



DID YOU KNOW...

GRAPEFRUIT JUICE AND CERTAIN STATINS THAT ARE USED TO TREAT HIGH CHOLESTEROL INCLUDING LIPITOR, MEVACOR AND ZOCOR, DO NOT MIX? IF YOU DRINK GRAPEFRUIT JUICE WHILE TAKING ANY OF THESE MEDICATIONS, TOO MUCH OF THE DRUG'S ACTIVE INGREDIENT COULD ENTER YOUR BLOODSTREAM CAUSING MUSCLE DISORDERS AND LIVER DAMAGE.

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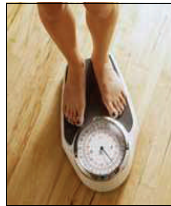
LIVE WELL

Better Health, Greater Opportunity

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

Lifestyle Changes to Improve Your Cholesterol Level

Lose Excess Pounds



Losing just 5 to 10 pounds of excess weight can help lower your cholesterol level. Take an honest look at your eating habits and your daily routine, and make the necessary adjustments to drop the weight.

Eat Heart-Healthy Foods

Heart-healthy foods include almonds, walnuts, oatmeal, oat bran, whole wheat pastas, whole grain breads, fruits and vegetables, salmon, tuna and mackerel.



Drink Alcohol in Moderation



For women, this means no more than one drink per day. For men, this means no more than two drinks per day if at all.

Exercise Regularly

You should get 30 to 60 minutes of exercise per day. If you do not have time to do it all at once, split it up into 10 or 15 minute intervals. To stay motivated, exercise with a friend, take a class or join a fitness center. Remember, you should always clear it with your physician before starting any exercise program.



Don't Smoke



Quitting smoking can increase your HDL (good cholesterol) levels. Within 24 hours of quitting, your risk of a heart attack decreases and within one year, your risk of heart disease is half that of a smoker's. If you do not smoke now, don't start.

In 2007,
4,287 cases
of Lyme
disease were
reported to the
CDC in
Pennsylvania.



For more
information
regarding
ticks, go to
[www.emedicine
health.com](http://www.emedicinehealth.com)



Little Bugs with a **BIG** Bite

Finally, the skies are blue and the sun is shining. It's a beautiful day to be outdoors. But before you run outside, remember, summer is prime season for tick bites. With over 800 tick species and 100 that spread bacteria that can cause Lyme disease, it's a wonder more people aren't aware of how **BIG** those little bug's bites can be.

Symptoms may occur days or even weeks after the tick bite and include: Redness, itching, burning, flu like symptoms, numbness, rash, confusion, pain and swelling in the joints, palpitations, shortness of breath, nausea or vomiting.

Treatment will depend on the length of attachment, type of tick, and symptoms the person is having. Some treatments may include: Cleansing of the infected area, antibiotic cream, Benadryl (for itching), antibiotics, blood testing, medications given by IV, and possible hospital admission.

Removing a tick can be tricky. Using tweezers and wearing gloves, grasp the tick firmly and as close as you can to the skin. Pull gently until the tick comes free. **DO NOT** twist and turn the tick, as it does not make removal any easier. This action may break off the head, increasing chances of infection. Once removed, you should rinse the tick down the drain or flush it down the toilet. You should not crush it, because you may transmit diseases. Thoroughly clean the area with soap and water or a mild disinfectant. If portions of the tick remain, you should have them removed by a doctor. The CDC recommends **NOT** using petroleum jelly, a hot match, nail polish or other products to remove a tick.

Prevention includes avoiding grassy areas and shrubs, wearing light colored clothing so ticks can be easily seen, tucking pants into boots or socks, applying insect repellent being sure to carefully read directions and warnings, promptly checking yourself and pets if exposed to tick areas.

Toni's Tip to Unwind

The end of the work day has arrived. You are tired, sore and you can't wait to just kick back and unwind. But how?

Try Toni's Tip to Unwind

Combine 1/2 cup of sugar, 1/2 cup of extra virgin olive oil and 1 tablespoon of vitamin E oil. After applying the mixture over your body, prepare a cool bath and soak for 10 to 15 minutes. Take deep breaths, and free your mind of all negative thoughts.

