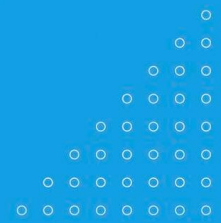




WELLNESS NEWSLETTER

June 2024



HIGHLIGHTS for the [June 2024 Newsletter](#)

Beat the Bite: 7 Tips to Keep Ticks Away This Summer

It's that time of year when ticks come out in force on the trail, in the woods, maybe even your backyard. Ticks carry disease & can make you sick. Here's how to stop ticks before they bite...

The Goldilocks Strategy to Prevent Type 2 Diabetes

You hungry? Goldilocks was when she stumbled into the house where three bears lived. She discovered their morning breakfast and took a few bites of each. Turns out, the bears' favorite breakfast is just the thing to help prevent type 2 diabetes. Here's what you need to know...

6 Sunny-Day Habits to Avoid Sunburns

Here comes the sun. June 20 is the official first day of summer. You might be ready for outdoor fun, backyard barbecues, and beach time. But are you ready to protect yourself from the sun? Here's how to avoid sunburns to keep your skin happy & healthy...

Y-Axis: Meaty Matters

Hungry for a beefy burger or perfectly-grilled steak? New research suggests eating even a single serving of red meat comes with some risk. Here's what you need to know...

Recipe: Summer Breeze Smoothie

How about a breezy summer smoothie made from fresh fruit to start your day? Skip the drive-through and make your own at home. All you need is a few ingredients and a high-powered blender. Give this easy-to-make smoothie recipe a try.

Take the June Health Challenge!

Make Eco-Friendly Choices: Protect your health & the environment

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: What foods are good for heart health?



THE Y AXIS



Meaty Matters

Put down the hamburger. Step away from the steak. And skip the hot dogs, bologna and sausages.



Before you take a bite, there's something you need to know about red meat.

In a recent study published in the British Medical Journal, researchers looked at 17 different studies on red meat consumption.⁴

They found that eating a single serving of red meat a day raises the risk of heart disease and early death by 19 percent.

If you want to live longer, eat less red meat. Healthier alternatives to red meat include eggs, fish, poultry, and vegetarian options.

COMMENTS?

Send comments to the editor:

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Beat the Bite: 7 Tips to Keep Ticks Away This Summer

Protect yourself from ticks in the outdoors

Planning to take a hike, work in the yard, or go camping this summer? Ticks are looking for a free ride. And that's a problem.

Ticks can infect you with:

- Lyme disease
- Rocky Mountain spotted fever, and...
- Other diseases

Here are seven tips to keep ticks away and what to do if you find one on you.¹

- 1. Dress smart:** Ticks love to hitch a ride on your clothes. Wear long sleeves, long pants, and tuck your pants into your socks. Light-colored clothes make it easier to spot them.
- 2. Stick to the path:** When hiking, stay in the middle of the trail. Ticks hang out in tall grass and bushes, waiting for someone to brush by.
- 3. Use bug spray:** Spritz on some tick repellent. Look for sprays with DEET or permethrin.

- 4. Check yourself:** After being outside, do a tick check. Look closely at your skin, especially behind your ears, in your hair, and around your waist. Use a mirror or ask a friend to help.
- 5. Shower time:** Take a shower as soon as you come indoors. It helps wash away any ticks that might be crawling on you.
- 6. Protect your pets:** Ticks love dogs and cats too. Use tick prevention products on your pets and check them regularly.
- 7. If you find a tick on you, don't panic!** Use fine-tipped tweezers to grab it as close to the skin as possible and pull straight out. Clean the area with soap and water. Keep an eye on the bite for a few weeks. If you see a rash or feel sick, see a doctor.

MORE

Video: Ticks: Fight the Bite <https://tinyurl.com/2smke7su>

The Goldilocks Strategy to Prevent Type 2 Diabetes

Whole-grain foods high in fiber help control blood sugar

The storybook character Goldilocks gets a bad rap for breaking chairs and taking a nap where she doesn't belong. But when it comes to eating porridge, maybe she sampled all three bowls because she knew it was healthy.

Chances are pretty good the Three Bears we're planning to eat whole-grain porridge or steel-cut oats when they came back from their walk.

And that's just right, if you want to prevent type 2 diabetes. In a recent study, researchers looked at the eating habits of 55,000 people over 15 years.²

- They found that people who ate at least 50g of whole grains per day (that's a bowl of oatmeal and slice of whole-grain bread) cut their risk for diabetes by up to 34 percent.
- It's an important finding when an estimated 38 million adults in the U.S. have type 2 diabetes. Another 98 million have prediabetes.



