

**DID YOU  
KNOW...**

- EACH YEAR, ARTHRITIS RESULTS IN CLOSE TO ONE MILLION HOSPITALIZATIONS AND 44 MILLION OUTPATIENT VISITS?
- THAT A HEART ATTACK CAN HAPPEN AT ANY TIME, EVEN WHEN YOU ARE RESTING?
- ARTHRITIS IS MORE COMMON AMONG WOMEN (24.4%) THAN MEN (18.1%)?

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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.*

## More Than Just Arthritis

The nation's most common cause of disability is arthritis. According to annual estimates, there are 46 million adults (about 1 in 5) in the Untied States that report doctor-diagnosed arthritis. Other studies show that arthritis affects one in every 250 children. Symptoms of arthritis include pain, stiffness and swelling in or around the joints. Some forms of arthritis can even affect multiple organs and cause widespread symptoms.

Arthritis has risky complications, because it makes it more

difficult for people with it to be physically active, and not being physically active is a risk factor for many



chronic diseases. More than half of adults with diabetes or heart disease also have arthritis. Almost 19 million adults in the United States report activity limitations due to arthritis each year. It is important for people with arthritis to find

ways to overcome arthritis-specific barriers to physical activity, so they can prevent or manage other chronic conditions such as diabetes, heart disease and obesity.

Along with controlling your weight and consulting a physician, ***Being Physically Active*** is very important. It has significant benefits including reducing pain, improving physical function, mental health and quality of life. See the guidelines below for working with pain and stiffness, taken from [abcnews.go.com/Health/PainManagement](http://abcnews.go.com/Health/PainManagement).

### ***Guidelines for working with pain and stiffness:***

- Do low impact activities, which includes walking, speed walking, swimming and lifting weights.
- Put all joints through the full range of motion at least once a day, according to your ability.
- Emphasize proper body alignment at all times. As a rule, your toe, knee, hip and shoulder should be in one line if you look at yourself in front of a mirror.
- Modify the intensity on days where you have flare ups.
- Take enough time to warm up. Prepare your body for your workout activities to come.

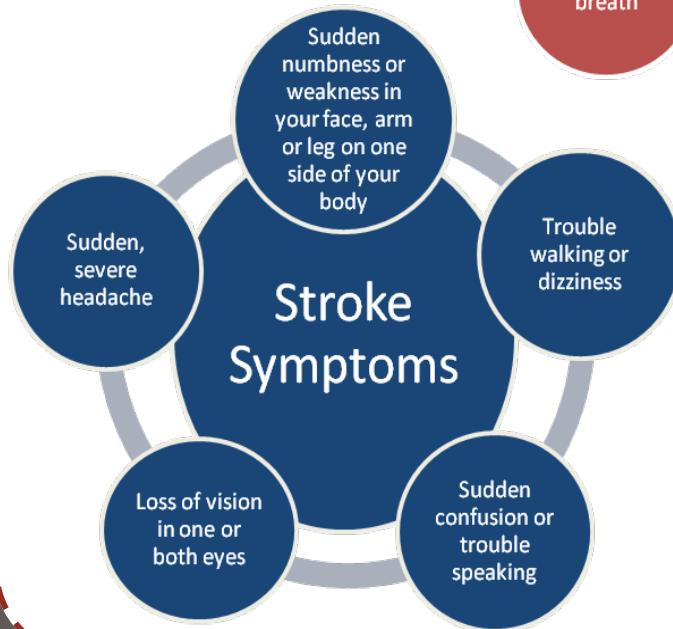
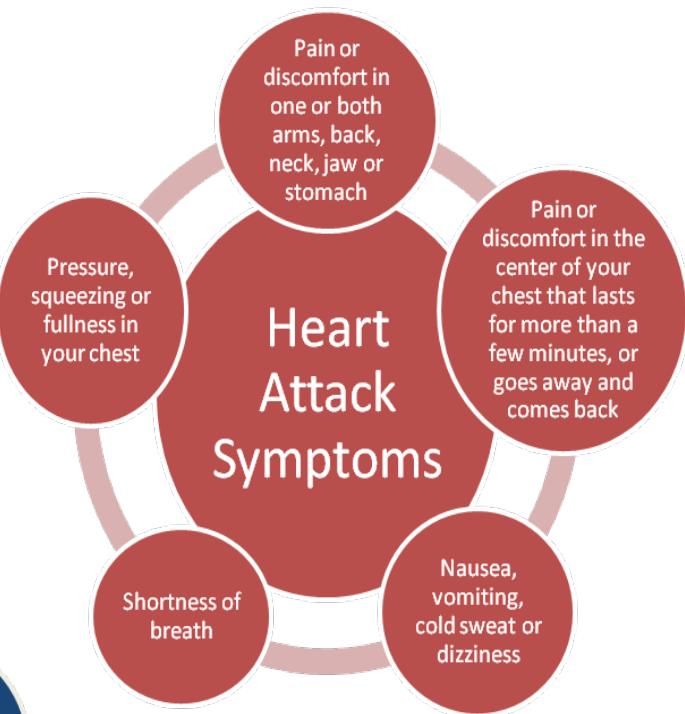
## 10 Ways to Reduce your Risk of Heart Attack and Stroke

*Always talk to your physician about what will work best for you and your lifestyle.*

1. Lower high blood pressure.
2. Lower high cholesterol.
3. Lose weight.
4. Eat a healthy diet.
5. Be active.
6. Control your diabetes.
7. Quit smoking.
8. Avoid excess alcohol.
9. Reduce stress.
10. Talk openly with your physician.

