



Wellness Newsletter

March is National Kidney Month

One in three American adults is at risk for kidney disease, and anyone can get kidney disease at any time. The National Kidney Foundation is calling on all Americans to take five healthy steps for their kidneys: **1.** Talk to your doctor about your risks for kidney disease and get tested if appropriate. **2.** Reduce your use of over-the-counter NSAID pain-relievers like aspirin, ibuprofen or naproxen, and never take more than the recommended dosage.

3. Cut out processed foods like deli meats that are high in sodium, nitrates and phosphates.

4. Exercise regularly. **5.** Control blood pressure and diabetes. For more information, go to www.kidney.org.



Heart Attack Symptoms in Women

For men and women, chest pain or discomfort is the most common heart attack symptom, **but many women may not have chest pain with a heart attack.** These are other common symptoms of a heart attack for women:

- Shortness of breath, like you ran a marathon
- Upper back pressure that feels like squeezing or a rope being tied around you
- Dizziness, lightheadedness or actually fainting
- Breaking out in a cold sweat
- Severe abdominal pain and pressure
- Extreme fatigue
- Jaw or arm pain
- Nausea or vomiting



If you have any of these signs, call 9-1-1 and get to a hospital right away. Don't just take an aspirin and hope it will all go away. Talk to your healthcare provider about your risks of heart attack and what you can do to reduce your risk.

Karen's Wellness Corner

In this season of political turmoil, here's an idea to use your own political passions (if you have them) to improve your health: Define your "issue" (a reasonable health goal) and determine "election day" (a deadline by which to achieve your goal.) Write these down – this is your "stump speech." Determine your "political donation" (a cash amount) that would hurt a bit to lose – whether it's \$10 or \$1000. Cast your "vote" by giving the cash in a sealed envelope to a "super delegate" (trusted friend or family member.) Also give that super delegate your stump speech. Here's the fun part: along with your secret vote in the envelope, place your "anti-endorsement" (the name of the political candidate you like *the least*.) Then get "caucusing" (work on meeting your goal!) On "election day" if you reach your "magic number" (your goal,) you get your donation back. If you haven't met your goal, *your super delegate donates that cash to your anti-endorsement!* How's that for some motivational "spin?"



Karen DeBonis
R&K Wellness Director

Generic Drugs

The American College of Physicians recommends that whenever possible, doctors should prescribe generic drugs for their patients. Why? Because generics may help patients save money – up to two-thirds of their yearly drug costs. With these savings, patients are more likely to pick up their medication from the pharmacy, take it as prescribed, and continue to take it long-term if needed.



Some patients think generic drugs may not work because they are less expensive. But in fact, most research shows that generics are just as effective as brand-name drugs. Generics do look different than their brand-name counterparts however, and that can be confusing to patients. So, if your medication looks different than one that you see on TV, or one that you previously took, don't hesitate to ask your pharmacist for clarification. There are situations where the use of brand-name drugs is necessary; talk with your healthcare provider to see if a generic will work for you.

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Spring is nature's way of
saying

Let's party!

- Robin Williams



Grey Today, Gone Tomorrow

If you're a young smoker, you might want the trend of pastel silver/grey hair to stay in style for a long time. Why? Smoking leads to premature greying. And of course, smoking also increases skin wrinkling and causes yellow teeth. And that's just the outside of your body - imagine what goes on *inside*. Not a pretty picture is it?



The Lazy Man's (and Woman's) Way to Good Health

Sleep experts recommend that adults ages 18 to 60 get at least seven hours of sleep each night to promote optimal health and well-being. Getting less than seven hours of sleep a night has been associated with increased risk of obesity, type 2 diabetes, high blood pressure, heart disease, stroke, frequent mental distress and death.

In our busy lives with multiple demands, getting a good night's sleep is sometimes easier said than done. But it's important to make sleep a priority – you can even schedule it like you do other activities, and check it off every morning when it's done. And don't push back your bedtime until everything else is done. Instead, stop doing things as soon as your bedtime nears so you get the sleep you need. It's *that* important. Here are some basic healthy sleep tips:

- Stick to a sleep schedule, even on weekends.
- Make sure your bedroom is dark, quiet and cool.
- Sleep on a comfortable mattress and pillows.
- Avoid large meals, alcohol and caffeine too close to bedtime.
- Turn off electronics well before bedtime.
- Exercise daily.



If it's your snoring that disrupts your sleep, you may have sleep apnea – a serious condition that needs to be evaluated by your healthcare provider. Don't be lazy about this - call today so you can rest easy tomorrow.



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