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## HEALTH OBSERVANCE

### MS Education and Awareness Month

*Dawn Koch, Health Coach – Orthus Health*

Multiple Sclerosis (MS). A 2017 study reported that close to 1 million people in the United States are living with MS. MS is a neurological condition that affects the nervous system which communicates instructions throughout your body. For this reason, it can affect any of your senses including vision, hearing, smell, taste, touch, and any system in your body.

No one knows exactly what causes MS but it is generally considered to be an autoimmune disease. In this case, the immune system attacks the nervous system. There are some studies that suggest other potential causes including a viral or other infection, environmental factors, and genetic factors.

MS can affect anyone of any age or ethnicity. However, it is more common in women and more frequently found in Caucasians. Those with a parent or sibling with MS have a slightly higher risk of developing it as well.

If you are diagnosed with MS, it is important to start treatment as soon as possible. Work with your neurologist closely to find a treatment plan that works well for you. There are other things you have in your control that will help.

- Become or remain tobacco-free. Cigarette smoke contributes to inflammation in your body.
- Eat a well-balanced diet including plenty of fruits, vegetables, whole grains and limited fat.
- Get enough good sleep. A lack of sleep can contribute to inflammation and aggravate symptoms.
- Be physically active. This will help you stay strong and recover better from a relapse.
- Have a support system. Knowing who you can turn to in a time of need will provide peace of mind.

Source:  
<https://msfocus.org/Get-Educated/Overview.aspx>



### WellBalance Health Corner Eye and Vision Month

Prevent Blindness is raising awareness of digital eye strain and providing tips on ways to decrease the effects of increased screen time.

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### Building a Healthier Eating Routine

Eating a balanced diet is a common goal when you want to become healthier. But what is a balanced diet and where do you start? You first need to know what defines a healthy diet, then you can determine what needs improvement.

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# WelBalance

## HEALTH TIP CORNER

Ensure you're taking care of your eyes and vision by reducing digital eyestrain.

### Workplace Eye Wellness Month

*Dawn Koch, Health Coach – Orthus Health*

#### March is Workplace Eye Wellness Month

One of the many negative effects of the ongoing COVID-19 pandemic is the increase in digital screen time for many remote workers. Prevent Blindness is raising awareness of digital eye strain and providing tips on ways to decrease the effects of increased screen time.

According to the American Optometric Association, computer vision syndrome, also referred to as digital eye strain, describes a group of eye and vision-related problems that result from prolonged computer, tablet and cell phone use. The average American worker spends seven hours a day on the computer. To help alleviate digital eyestrain, follow the [20-20-20 rule](#); take a 20-second break to view something 20 feet away every 20 minutes.

#### What are symptoms of digital eyestrain?

The most common symptoms associated with CVS or digital eyestrain are:

- Eyestrain
- Headaches
- Blurred vision
- Dry eyes
- Neck and shoulder pain

#### How can I reduce the effects?

These symptoms may be caused by a number of factors including poor lighting, glare, viewing distance, poor posture, or other vision problems. To help reduce the effects, Prevent Blindness recommends:

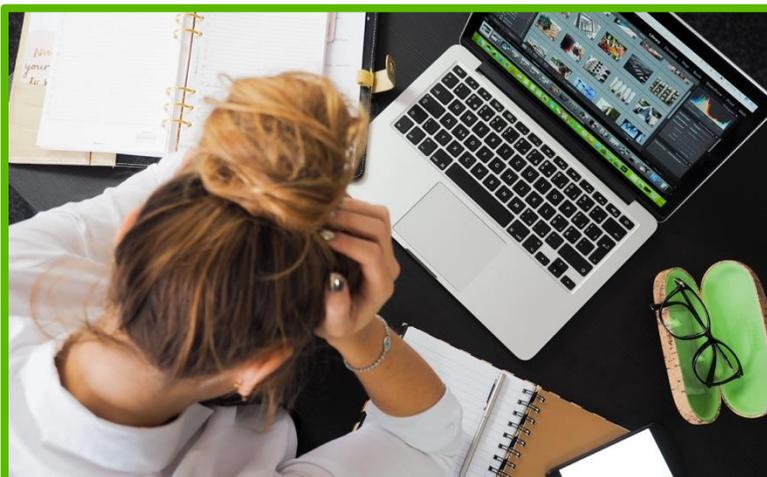
- Place your screen 20 to 26 inches away from your eyes and a little bit below eye level.
- Use a document holder placed next to your screen close enough so you don't have to swing your head back and forth or constantly change your eye focus.
- Change your lighting to lower glare and harsh reflections or use glare filters.
- Choose adjustable screens and keyboards
- Use computer glasses with yellow-tinted lenses that block blue light can help ease digital eye strain by increasing contrast.
- Use anti-reflective lenses that reduce glare and increase contrast and block blue light from digital devices.

