



DID YOU KNOW...

IN THE UNITED STATES, STROKE IS THE THIRD LARGEST CAUSE OF DEATH BEHIND HEART DISEASE AND ALL FORMS OF CANCER?

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LIVE WELL

Better Health, Greater Opportunity

A Newsletter dedicated to the Health and Wellness of the Iron Workers of Western Pennsylvania and their families.

5 SYMPTOMS OF A STROKE

Strokes occur when the brain cells are deprived of oxygen and can, therefore, not perform their usual tasks. The symptoms that follow a stroke depend on the area of the brain that has been affected, as well as the amount of brain tissue damage. According to The U.S. National Institute of Neurological Disorders and Stroke, the five major signs of stroke are as follows:

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body. The loss of voluntary movement and/or sensation may be complete or partial. There may also be an associated tingling sensation in the affected area.
2. Sudden confusion or trouble speaking or understanding. Weakness in the muscles of the face may cause drooling.
3. Sudden trouble seeing in one or both eyes.
4. Sudden trouble walking, dizziness, loss of balance or coordination.
5. Sudden, severe headache with no known cause.

Three commands, known as the Cincinnati Prehospital Stroke Scale (CPSS), may help to determine if the potential for stroke exists. Ask the patient to do the following:

1. Smile: the face should move symmetrically.
2. Raise both arms: looking for weakness on one side of the body.
3. Speak a simple sentence.

If a potential stroke victim cannot perform these tasks, call 911.

You can find this and more information regarding strokes by visiting www.medicinenet.com/stroke

If you have an addiction, or know someone who does, call your MAP, 1-888-877-8997.

They are there 24/7 to offer confidential help.

Don't hesitate, call today.

You can also visit their website, www.lytleap.com

5 Myths About Drug Abuse and Addiction

Myth 1: Overcoming addiction is simply a matter of willpower. You can stop using drugs if you really want to.

Prolonged exposure to drugs alters the brain in ways that result in powerful cravings and a compulsion to use. These brain changes make it extremely difficult to quit by sheer force of will.

Myth 2: Addiction is a disease, there's nothing you can do about it.

Most experts agree that addiction is a brain disease, but that does not mean you are a helpless victim. The brain changes associated with addiction can be treated and reversed through therapy, medication, exercise and other treatments.

Myth 3: Addicts have to hit rock bottom before they can get better.

Recovery can begin at any point in the addiction process—and the earlier, the better. The longer drug abuse continues, the stronger the addiction becomes, and the harder it is to treat. Don't wait to intervene until the addict has lost it all.

Myth 4: You can't force someone into treatment, they have to want help.

Treatment doesn't have to be voluntary to be successful. People who are pressured into treatment by their family, employer or the legal system are just as likely to benefit as those who choose to enter treatment on their own. As they sober up and their thinking clears, many formerly resistant addicts decide they want to change.

Myth 5: Treatment didn't work before, so there's no point in trying again.

Recovery from drug addiction is a long process that often involves setbacks. Relapse doesn't mean that treatment has failed or that you're a lost cause. Rather, it's a signal to get back on track, either by going back to treatment or adjusting the treatment approach.

You can find this full article and more information about drug abuse and addiction on Lytle's website under "Work/Life".

CAREGIVERS

The majority of caregivers enter into their new role unprepared to deal with the feelings associated with these new responsibilities. It can be difficult to watch your once active parent slowly decline. You may also be dealing with the competing demands of your own family and work needs. You may be experiencing stress, guilt, depression, anger and resentment.

You are not alone in dealing with these pressures.

You can call the MAP, 1-888-877-8997, for support 24 hours a day, 7 days a week.

You can also go to their website, www.lytleap.com for tips and articles.



\$7,500 Reminder!

The drawing for a chance to win **\$7,500.00** will be held at the December 2013 Union Meeting.

Complete any of the Wellness Incentives and return all proper paper work to the Plan Office within three months of completion, and you will be entered!

Wellness incentives include:

-Member or spouse complete an approved Highmark Community Program.

-Eligible dependent child(ren) complete the Highmark Community Program, "Personal Nutrition Coaching for Kids".

-Member or spouse has a prostate exam.

-Member or spouse has a colorectal cancer screening.

-Member or spouse has a mammogram.

-Member or spouse has a gynecological exam.

Value Bank Incentive Request forms can be found under the Welfare tab at www.ironben.com.

Here's What's Cooking...

Blue Cheese Green Beans

What you will need:

- 1 lb green beans, trimmed
- 1/4 cup water
- 2 tsp extra virgin olive oil
- 1/4 tsp salt
- 1/4 tsp fresh ground pepper

• 1/3 cup crumbled blue cheese

• 1/3 cup chopped walnuts, toasted

Bring green beans and water to a boil in a large skillet. Reduce heat to a simmer, cover and cook until the beans are tender, 3 minutes. Uncover and continue cooking, stirring

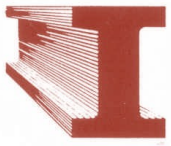
occasionally, until the water has evaporated, 3-4 minutes more.

Add oil, salt and pepper to the pan, and cook for 1 minute. Transfer the beans to a large bowl, and toss with blue cheese until well coated.

Sprinkle each serving with walnuts.



Article Link:
www.webmd.com/food-recipes/blue-cheese-green-beans



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Periodontal Disease Linked to Heart Disease and Stroke

People with periodontal disease are nearly twice as likely to have coronary artery disease. Periodontal disease is an infection of the gums and bones that surround the teeth. Bacteria related to periodontal disease can enter the bloodstream. That bacteria can attach to the walls of the arteries, worsening coronary artery disease. This could potentially lead to heart attack

and stroke.

To prevent or control periodontal disease, you should brush and floss everyday to remove the bacteria that cause gum disease. You should also see a dentist at least once a year for check ups. You should go more frequently if you have any of these warning signs:

- Bad breath or a bad taste that will not go away
- Red or swollen gums

- Tender or bleeding gums
- Painful chewing
- Loose teeth
- Sensitive teeth
- Gums that have been pulled away from teeth
- Any change in the way your teeth fit together when you bite
- Any change in the fit of partial dentures

