



LIVE WELL

Better Health, Greater Opportunity

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

DID YOU KNOW...

DEPRESSION AFFECTS ONE IN TEN ADULTS IN THE UNITED STATES?

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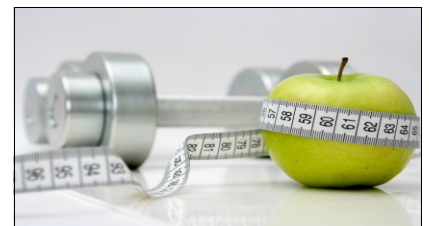
New Incentive Program

Are you finding it hard to motivate yourself to get healthy? We are now offering a new program through Highmark that will make it easier for you to get on the right track when it comes to making healthy decisions! You now have a personal wellness coach, registered dietitian or exercise physiologist at your fingertips!

Your personal wellness coach will

connect you to the resources available through your health plan and community.

By helping you select the options that can have the greatest impact on your health, you may also be given the push that you need to get started. When you complete the program, Highmark will report to the Plan Office directly, and \$50.00 will be added to your



Value Bank!

Additionally, your name will be put in a drawing to win \$7,500.00.

The drawing will be held at the December Union Meeting. This new personal wellness coaching program will take the place of the Community Programs that were previously offered.

To get started in this new, empowering program, call 1-888-258-3428!

DEPRESSION

Everyone feels sad sometimes. Depression is when those feelings of sadness get so intense that you feel hopeless, helpless or worthless for longer than a few days. You may also have trouble concentrating or sleeping, and you may feel tired all the time. Depression affects nearly 15 million people in the U.S. If you think you might be depressed, make an appointment right away with a doctor or therapist. Getting help is a phone call away.

Other indications that you may be depressed are:

- You cannot stop feeling sad or crying.
- You often feel angry.
- You have lost interest in things you love.
- You are having a hard time dealing with stress.

For most people, the first treatments a doctor will try are antidepressants and psychotherapy. Some studies have found that combining therapy with medication works better than medication alone.

Antidepressants work by helping to improve how nerve cells in the brain communicate. There are many different types of antidepressants, so if one is not working for you, talk to your doctor about trying something else. Unlike pain pills or sleeping pills, antidepressants may take weeks or months to work. Remember, you have options. Be open and talk to your doctor about what is and is not working.

Therapy is a key part of depression therapy. Therapy takes time to work, but studies have found that certain types of therapy may help your medication work faster and have more lasting benefits. You may need to talk to several therapists before you find the right fit for you. Therapy can be one on one, with your spouse or family or in a group setting. You can work with your therapist to see which is the best fit for you and your situation.

Natural treatments, like supplements and exercise, may help some people with mild depression. Always be sure to talk with your doctor about all supplements you are taking, as they may interfere with other medications you are taking.

The sooner you start treatment, the sooner you will be able to manage the feelings of sadness and fatigue that are overwhelming.

For this full article and more information on depression, visit webmd.com. You can always reach out to MAP. You can reach the MAP 24/7 by calling 1-888-877-8997.

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SUN SAFETY

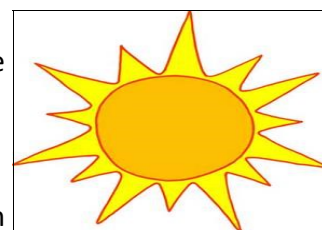
It is that time of year again where everyone is spending more time outdoors. Sun safety is a serious issue that shouldn't be taken lightly. Visit www.lytleap.com for this full article on sun safety.

Sun damage to the body is caused by invisible ultraviolet (UV) radiation. People recognize sunburn as a type of skin damage caused by the sun. Tanning is also a sign of the skin reacting to potentially damaging UV radiation by producing additional pigmentation that provides it with some, but not enough, protection against sunburn.

No matter what your skin color, everyone is a potential victim of sunburn and the other detrimental effects of excessive exposure to UV radiation. Although all people need to take precautions to protect their skin, people who need

to be especially careful in the sun are those who have:

- Pale skin
- Blonde, red or light brown hair
- Been treated for skin cancer
- A family member who has had skin cancer



If you take medications, ask your health care provider about extra sun care precautions, because some medications may increase sensitivity to the sun.

Cosmetics that contain *alpha hydroxy acids* (AHAs) also may increase sun sensitivity and susceptibility to sunburn.

Quick Tips

OLIVE OIL VS. CANOLA OIL

www.friday.com

Olive oil is made from olives and considered a fruit oil. Ripe olives are crushed then pressed. The juices collected constitute olive oil. Extra virgin olive oil has the most nutrients as it is collected from the first pressing of the olives. Virgin olive oil is collected from the second pressing. Light and pure olive oils are made from subsequent pressing and may undergo extra processing.

Canola oil is manufactured at high temperatures using a mechanical process that often involves toxic chemicals. It is degummed, deodorized, bleached and further refined at high temperatures which can change omega-3 content and raise the oil's concentration of trans fatty acids and saturated fats.

Here's What's Cooking...

For a simple and quick side dish, drizzle olive oil and balsamic vinegar on halved

brussel sprouts. Add salt and pepper, and bake on a cookie sheet at 425° for about

15-20 minutes. You can also do this with asparagus!





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Knowing Your Numbers

Knowing your numbers is one of the first steps in taking an active role your health. Knowing these important numbers will help you to know your risk of developing chronic conditions. The important numbers you should know are your blood pressure, glucose, BMI, waist circumference and cholesterol.

Blood Pressure		
Systolic	Diastolic	<u>CLASSIFICATION</u>
<120	<80	Normal
Glucose (fasting blood sugar)		
Less than 100 mg/dL		Normal
BMI (body mass index)		
Less than 25 BMI		Lower risk of disease
Waist Circumference		
<35 inches for women		Lower risk of disease
<40 inches for men		

Cholesterol	
<u>Total Cholesterol</u>	<u>CLASSIFICATION</u>
Less than 200 mg/dL	Optimal
<u>HDL Cholesterol</u>	Helps protect against heart disease
60 mg/dL and above	
<u>LDL Cholesterol</u>	Optimal
Less than 100mg/dL	
<u>Triglycerides</u>	Normal
Less than 150 mg/dL	