



DID YOU KNOW...

THE FDA TESTS ONLY 1% OF FOODS FOR PESTICIDE RESIDUE?

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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.

Insight on Choosing Organic

The National Academy of Sciences reports that 90% of the chemicals applied to foods have not been tested for long-term health effects before being deemed "safe." Eating organically grown foods is the only way to avoid chemical poisons present in commercially grown food. Conventional meat and dairy are the highest risk foods for contamination by harmful substances. More than 90% of the pesticides Americans

consume are found in the fat and tissue of meat and dairy products. Sex and growth hormones are given to cattle to artificially increase the amount of milk and meat the cattle produce without requiring extra feed. Even at high temperatures, these hormones cannot be broken down and will remain in complete form and pass directly into the consumers diet when meat is eaten. Early onset of puberty,

growth of tumors, heightened cancer risks and genetic problems are all major concerns for US consumers. The growth hormones in milk are genetically modified and have been directly linked to cancer, especially in women. The only way to be sure that genetically engineered foods stay out of your system is to choose organic. For more information on this topic, visit www.prevention.com.

Organic Fruits and Veggies

The Environmental Working Group (EWG) publishes two lists, the Dirty Dozen and the Clean 15, which tells you which fruits and vegetables to eat organic and which ones you can buy conventionally to save money. You can view and print these lists by visiting their website, www.ewg.org.

The Dirty Dozen Plus

- Apples
- Celery
- Cherry Tomatoes
- Cucumbers
- Grapes
- Nectarines
- Peaches
- Potatoes
- Snap Peas
- Spinach
- Strawberries
- Sweet Bell Peppers
- +Kale/Collard Greens & Hot Peppers

The Clean 15

- Asparagus
- Avocados
- Cabbage
- Cantaloupe
- Cauliflower
- Eggplant
- Grapefruit
- Kiwi
- Mangos
- Onions
- Papayas
- Pineapples
- Sweet Corn
- Sweet Peas
- Sweet Potatoes



You have the incredible opportunity to participate in life-saving heart and vascular screenings.

The results are completely confidential.

The results will be sent directly to your home to share with your physician *at your discretion*.

The following tests will be conducted:

Echocardiogram (Ultrasound of the Heart)

Carotid Artery Ultrasound/Intima-Media Thickness

Assessment Abdominal Aortic Aneurysm Screening

Peripheral Arterial Disease Screening

Blood Pressure Screening

Glucose

Cholesterol

These heart and vascular tests are ultrasound-based, involving **no radiation, no needles, no pain** and can all be done in less than 30 minutes.

Appointments Are Necessary, Please Call Today

All you need to do to make an appointment is call the number below, and tell the scheduler you are an Iron Worker, or the eligible spouse of an Iron Worker and tell them which location you wish to sign up for, Pittsburgh, Erie or Clearfield. The scheduler will ask for the last four digits of your social security number.

1-866-523-LIFE (5433)

30 minutes can help you prevent:

- Sudden Cardiac Death
- Stroke
- Aneurysm
- Arterial Disease

WHY WOULDN'T YOU DO THIS?

You will receive an additional mailing regarding these life saving screenings.

Watch your mail, and make your appointment today!

Space is limited.

Life Changes

It is very important to keep the Plan Office updated any time you have a change in status. Review the questions below, and notify us immediately, so we can update our system and get you the necessary paperwork. Failure to do so could cost you.

- Does the Plan Office have your correct address, phone number and email address?
- Is your beneficiary card up to date?
- Did you recently get married or divorced?
- Did you recently have a child?
- Has your spouse passed away?

Quick Facts from Healthy Life Screening...

*50% of strokes occur in people who have no symptoms.

*Sudden cardiac arrest is the largest cause of natural death in the United States and accounts for over 75% of all cardiac disease deaths in people ages 35-45.

*Cardiovascular disease is the #1 killer in America, killing more than the 2nd through 4th causes combined, including all cancers.

*Every 45 seconds, someone in the United States has a stroke.

Here's What's Cooking...

Try this organic recipe which serves 8-12. It can be found at prevention.com.

Vegan Zucchini and Cashew Nut Stuffing

This recipe can be enjoyed as a main course casserole with a side of cooked asparagus and fresh garden salad, or used as a stuffing for baked tomatoes,

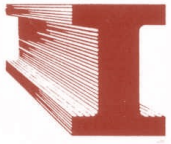
baby artichokes, or mushroom caps.

What you will need...

2 c zucchini, peeled, shredded
 2 c cooked quinoa
 3 c oats
 1 c raw cashew nuts, coarsely ground
 2 c diced tomatoes
 2 c diced onions

2 c vegetable broth
 1 c minced fresh parsley
 3 garlic cloves, minced
 2 tsp sea salt

Mix all ingredients and pour into a 9"x13" pan lightly greased with cooking spray. Bake at 350° F for 45-50 minutes. *(Recipe via Libby Mills)*



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Look for your next
issue in December!

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You're Invited!

All eligible members in the Welfare Plan and their eligible spouses are invited to attend one of three health screenings taking place in Pittsburgh, Erie and Clearfield. The Board of Trustees has approved Healthy Life Screenings to conduct these screenings which are free of charge to you (a \$199 value) and

could save your life! The dates of the events are listed here. You can find more information about what to expect from these screenings on page 2.

Saturday, September 12

**Iron Workers Local No. 3
Union Hall
2201 Liberty Avenue
Pittsburgh, PA 15222**

Saturday, September 19

**Iron Workers Local No. 3
Union Hall (Erie office)
4901 East Lake Road
Erie, PA 16511**

Saturday, September 26

**Clearfield County Career and
Technology Center
1620 River Road
Clearfield, PA 16830**

We hope you will take advantage of this benefit!