# Recognizing Warning Signs

Both heart attack and stroke can happen when blood can not flow through your blood vessels due to them being narrowed or blocked. Healthy arteries are flexible, strong and smooth on the inside and blood flows freely. If a clot blocks blood flow to your heart, you may have a heart attack. If a clot blocks blood flow to your brain, you could have a stroke. Symptoms of these two conditions are not the same for every person. If you have



had a heart attack or stroke in the past, your chances of having another are high. Also, the signs of a second attack may be different than the first. Both men and women are at risk and in addition to the symptoms listed in the charts, women may also experience **unusual fatigue, anxiety and heartburn**. To help protect yourself, talk to your physician about ways to reduce your risk.

## A Tip To Unwind

Everyone has something they do to relax after a stressful day. However, maybe what you usually do just isn't working anymore. **Try laughing!** By laughing out loud, you can let go of the tension you were

feeling. Think about your favorite comedy or a commercial you saw that had you in tears you were laughing so hard. What about a funny picture or a funny story a friend told? Go back

to that moment, and just let loose! If you would like to share your tip, email it to Jamey@ironben.com or mail it to the Plan Office. Tips can be anonymous.





## FIBER FILLED FOODS

If you are looking for ways to reduce your risk for heart disease, diabetes, diverticulitis or constipation, try adding more fiber to your diet. It is recommended that you get, at minimum, 20 grams of fiber each day. **Whole grain foods, fresh fruits and vegetables, legumes and nuts are the best sources of fiber.** Try the following tips for sneaking more fiber into your diet.

- ◊ Eat whole fruits instead of drinking fruit juices
- ◊ Replace white rice, bread and pastas with brown rice and whole grain products

- ◊ Chose whole grain cereals for breakfast
- ◊ Snack on raw vegetables instead of chips, crackers and chocolate bars
- ◊ Substitute legumes for meat two to three times a week in chili and soups
- ◊ Experiment with international dishes (such as Indian or Middle Eastern) that use whole grains and legumes as part of the main meal (try Indian Dahl's or Middle Eastern tabbouleh)



### \*Important Information Regarding Changes to Your Dependent Status\*

If you have a new dependent as a result of marriage, birth, adoption or placement for adoption during 2010, you can enroll your new dependent. **You must request their enrollment within 30 days.** If we receive your enrollment request within 30 days, coverage will be effective retroactive to the date of birth, adoption or placement for adoption. For marriage, coverage will become effective on the first day of the month after the Plan Office

receives your enrollment request. If you lose a dependent as a result of divorce or death during 2010, you can change your coverage level/tier by dropping that former dependent. **You must provide proof of divorce or death within 30 days.** If we receive proof within 30 days, your coverage change will become effective on the first day of the month following the divorce or death.

### Here's What's Cooking...

For a fiber filled meal try this recipe.

#### Whole Wheat Penne with Pistachio Pesto and Cherry Tomatoes

##### What you will need:

8 ounces pistachios, unsalted, roasted, shelled (about 1½ cups)  
1 cup fresh mint leaves

¼ cup pecorino cheese, grated  
1 large garlic clove, minced  
½ cup silken tofu, reduced-fat (about 3 ounces)  
2 tbsp olive oil  
2 tbsp fresh lemon juice  
½ tsp black pepper  
¼ tsp salt  
4 cups whole wheat penne pasta, cooked  
2 cups cherry tomatoes, halved

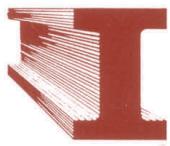
½ cup pasta cooking water reserved

Place first 4 ingredients in a food processor and process until finely minced. Add tofu and lemon juice. Process until smooth. With processor on, slowly pour oil through food chute, and process until well blended. Reserve.



Combine penne, cherry tomatoes and pesto in a large bowl; toss gently. Use pasta water to thin as needed.

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2010

## Holding True to Resolutions

2010

By now, we are more than a month into the New Year. Where do you stand with your resolutions? Are you still going strong, or have you fallen off?

Here are some ways to help you hold true to your resolutions.

**BE REALISTIC** — Don't set your sights too high, as it will set you up for failure. Have an ultimate goal in mind, and make smaller goals until you reach your ultimate goal. If you

do not hit your goal, don't give up, remember the old saying, "try, try again."

**BE SPECIFIC** — Make a commitment, and stick with it. If it helps you, write your goal down, and write down specifically what you are going to do to achieve your goal.

**FIND A FRIEND** — They say it is easier to accomplish a goal by going at it with a friend. A friend will offer support, keep

you motivated and make your overall experience more fun.

**LOG IT** — Not only will it help you to write your goals down, but it will also be beneficial to keep track of your progress. When you see where you started and where you are after a week or a month, it will motivate you to keep going until you reach your ultimate goal.

Stay positive and focused on your 2010 resolution, and make this the best year yet!