Eat whole-grain foods to cut diabetes risk

If you're looking for a way to improve your diet and reduce your risk for type 2 diabetes, eat more whole-grain foods like:

- Steel-cut oats
- Shredded-wheat and other whole-grain cereals



Summer Breeze Smoothie

How about a breezy summer smoothie made from fresh fruit to start your day? Skip the drive-through and make your own at home. All you need is a few ingredients and a high-powered blender. Give this easy-to-make smoothie recipe a try.⁵

Ingredients

- 1 C plain yogurt (non-fat)
- 6 strawberries (medium)
- 1 C pineapple (crushed, canned in juice)
- 1 banana (medium)
- 1 tsp vanilla extract
- 4 ice cubes

Directions

1. Place all ingredients in high-powered blender.
2. Purée until smooth. Tip: If consistency is too thick, add a small amount of milk, juice, or water.
3. Serve in frosted glass.

Makes (3) 8-ounce servings. 124 calories per serving.

6 Sunny-Day Habits to Avoid Sunburns

Follow these simple tips to protect your skin from the sun

When summer temps start to sizzle, you probably look for ways to stay cool, like...

- Eat ice cream.
- Enjoy a cold drink.
- Crank up the air conditioning.
- Or take a trip to the pool, lake or beach

Sounds pretty good, right? Summer can be a great time to be outdoors. But too much time in the sun can be dangerous.

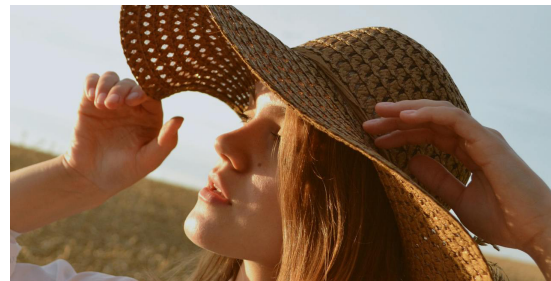
What's the big deal with a little sunburn?

It might only hurt for a few days, but it can also increase your risk for:

- **2** types of skin cancer, basal cell carcinoma and melanoma³
- **2X** - Your risk for melanoma doubles if you've had five or more sunburns in your life.
- **200,340** new melanoma cases are diagnosed every year.
- **8,290** people a year die from this type of skin cancer.

MORE

Protect your skin from the sun
<http://tinyurl.com/Yc47yxu9>



6 ways to protect your skin from the sun

Here are some things you can do to avoid a sunburn this summer:

- 1. Go indoors** or get in the shade when the sun's ultraviolet (UV) rays are the strongest (10 a.m. to 4 p.m.).
- 2. Wear a wide-brimmed hat** to protect your nose, ears, and neck from too much sun.
- 3. Dress in loose-fitting clothes**(long-sleeved shirt, long pants).
- 4. Wear sunglasses** that provide 100-percent UV protection from the sun.
- 5. Use sunscreen** with an SPF-30 rating or higher. Reapply every two hours. Apply it like a second skin for maximum protection.
- 6. Be sun smart** when the skies are cloudy or hazy. You can still get sunburned.

The Goldilocks Strategy to Prevent Type 2 Diabetes (continued from page 1)

- Whole-grain breads and pasta
- Brown rice
- Quinoa

Whole grains are a rich source of fiber that help improve digestion, and prevent diabetes

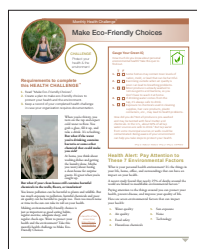
and heart disease. Eat enough, and you may even have the energy to escape a family of hungry bears.

MORE

10 tips to eat whole grains
<https://tinyurl.com/svc6bsq>

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Take the June Health Challenge!

Make Eco-Friendly Choices: Protect your health & the environment

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
What foods are good for heart health?



Make Eco-Friendly Choices

CHALLENGE

Protect your health & the environment

Requirements to complete this HEALTH CHALLENGE™

1. Read "Make Eco-Friendly Choices".
2. Create a plan to make eco-friendly choices to protect your health and the environment.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When you're thirsty, you turn on the tap and expect cold water to flow. You grab a glass, fill it up, and take a drink. It's refreshing.

But what if the water you're drinking contains bacteria or some other chemical that could make you sick?

