



DID YOU KNOW...

IN JANUARY OF 2010, THE AMERICAN HEART ASSOCIATION LOWERED THE RECOMMENDATION FOR SODIUM INTAKE FROM 2,300 MG A DAY TO 1,500 MG A DAY.

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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.

Warning Signs of Heart Failure

The American Heart Association lists the following most common signs and symptoms, explains why they occur and describes how to recognize them. If you have been diagnosed with heart failure, it is important to keep track of your symptoms and report them to your health care provider.

Sign or Symptom

People with Heart Failure May Experience

Why it Happens

Shortness of breath

...breathlessness during activity, at rest, or while sleeping, which may come on suddenly and wake you up. You often have difficulty breathing while lying flat and may need to prop up the upper body and head on two pillows. You often complain of waking up tired or feeling anxious

Blood "backs up" in the pulmonary veins, (the vessels that return blood from the lungs to the heart) because the heart can't keep up with the supply. This causes fluid to leak into the lungs.

Persistent coughing or wheezing

...coughing that produces white or pink blood-tinged mucus.

Fluid builds up in the lung (see above).

Buildup of excess fluid in body tissues (edema)

...swelling in the feet, ankles, legs or abdomen or weight gain. You may find that your shoes feel tight.

As blood flow out of the heart slows, blood returning to the heart through the veins backs up, causing fluid to build up in the tissues. The kidneys are less able to dispose of sodium and water, also causing fluid retention in the tissues.

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Have you lost weight, stopped smoking, lowered your blood pressure or cholesterol?

If so, we'd like to hear from you!

You can email your success story to Jamey@ironben.com or call the Plan Office at 412-227-6740 and ask for Jamey.

Warning Signs of Heart Failure

Continued

Sign or Symptom

People with Heart Failure May Experience

Why it Happens

Tiredness, fatigue

...a tired feeling all the time and difficulty with everyday activities, such as shopping, climbing stairs, carrying groceries or walking.

The heart can't pump enough blood to meet the needs of body tissues. The body diverts blood away from less vital organs, particularly muscles in the limbs and sends it to the heart and brain.

Lack of appetite, nausea

...a feeling of being full or sick to your stomach.

The digestive system receives less blood, causing problems with digestion.

Confusion, impaired thinking

...memory loss and feelings of disorientation. A caregiver or relative may notice this first.

Changing levels of certain substances in the blood, such as sodium, can cause confusion.

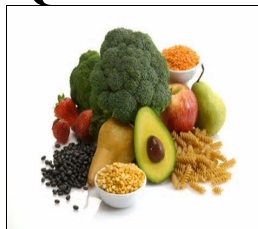
Increased heart rate

...heart palpitations, which feel like your heart is racing or throbbing.

To "make up for" the loss in pumping capacity, the heart beats faster.

You can find this chart and more information regarding heart failure at www.heart.org.

QUICK TIPS...



Fiber

can help lower cholesterol, control blood sugar

and reduce the risk of heart disease. Good sources of fiber include beans, peas, raspberries, unpeeled apples and whole-grain pastas, breads, rice and cereals. Try to eat at least 25 grams of fiber per day!

Frying foods

adds excess fats and calories. Instead of frying, try other methods such as roasting, grilling, baking or steaming. These methods add little or no fat.



MEMBER DISCOUNTS

Being insured under Highmark Blue Cross Blue Shield not only gives you great medical and prescription drug coverage, but also provides everyday discounts at your finger tips!

To view these discounts, log on to www.highmarkbcbs.com. (If you have never logged on before, click the Register Now tab). On the right side of the screen under Programs, you will see Member Discounts. Click on Member Discounts, and you will be able to view three categories of discounts. The categories are listed below. For complete details, log on to Highmark's website.

HEALTHCARE RESOURCES

~Offers discounts on hearing aids, complimentary and alternative medicine, Lasik and pet insurance.

HEALTHY CHOICES

~Offers discounts on Jenny Craig, Nutrisystem, Reebok, gym and fitness centers and Walkadoo.

EVERYDAY SAVINGS

~Offers discounts at Quicken Loans and Sprint.

Here's What's Cooking...

Try this refreshing salad!
Your taste buds will surely be satisfied!

Shrimp Salad-Stuffed Tomatoes

Ingredients:

- 1 pound peeled cooked shrimp, tails removed, chopped
- 1 celery stalk, finely diced
- 1/4 cup of minced fresh basil
- 10 Kalamata olives, pitted

- and chopped
- 1 medium shallot, minced
- pinch of ground pepper
- 2 tbsp of reduced-fat mayonnaise
- 1 tbsp of white-wine vinegar
- 4 large ripe tomatoes, cored

Preparation:

First combine shrimp, celery, basil, olives, shallot, mayonnaise, vinegar and pepper in a

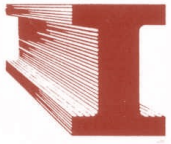
medium bowl. Stir to combine.

Second, carefully hollow out the inside of each tomato using a melon baller or small spoon; reserve the scooped tomato for use in other recipes.

To serve, fill each tomato with a generous 1/2 scoop of the shrimp salad and enjoy!



This recipe can be found at www.eatingwell.com.



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Look for your next
issue in July!

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A Happier Healthier You

Getting your daily exercise and making the effort to prepare healthy meals are great steps towards a happier healthier you! Another key component is reducing the stress in your life. One way to reduce stress is to talk to someone. Talking to a counselor may be the missing piece to you being you at your best. Simply put, counseling is talking with a trained mental health

professional to collaboratively work through a problem. Counseling is commonly referred to as *talk therapy*, because it involves an open dialogue between you and the counselor. People choose to visit a counselor for many reasons. These include getting assistance with achieving work-life balance, stress management, feeling depressed, conflict at

work, parenting support, relationship issues, and grief. Talking to friends and family about a problem can be helpful. However, a counselor is going to be neutral and provide a different perspective on the issue.

The MAP is there when you need it and is completely confidential. Call day or night.

1-888-877-8997