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Did You Know?

Blood has a long way to travel!

There are about 60,000 miles of blood vessels in the human body, and the heart pumps roughly 2,000 gallons of blood through those vessels every day.



JULY

2020

July 1 – July 31



HEALTH OBSERVANCE UV SAFETY MONTH!

By Kimberly Farrell; Wellworks For You Wellness Coordinator

After months of social distancing and quarantine restrictions, the warmer weather and sunshine are probably calling to you. While it might be tempting to run out of your house without another thought, let's take a minute to review the basics of sun safety!

Many people tend to take more precautions against the harmful effects of the sun's UV rays during the summer months, but in reality, it is important to protect yourself and your family all year long. This includes on cool, cloudy or overcast days. Practicing sun safety can take some planning and effort, but your skin will thank you for it!

Skin cancer is the most common cancer in the United States, but the good news is that most forms of skin cancer are preventable. The CDC recommends following these tips whenever possible to minimize damage from UV rays and maximize your fun in the sun:

- *First and foremost, apply broad spectrum sunscreen with sun protection factor (SPF) 15 or higher at least 15 minutes before going outside. Make sure it protects against both UVA and UVB rays, and reapply at least every two hours and after swimming, sweating, or toweling off.*
- *Stay in the shade, especially during midday hours when the sun is strongest*
- *Take extra care around surfaces that reflect the sun's rays, like snow, sand, water, and concrete*
- *Wear a hat or head covering with a wide brim to shade your face, head, ears, and neck*
- *Wear wraparound sunglasses that block both UVA and UVB rays*
- *Wear clothes that cover your arms and legs whenever practical. However, note that most regular t-shirts only shield against UV rays by a factor less than 15 SPF when dry, so you should also wear sunscreen underneath!*

Source:

<https://www.cdc.gov> | <https://www.cancer.org/>

Please Note: The Content in this newsletter is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.



DIABETES AND COVID-19

Veronica Giffing, Wellworks For You Wellness Coordinator

If you are a diabetic, either type 1 or type 2, you need to be even more cautious than someone who does not have diabetes. Your chances of catching the virus isn't any higher than anyone else's chances. However, you will have worse complications if you do get sick.

Keeping your blood sugar under control, practicing good hygiene, and distancing yourself from others will reduce the chance of getting infected.

High blood sugar levels weaken your immune system and this prevents it from being able to fight off infections. COVID-19 can put you at greater risk for Diabetic Ketoacidosis (DKA). When elevated levels of acids called ketones build up in your blood, DKA strikes. Those that contract the virus have a highly dangerous body-wide response referred to as sepsis. DKA causes the body to lose electrolytes which can make sepsis dangerously hard to control and cause death.

Keep at least 6 feet away from others, wear a cloth face mask, wash your hands, and use hand sanitizer while you're out and as soon as you get home. ALWAYS wash your hands before you give yourself a finger stick or insulin injection. Rub the site area with rubbing alcohol or warm soapy water. Create a COVID-19 action plan and checklist to make sure you have everything ready in advance. New shelter-in-place rules have made it difficult to get the medical supplies and medications that you need. Looking forward, stock up on the essential diabetes necessities that will last you for several weeks. Be sure to have the following:

FOOD!

Healthy carbs:

- Vegetable or chicken noodle soup
- Unsweetened applesauce
- Whole wheat crackers, rice cakes, popcorn, or wheat thins

Simple carbs:

- Coca-Cola (not diet or sugar free)
- Orange juice
- Apple juice
- Cake icing
- Sugared candy
- Honey
- Syrup
- Gatorade (packed with electrolytes)

The maximum number of refills for insulin, test strips, lancets, CGM, syringes, and medications

Extra glucagon gels or glucose tabs

Glucagon emergency injection kits

Ketone test strips

Medical ID Card

(include all insulin, medications, allergies, and anything else that is imperative to know)

Phone numbers:

- Endocrinologist
- Primary Physician
- Family members
- Insurance company: Some insurance companies and Medicare now cover the cost of telehealth visits! If you have questions to ask your doctor, you can connect by phone or video chat

Call your doctor if you feel sick, stay at home and rest. Ask your doctor how many times you should check your blood sugar, test for ketones, how to adjust insulin dosages, and what cold and flu medications are safe for diabetics to take. Some over the counter (OTC) cold and flu medications can affect your blood sugar levels. High doses of ibuprofen and aspirin can lower your blood sugar. Acetaminophen can cause false high readings on a continuous glucose monitor (CGM). Cough syrups can raise your blood sugar levels. Seek medical help right away if you have coronavirus-like symptoms such as dry cough, fever, or shortness of breath. Be prepared and have your blood sugar and ketone readings to share with your doctor. Get medical help right away if you have moderate to large ketones, shortness of breath, and DKA symptoms (weakness, tiredness, body aches, belly pain, vomiting).

