



# Wellness Newsletter

## August is Psoriasis Awareness

Psoriasis is a chronic disease of the immune system that most often appears on the skin as painful, raised, red, itchy patches. Psoriasis is not contagious —you can't "catch" it from another person. Living with psoriatic disease can be an everyday battle—from aches and pains, exhaustion, risk of comorbid conditions, such as cardiovascular disease and diabetes, to dealing with the stigma associated with such a visual disease. This month, the National Psoriasis Foundation (NPF) is launching a campaign to empower patients to take control of their health while raising awareness for the 7.5 million Americans affected by psoriatic disease. Find out more at [psoriasisawarenessmonth.org](http://psoriasisawarenessmonth.org).



## Putting Binge-Eating Disorder to BED



While most people occasionally eat way more than necessary and then feel guilty about it, binge-eating disorder

(BED) is different. Characterized by out-of-control eating of large amounts of food in a short period of time, BED causes extreme stress, depression and feelings of self-loathing. Binge-eating in secret and hiding evidence is common. Unlike bulimia, BED does not involve purging of food through forced vomiting or use of laxatives.

Several treatment options can help sufferers of this most common, but least known eating

disorder. Cognitive-behavioral therapy can help patients understand the reasons behind their binge eating so they can change their behavior. Prescription drugs like antidepressants, and Vyvanse – the only FDA-approved medication for BED, can help reduce the urge to binge. A recent study found that, of these solutions, anti-depressants were most effective.

If you or a loved one feels that eating controls you, rather than the other way around, please come out of hiding. Speak to your healthcare provider and turn out the lights on BED for good.

*Source: Ann Intern Med. Published online 28 June 2016*

## TAKE NOTE:

If you transport an infant in your car in a rear-facing car seat (the safest position), be mindful how tragically easy is it to forget that the child is there when you leave your car. Here's a trick to help avoid a potential disaster: keep a stuffed animal in your front seat when your child is in the car seat as a reminder that the child is there.



## Karen's Wellness Corner

If you are trying to lose or maintain weight, a **Tomorrow Morning** goal may help you to face-down those powerful food temptations. A Tomorrow Morning goal focuses on the *good consequences* that will happen tomorrow morning when you stick to your eating plan today. Some examples: Tomorrow morning, the jeans that fit today will still fit. Tomorrow morning, the tight shirt may be looser. Tomorrow morning - no bloating, headache or sugar hangover. Tomorrow morning – no regrets. Long term goals are important, but for me, I can too easily rationalize my slip-ups when a goal is far off. "What's a few handfuls of cookies tonight when I have 3 months to reach my goal weight?, my thinking would go, "It doesn't matter." The trouble is that too many episodes of "not mattering" end up mattering, if not on the scale, then in how I feel on the inside and on the outside. Focusing on the *immediate* future - tomorrow morning - is a powerful tool for me. I hope you'll give it a try – **today**.



Karen DeBonis  
R&K Wellness Director

## Anger: One Letter Shy of DANGER

People who are chronically angry have increased risks for poor health. Whether it's expressed in explosive outbursts or kept hidden as internal seething, constant rage is linked to increased risk for stroke, heart attacks and other forms of cardiovascular disease. Scientists aren't sure why this happens. It may have to do with the increased hormones or neurochemicals that are released when a person feels threatened. Or anger may disrupt the electrical impulses of the heart. And of course, constant anger isn't good for relationships or job security, which are so important to health.

Counseling and anger-management classes may help. But self-help measures are important, too. Teach yourself to pay attention to what happens in your body when you feel anger rising as soon as, or even before, you realize that you're angry. Do your fists clench, your face turn red or your neck get hot? Once you identify these physical reactions, decide upon several concrete actions that you can take at the first sign of anger. Counting to ten, taking deep breaths, and walking away are three standards. Finally, write down a "mantra" to help change your thinking about an anger-provoking situation, and then repeat it to yourself in those situations. For example: "I am calm and cool with this problem."



Finally, don't forget about exercise. Not only does it benefit your overall health, but it's a good outlet for stress and anger.

## See Your PCP

Annual visits to your primary care provider (PCP) have a number of benefits, including better management of chronic diseases, lower overall health care costs, and a higher level of satisfaction with your care. New research adds to that impressive list: an annual PCP visit increases your odds of getting screened for colon cancer. Colon cancer is the third most common cancer and the second leading cause of cancer death in the United States, so these screenings are potential life-savers. If you haven't seen your PCP in a year or more, make an appointment today.

*SOURCE: UT Southwestern, news release, June 24, 2016*



## Be Prepared for a Power Outage

If a summer thunderstorm knocks out your power for 2 hours or less, it will probably be just an inconvenience. But what if it's longer? Here are a few of the items the American Red Cross recommends you keep on hand just in case:

- |                                                      |                                       |
|------------------------------------------------------|---------------------------------------|
| Water (one gallon per person, per day)               | Sanitation and personal hygiene items |
| Non-perishable, easy-to-prepare foods                | Flashlights and extra batteries       |
| Battery-powered or hand-crank radio                  | Copies of personal documents          |
| First aid kit, extra medication and medical supplies | Cellphone chargers                    |
| Family and emergency contact information             | Extra cash                            |
| A cooler and digital food thermometer                | Multi-purpose tool                    |



For more ideas on being prepared for, responding to, and recovering from a power outage or emergency evacuation, go to [redcross.org/prepare/disaster/power-outage](http://redcross.org/prepare/disaster/power-outage).



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