

WELLNESS NEWSLETTER

September 2014

Creative Benefits, Inc.
strategies to insure your success



Kick off the season with wellness goals of your own!!



Be Heart Healthy

September is National Cholesterol Education Month. Too much cholesterol in the blood is one of the main risk factors for heart disease and stroke—two leading causes of death in the United States. One way to prevent these diseases is to detect high cholesterol and treat it when it is found.

What is cholesterol?

Cholesterol is a substance that your body needs. But when you have too much in your blood, it can build up on the walls of your arteries and form blockages. This can lead to heart disease, heart attack, and stroke.

There are two kinds of cholesterol: high-density lipoprotein (HDL) and low-density lipoprotein (LDL). HDL is also called "good" cholesterol. LDL is called "bad" cholesterol. When we talk about high cholesterol, we are talking about "bad" LDL cholesterol.

Seventy-one million American adults have high cholesterol, but only one-third of them have the condition under control. There is no time like the present to resolve to get your cholesterol screened.

What role does screening play?

Screening is the key to detecting high cholesterol, because high cholesterol does not have symptoms. Many people do not know that their cholesterol is too high. Your doctor can do a simple blood test to check your cholesterol level. The National Cholesterol Education Program recommends that adults aged 20 years or older have their cholesterol checked every 5 years.

You may need to have your cholesterol checked more often if any of the following statements applies to you:

- Your total cholesterol is 200 mg/dL or higher.
- You are a man older than age 45 or a woman older than age 50.
- Your HDL cholesterol is lower than 40 mg/dL.
- You have other risk factors for heart disease and stroke.

How can you prevent or treat high cholesterol?

Make therapeutic lifestyle changes by

- Eating a healthy diet. Avoid saturated fats and trans fats, which tend to raise cholesterol levels. Other types of fats, such as polyunsaturated fats, can actually lower blood cholesterol levels. Eating fiber also can help lower cholesterol.
- Exercising regularly. Physical activity can help lower cholesterol. The Surgeon General recommends that adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.
- Maintaining a healthy weight. Being overweight or obese can raise your cholesterol levels. Losing weight can help lower your cholesterol.
- Not smoking. If you smoke, quit as soon as possible.



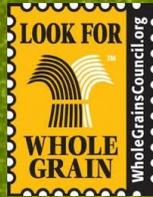
Source: www.cdc.gov

Be sure to follow your doctor's instructions and stay on your medications, if prescribed, to control your cholesterol.

Whole Grains Month

Eating Fiber can reduce your cholesterol and one of the best sources of fiber is whole grains. Here is a list of things you can try this month to boost your whole grains intake.

- Buy whole grain bread rolls.
- Substitute your potatoes and white rice with bulgur or brown rice.
- Look for the Whole Grain Stamp when shopping.
- Try a new breakfast cereal with at least 16 grams of whole grain per serving.
- Use whole wheat pasta or pizza crust.



Check out this link for more information and whole grain recipe's:

<http://wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september>



Healthy "Ging" Month

Think it is too late to "re-invent" yourself...think again. It is never too late to take control of your health and it is never too late to get started on something new. Here are some tips for jump starting the new you!



- Remember age is just a number, you don't need to act like you think your current age should act. Act what you feel.
- When you catch yourself complaining, check yourself right there and change the conversation to something positive. Distance yourself from friends who are always negative. Surround

yourself with energetic, happy people of all ages.

- Walk like a vibrant, healthy person. Don't mozy...move... Remember walking isn't just exercise it is also a good time to touch base with neighbors and friends.
- Shoulders back, stomach in. You can knock off a few extra years with this trick your mother kept trying to tell you.
- Healthy teeth are important to your health and smiling is healthy too!
- If you are feeling lonely pick up the phone, reach out to friends or family. Volunteer, take a class or invite someone for lunch, brunch, dinner or just coffee. You can also consider a pet!
- Don't forget your annual physical or health screenings.



Source: www.healthyaging.net

Addiction Recovery Month

This observance encourages people to speak up about mental and substance use disorders. In about 50% of individuals diagnosed with severe mental illness, substance abuse goes hand in hand.



Many people do not understand how someone can become addicted to drugs or alcohol. Or why someone can't just quit. It is important to recognize that this is a disease that impacts the brain, and because of that stopping drug abuse is not simply a matter of willpower.

So if you or someone you know is struggling with addiction...start a conversation. There are resources available to help.

Sources: www.webmd.com & www.recoverymonth.gov



SEPTEMBER 11TH
NATIONAL DAY OF SERVICE
AND REMEMBRANCE