Contact your primary physician and have them call before your arrival to ensure hospital staff know that you have diabetes, the reason you are going to the hospital, and the time you plan to arrive. Pack with at least two weeks of supplies. Some hospitals may not allow the use of your own supplies, equipment, and technology but medical experts strongly advise that you bring your own supplies in order to be prepared. Medical staff can check your levels quickly and frequently if you have a CGM, so take it if you can! Unfortunately, not all hospital policies allow or welcome personal CGMs, but during the pandemic, hospitals all over are now permitting personal CGMs. Be prepared that the hospital you are visiting, may not have the insulin you are currently taking. Bring your own just to be safe and if you use an insulin pump, come prepared with the following:

- Infusion sets, reservoirs and filling mechanism (or in the situation of OmniPod Pods), vial of rapid acting insulin (with a back-up vial), batteries and/or charging cable
- Sensors, transmitter and back-up transmitter adhesives/tapes or pre-insertion wipes, batteries and/or charging device, plus cables
- Meter, lancet, lancing device and strips (ask to use your own lancing devices as they are typically smaller gauge needles)

The list of to-dos can seem overwhelming but it can help save your life and lessen the length of stay at a hospital. The hospital staff will understand and appreciate any help that you can provide to them.

Source: <https://www.jdrf.org/coronavirus/>



WE NOW OFFER!

HOME COVID-19 SCREENING SPECIMEN SELF-COLLECTION & TRANSPORT KIT

Ask your employer to contact us for more information at sales@wellworksforyou.com



HEALTH TIP CORNER

Get Out and Get Plenty of Sunlight This Summer!

Sunlight is a great source of Vitamin D

Vitamin D is a really important vitamin for our bodies and our brains. It helps our brains release chemicals which improve our mood, like endorphins and serotonin. Try to go out in the sun when you can, but make sure you keep your skin and eyes safe. 30 minutes to two hours a day of sunlight is ideal. During the winter, some people become depressed because they aren't getting enough sunlight - this is known as Seasonal Affective Disorder (SAD). Some people find using a special light-therapy lamp helps to alleviate the symptoms.

Source: <https://www.peoplefirstinfo.org.uk>

FIREWORK SAFETY

By Matthew McClain; Wellworks For You Senior Administrative Coordinator

The summer season can be cause for celebration. Barbecues, picnics, parades, parties, and of course fireworks are all common during these summer months. But with fireworks comes serious safety concerns.

In order to safely enjoy fireworks, many people attend public firework displays which are conducted by professionals. However, others enjoy conducting their own private firework shows in their backyards. If you live in an area where fireworks are legally sold, be sure to learn of the risks involved.

According to the National Fire Protection Association, fireworks are known to cause an average of 18,500 fires each year and an estimated 9,100 people were treated in U.S. hospital emergency rooms due to fireworks related injuries in 2018. To avoid becoming a fireworks safety statistic, follow some of the safety tips below:

- Never use fireworks while consuming drugs or alcohol
- Children should never handle or be nearby the fireworks
- Keep sources of water, like a bucket or hose, nearby to fully extinguish faulty fireworks or in case of a fire
- Make sure to use them safely away from houses or overhead structure like tree limbs
- Never hold ignited fireworks in your hand
- Light one firework device at a time to maximize safety
- Never light fireworks indoors
- If a firework malfunctions, do not try to re-light or handle
- Place both used and unused fireworks in water to soak for at least a few hours before discarding

If you decide to conduct your own firework display, the above safety tips are strongly recommended to keep you and those close by safe. However, the safest way to enjoy fireworks during the sunny summer months is to take a seat in the grass with your friends and family and allow the professionals to light the show.

Source:

<https://www.nfpa.org/Public-Education/Fire-causes-and-risks/Seasonal-fire-causes/Fireworks>

<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/fireworks#:~:text=Never%20point%20or%20throw%20fireworks,a%20few%20hours%20before%20discarding>



Featured Recipe

LUNCH

Crab and Lemon Spaghetti with Peas

2 Servings

INGREDIENTS

- 5 oz. whole meal spaghetti
- 1 tbsp rapeseed oil
- 2 leeks (8 oz.), cut into lengths then long thin strips
- 1 red chili, deseeded and finely chopped
- 1 garlic clove, finely grated
- 5 ½ oz. frozen peas
- 1 lemon, zested and ½ juiced
- 3 ½ oz. fresh white and brown crabmeat (not dressed)

NUTRITION

Per serving: Each serving contains about 467 Calories, 11g Fat, 56g Carbohydrates, 7g Sugar, 15g Fiber, 26g Protein, 0.5g Sodium

Source: www.bbcgoodfood.com



DIRECTIONS

1. Cook the spaghetti for 12 mins, or following pack instructions, until al dente. Meanwhile, heat the oil in a large frying pan, add the leeks and chili and cook for 5 mins. Stir in the garlic, peas, lemon zest and juice, then cook for a few mins.
2. Drain the pasta, then add to the pan with ¼ mug of pasta water and the crab, then toss everything together until well coated. Spoon into shallow bowls and serve.