You will soon find yourself completely relaxed. You can also just apply the mixture to your feet and let them soak for 10 to 15 minutes. It doesn't take much to pamper yourself, and the results will truly pay off! Take at least 10 minutes each day just for yourself to relax and unwind. If you have tips that help you relax, and you would like to share them, send an email to Jamey@ironben.com. Or if you are living a healthy lifestyle let us know how!

FOOD FACTS

One cup of **cherries** has about 90 calories and is a good source of both vitamin C and fiber. Both can help lower bad cholesterol.



Cucumbers are a great source of vitamin K which is a nutrient needed for bone health and blood clotting.

One medium **orange** provides more than a day's worth of vitamin C.



Just 1/4 cup of **parsley** gives you over 300% of the daily value of vitamin K and may also help reduce the risk of breast, colon, skin and thyroid cancer.



Spinach could be one of the healthiest foods on earth! It qualifies for the following six superfood categories: heart, eyes, brain, skin, bones and immunity.



Pineapples are the only known source of bromelain, an enzyme with anti-inflammatory properties that may alleviate symptoms of osteoarthritis and asthma.

Tomatoes are a superfood for your heart, because they are a top source of lycopene. Lycopene protects against heart disease.

For more fun food facts go to www.dolenutrition.com

TO VACCINATE OR NOT TO VACCINATE?

School is just around the corner, and it is time to schedule the required school physical exams and immunizations for your child(ren). Within the past few years, a negative light has been cast on vaccinations, and many parents now find themselves struggling with the vaccination decision—to vaccinate or not to vaccinate. To help you with your vaccination decision, Highmark has gathered the following frequently asked questions on immunizations.

Q. Is it safe to give more than one immunization at one time? *Many years of experience and careful research have shown that vaccines used for childhood immunizations can be given together safely and effectively. Side effects are not increased when multiple vaccines are given together.*

Q. Do I need to delay vaccinations if my child is ill? *You do not need to delay any vaccinations if your child has a cold or other minor illness. Always speak with your child's health care provider when you have questions or concerns.*

Q. Does the Measles, Mumps, Rubella (MMR) vaccine cause Autism? *Numerous MMR studies on this topic have shown that there is no conclusive scientific evidence that links the MMR vaccine and Autism. Autism is often identified in children that are 18-30 months of age-around the same time the MMR vaccine is given-which may be leading to the confusion.*

Q. Are vaccines still necessary? *Yes. In the U.S., better nutrition, improved living conditions, antibiotics and most importantly, vaccines have minimized the threat of many diseases. However, bacteria and viruses that cause diseases like Polio, Whooping Cough, Small Pox etc., still exist. By not vaccinating your child, you may be trading the risks from the vaccine for the more serious risks of the diseases.*

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Here's What's Cooking...

Going to a summer picnic or hosting one? Try this cool and refreshing low fat **Strawberry Pie** that is sure to be the hit of the party!

What you need:

- 1 small package of sugar free Cook and Serve vanilla pudding

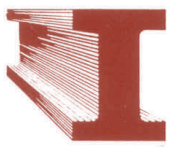
- 2 cups of water
- 1 small package of sugar free strawberry Jell-O
- 4 cups of sliced strawberries
- Cool Whip (optional)

In a medium saucepan, stir water and pudding mix. Heat to a boil. Remove from heat

and immediately add the Jell-O. Stir until dissolved. Set the mixture aside and let cool. Place strawberries in the bottom of a deep dish pie plate. Pour cooled pudding mixture over strawberries and refrigerate until chilled. If desired, cover in Cool Whip.



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Look for your next
issue in October!

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Better Health, Greater Opportunity

WELLNESS FAIR 2009!

• *Saturday October 10, 2009* • *9 am-12 noon* • *Marriott at Cranberry Woods* •



Don't miss the event of the year!
The Plan Office will be hosting a
Wellness Fair on **October 10, 2009**
from **9 am to 12 noon** at the
Marriott at Cranberry Woods.
You do not want to miss out on:

- **FREE** seasonal flu shots!
- **FREE** massages!
- **FREE** blood pressure screenings!

PLUS..

\$\$ You will receive

\$50

in your Value Bank for
2010! **\$\$**

AND...

You can register to win prizes!

**ANOTHER REASON
NOT TO MISS THIS
EVENT...**

The Plan Office will be on site
to answer your 2010 open
enrollment questions!

This event is sure to be fun
and educational for the
whole family!