At home, you think about washing dishes and getting the laundry done. Maybe you worry about having a clean house for surprise guests. It's great when you're caught up.

But what if your clean house still contains harmful chemicals in the walls, floors, or insulation?

You know pollution can be harmful to plants and wildlife. But too much exposure to pollution, harmful chemicals and poor air quality can be harmful to people too. Even too much noise or time in the sun can take its toll on your health.

Making environmentally-friendly choices is just as important as good eating habits, regular exercise, adequate sleep, and regular check-ups. Want to protect your health and the environment? Take this month's health challenge to Make Eco-Friendly Choices.

5 benefits of less screen time
<https://tinyurl.com/4re8k9ku>

Gauge Your Green IQ

How much do you know about personal environmental health? Take this quiz to find out.



T F

1. Some homes may contain toxic levels of radon, mold, or lead that can be harmful.
2. Exercising outside when air quality is poor can lead to breathing problems.
3. Most produce is already washed to remove germs and bacteria, so you don't have to wash it at home.
4. If drinking water comes from the tap, it's always safe to drink.
5. Exposure to chemicals used in cleaning supplies, hair care products, plastic containers, etc., may lead to health problems.

How did you do? Not all produce is pre-washed and may be tainted with fecal matter and chemicals. In the U.S., about 92% of all tap water sources are safe to drink.¹ But tap water from some municipal sources or wells could be contaminated. Being aware of your environment can help you take steps to protect your health.

Answers: 1.True. 2.True. 3.False. 4.False. 5.True.

Health Alert: Pay Attention to These 7 Environmental Factors

What is your personal health environment? It's the things in your life, home, office, and surroundings that can have an impact on your health.

A recent study found that nearly 25% of deaths around the world are linked to modifiable environmental factors.²

Paying attention to the things around you can protect your health, prevent disease, and improve your quality of life.

Here are seven environmental factors that can impact your health:

1. Water quality
2. Air quality
3. Food safety
4. Hazardous chemicals
5. Sun exposure
6. Noise
7. Technology



Eco-Friendly Environment: 7 Habits to Make Your Life Healthier

You can't control every factor in your environment. But you can try. Practice these seven habits to improve your environmental health:

1. Drink clean water

Tap water in the U.S. is generally safe to drink.³ But it doesn't take much for water to be dirtied. A broken pipe, flooding, or chemical spill can make water unsafe for drinking. Drink bottled water in a reusable container.

- Use a water filter.
- Ask for water quality testing results from the local health department.
- Have your water tested by a professional.

2. Breathe clean air

You need more than just a breath of fresh air for good health. You need to breathe clean air all the time. Weather patterns, secondhand smoke, pollution, and chemicals you can't see can all compromise air quality.⁴

- Live in an older home? Have it tested for radon, mold, and lead.
- If you smoke, quit. And even if you don't, avoid secondhand smoke.
- When air quality is poor, follow health advisories.
- Follow air-quality safety practices at work.

3. Know your food

The more you follow a plant-based diet, the more likely you'll avoid food-related problems. Know where your food comes from and how it is made. This can lower your risk of getting sick from eating food that may contain bacteria or other contaminants.

- Always wash fruits and vegetables before eating.⁵
- Consider buying organic foods raised without

12 fruits & veggies you must wash
<https://tinyurl.com/3z8ac36z>

pesticides, herbicides, antibiotics, or growth hormones.

- If you eat fish, choose fish low in mercury such as salmon, tilapia, trout, or sardines.
- Make sure perishable foods are stored properly.

4. Protect your skin

A little time in the sun can help your body get the vitamin D it needs for good health. Sunshine even helps improve your mood. But too much sun raises your risk for sunburn, skin damage, and melanoma.

- Avoid being in the sun from 10 a.m. to 4 p.m. This is when the sun's ultraviolet rays are the most damaging.
- Wear protective clothing and a hat.
- Use sunscreen (SPF 15+) if you will be in the sun for more than 10 minutes.⁶
- Wear sunglasses to protect your eyes.
- See your doctor if you notice any skin problems to check for cancer.

5. Beware of hazardous chemicals

Exposure to common household chemicals may be harmful to your health. Chemicals used to make things like cosmetics, plastics, and cleaning supplies have been linked to certain types of cancer, heart disease, upper respiratory problems, and others.⁷

- Limit or avoid eating foods packaged in plastics.
- Use glass containers in the microwave instead of plastic containers that may release harmful chemicals when heated.
- Eat more fresh foods and

Health risks of cleaning supplies
<https://tinyurl.com/3xk399p5>

ingredients instead of processed foods. Make sure containers used to store liquids aren't made with Bisphenol A (BPA). It's been linked to brain, breast, and prostate cancer.

