad in place of French fries or chips.
-  Add fresh, sliced vegetables to your sandwiches.
-  Add vegetables like spinach, mushrooms, and peppers to dishes like pasta, pizza, and casseroles.
-  Bring a bag of sliced apples to work as a snack.
-  Put bags of grapes, bananas, or peaches in the freezer for a cold treat.



Just For Fun



Find these words:

Fireworks

Barbeques

Picnics

Parades

Freedom

Liberty

Flags

Thankfulness

Independence

Stars

Stripes

America

Red

White

Blue

Sparklers

Star Spangled Banner

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

How to Make Your Coffee Run a Healthy One

by Healthyroads.com

Remember these tips to keep your morning snack and java healthy!

- Order a smaller drink than usual.
- Ask for it to be made "skinny" style - with low-fat or skim milk instead of whole milk.
- Walk briskly to a coffee shop that's farther away.
- If you're grabbing a muffin with your coffee, opt for the bran or low-fat kind.
- Forget about the pastries - try the yogurt parfait or a fruit cup instead.
- Look for whole wheat bagels or breads and use jam instead of cream cheese or butter.



Stay Focused With a Good Stretch

by Healthyroads.com

A quick stretch can invigorate you and keep your mind focused on your projects. Here are some tips to keep in mind every day.

- Warm up. Take a brisk five-minute walk around the block.
- Hold each stretch for 10-30 seconds.
- Do not bounce while stretching. Just hold yourself in a steady position.
- Breathe normally while stretching. Never hold your breath!
- Mild discomfort is normal but stretching pain is a sign that something is wrong. Stop right away if you feel pain.



Mission Statement:

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

Training **H**ealth promotion **E**valuation
Overall care **N**urturing **E**ducation



Occupational Health & Wellness Staff

Carolyn Amrich, RN COHN, Manager
Cindy Brumley, RN (Legacy)
Debby Rouse, RN

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

Tiffany Burton, HR Associate
Lisa Nagid, RN



Comments or Questions?

Email: Kathy Gause (Kathy.gause@childrens.com)
Occupational Health & Wellness 214-456-5780