Regular eye examinations and proper viewing habits can help to prevent or reduce the development of the symptoms associated with CVS. Take steps today to protect your vision.

Source:

<https://preventblindness.org/march-is-workplace-eye-wellness-month/#:~:text=Prevent%20Blindness%20has%20declared%20March%20as%20Workplace%20Eye,to%20decrease%20the%20effects%20of%20increased%20screen%20time.>

<https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/computer-vision-syndrome?sso=y>



# Building A Healthier Eating Routine

Dawn Koch, Health Coach – Orthus Health



Eating a balanced diet is a common goal when you want to become healthier. But what is a balanced diet and where do you start? You first need to know what defines a healthy diet, then you can determine what needs improvement.

According to the National Institutes of Health, a healthy eating plan:

- Emphasizes vegetables, fruits, whole grains, and fat-free or low-fat dairy products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Limits saturated and *trans* fats, sodium, and added sugars
- Controls portion sizes

## Why is this important?

A healthy eating plan gives your body the nutrients it needs every day while staying within your daily calorie goal for weight loss. It will also lower your risk for heart disease and other health conditions.

## Eat fruits and veggies

Choose a variety of foods that you enjoy from each food group. Fill your plate with a rainbow of fruits and vegetables whenever possible.

## Look for whole grains

Swap white flours for whole grains such as oatmeal, brown rice, or whole-grain bread. Research the many other less well-known whole grains to try something new.

## Choose lean options

Include a variety of lean proteins like poultry, seafood, eggs, beans, lentils, nuts, and seeds. Choose lower-fat versions of dairy whenever possible such as milk, yogurt, or fortified soy products. Be sure to include healthy oils in your diet like olive, avocado, and nut oils. Check nutrition labels for added sugars, saturated fat, and sodium and try to limit these.

Pick one or two areas at a time and make small changes. These add up to a healthier diet over time. Learn about the Dietary Guidelines for Americans and get more resources to help you eat healthy at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov). Find healthy eating tips and recipes at [MyPlate.gov](https://www.MyPlate.gov).

Source:

[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/eat/calories.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/calories.htm)

<https://health.gov/sites/default/files/2021-05/DGA-FactSheet-2021-03-26-compressed.pdf>

## FEATURED RECIPE

### Pork Tenderloin with Sugar Snap Pea Salad

4 Servings



#### INGREDIENTS

- 3 tablespoons sliced almonds
- 1/4 cup chopped fresh parsley
- 2 tablespoons red wine vinegar
- 1 tablespoon plus 2 teaspoons dijon mustard
- 1 small clove garlic, grated
- Kosher salt and freshly ground pepper
- 1/4 cup extra-virgin olive oil
- 3 tablespoons breadcrumbs
- 1 large pork tenderloin (1 ¼ to 1 ½ pounds), trimmed
- 1 pound sugar snap peas, trimmed
- 2 carrots, thinly sliced
- 1 large bunch watercress, trimmed

#### DIRECTIONS

1. Position a rack in the upper third of the oven; preheat to 400° F. Spread the almonds on a baking sheet and toast in the oven until golden, 6 to 8 minutes. Transfer to a plate and let cool.
2. Increase the oven temperature to 450° F. Mix the parsley, vinegar, 2 teaspoons mustard, the garlic, 1/2 teaspoon salt and a few grinds of pepper in a bowl. Slowly whisk in the olive oil.
3. Transfer 1 tablespoon of the vinaigrette to a bowl and stir in the breadcrumbs. Set the pork on the baking sheet; season with 1/2 teaspoon salt and a few grinds of pepper. Brush with the remaining 1 tablespoon mustard, then pat the breadcrumb mixture all over. Roast until the pork is golden and a thermometer inserted into the center registers 145°F, 15 to 20 minutes. Let rest 5 minutes.
4. Meanwhile, put the peas and carrots in a microwave-safe bowl; add a pinch of salt and a splash of water, cover with plastic wrap and pierce a few times with a knife to vent; microwave until crisp-tender, 3 to 4 minutes. Let cool slightly. Add the watercress, almonds and the remaining vinaigrette. Slice the pork; serve with the salad.

#### NUTRITION

**Per serving:** Each serving: 420 calories, 22g total fat, 4g saturated fat, 90mg cholesterol, 800mg sodium, 19g carbohydrates, 5g dietary fiber, 35g fiber.

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/pork-tenderloin-with-sugar-snap-pea-salad-3363100#/>