- Pay attention to health advisories about products recalled for lead and other hazardous chemicals.

6. Protect your hearing

Did you know up to 24% of adults have hearing loss from exposure to loud noises?⁸ Prevent hearing loss by protecting your ears from loud noise.

- Avoid cranking up the volume on listening devices.
- Wear ear plugs or protective headphones when you're around loud noises.
- Don't listen to loud music in the car or confined space for too long.

7. Manage technology

If you're among the masses who rely on a smartphone or tablet, you're not alone. Technology can make your life easier. But too much of a good thing can lead to problems.⁹

- Do not send or read text messages when you drive.
- Use a headset or speakerphone to make a call.
- Limit screen time (computers, TV, electronic devices) to protect your vision and your health.

By taking a closer look at the link between your health and your environment, you'll start to notice ways to improve. Small changes and good habits can improve your health, make you feel better, and help you live longer.



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Make Eco-Friendly Choices

CHALLENGE
Protect your health & the environment

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Create a plan to make eco-friendly choices to protect your health and the environment.
3. Use the calendar to record your actions and choices to make eco-friendly choices.
4. Review your progress at the end of each day, week, and at the end of the month. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
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_____ Number of days this month I made eco-friendly choices

_____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

Name _____ Date _____

Q.

What foods are good for heart health?

A.

Making an effort to eat healthy foods is one of the best things you can do to keep your heart healthy and prevent heart disease.

But a lot of people don't eat healthy. If you're thinking about improving your diet to keep your heart healthy, start by answering these two questions:

1. How often do you eat French fries, red meats, pizza, pastries, and processed foods?
2. How often do you have sugary drinks?

If you eat a lot of these foods, you're at risk for high cholesterol, high blood pressure, and other health problems. These conditions can damage your arteries, which can lead to heart attack, stroke, and death. Consider this:

- **Heart disease** is the leading cause of death in the United States. It claims the lives of about 702,880 people a year.¹
- **Every 40 seconds**, someone in the United States has a heart attack.² Some recover. Some require surgery and long-term therapy. And many don't survive.

Eat heart-healthy foods

Choosing the right foods can help prevent heart disease. If you already have heart disease, or you're at risk, improving your diet can help, too.

And it's easy. Research shows eating more plant-based foods and less junk food can improve heart health.³ Eat more of these heart-healthy foods:

Fruits and vegetables

At meal time, fill half your plate with fruits and vegetables.



EAT HEART-HEALTHY FOODS

- Brightly-colored fruits, berries, and leafy-green vegetables are best.
- They have high levels of antioxidants that can help prevent plaque build-up in your arteries.

Ultimately, this protects your heart. Aim for 8-10 daily servings of fruits and vegetables.

Nuts & Seeds

Nuts and seeds contain healthy, unsaturated fat.

- This kind of fat helps lower LDL (bad) cholesterol levels, which can protect your heart from disease.
- Nuts also contain omega-3 fatty acids and other nutrients that can improve the health of your arteries and reduce the risk for blood clots.

Try to eat a handful of nuts (about 1½ ounces) each day.

Legumes

Legumes, such as black beans, kidney beans, and peas, contain the highest amount of fiber of any food group.

High-fiber foods can lower cholesterol levels, reduce the risk for diabetes, and curb hunger to avoid weight gain. All of this can lead to a healthier heart.

- Adult women need at least 25 grams of dietary fiber per day for best health.
- Men need at least 38 grams per day.

ASK THE *Wellness* DOCTOR

Whole Grains

Whole grains contain bran, fiber, and other nutrients that help lower blood sugar, cholesterol, and triglycerides (or fat) in the blood. This is good for heart health.

Eat at least three servings of whole grains per day.

- A variety of grains is best, especially ones high in water-soluble fiber.
- Try oatmeal, whole-grain cereals, breads and pasta, brown rice, and quinoa.

Eat heart-healthy foods

Eating a plant-based diet is the best way to reduce your risk for heart disease. If you're not used to eating this way, start small with a healthy snack.

Gradually add more fruits, vegetables, nuts, legumes, and whole grains to your eating plan. Then top off your new eating habits with 30 to 60 minutes of exercise on most days for a healthier heart.

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