



## DID YOU KNOW...

- **TONING EXERCISES CAN HELP RAISE YOUR METABOLISM BY BUILDING MUSCLE? CERTAIN TONING EXERCISES MAY HELP IN PREVENTING OSTEOPOROSIS BY KEEPING YOUR BONES STRONG.**

## INSIDE

### THIS ISSUE:

|                            |   |
|----------------------------|---|
| The Sneezing Season        | 1 |
| Vitamin Supplements        | 1 |
| <i>Continued on pg. 3</i>  |   |
| Protect Your Eyes          | 2 |
| Discover Relaxation Within | 3 |
| Here's What's Cooking      | 3 |
| Know Your ABCDE's          | 4 |

# LIVE WELL

*Better Health, Greater Opportunity*

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

## The Sneezing Season

Spring is here, and if you suffer from allergies or have asthma, this can be a difficult time for you. Allergens, such as pollen, can set off asthma attacks. You should speak with your physician about strategies for avoiding triggers. You can also find the pollen count near you by visiting the National Allergy Bureau's website at [www.aaaai.org/nab](http://www.aaaai.org/nab).



*Here are some tips to reduce itchy eyes, runny nose and sneezing that allergies can cause:*

- **Pollen counts are highest in the early morning and on dry, windy days. Try to avoid outdoor activity at these times if possible.**
- **Keep your windows in your home and in your car closed.**
- **Shower before bed to wash pollen off your skin and hair.**
- **Talk with your physician about treatments to reduce your symptoms.**



## Vitamin Supplements A Quick Guide

**Vitamin D**, also known as the "sunshine vitamin," helps the body absorb calcium and promotes bone mineralization. Its deficiency in adults can lead to softening of the bone or bone loss. The correct dosage to take each day depends on your blood values. A basic amount to start with is 1,000 IU per day. Although the Institute of Medicine recommends

600-800 IU per day, this level may not be adequate to reach optimal levels for many individuals. New guidelines will be coming out June 6, 2011 by the Endocrine Society. It is predicted that they will recommend between 1,000 and 2,000 IU per day. **Fish Oil**, or Omega 3-fats, are critical for brain function. They also have a powerful anti-inflammatory effect

in the body. The three types of omega 3-fats are ALA, DHA and EPA. One teaspoon per day of ground flax seed provides your needs for ALA. Optimal amounts of DHA and EPA vary according to your age, level of health and medical issues. Taking a supplement containing at least 500 mg each of DHA and EPA is recommended.

*continued on page 3*

June 13-19 is  
National Men's  
Health Week!

*Guys, if you  
are over 50  
and have your  
colorectal  
cancer  
screening or  
prostate  
exam, you  
can earn  
\$50.00 in  
your Value  
Bank!*

Mail your  
Explanation of  
Benefits from  
Highmark to  
the Plan Office,  
along with the  
Value Bank  
Incentive  
Request Form  
to receive the  
incentive.

*Additional information  
may be required.*

## PROTECT YOUR EYES

### Be Aware

We don't always think about things that can harm our eyes. Still, even minor eye injuries can cause life-long vision problems and discomfort. A scratch from sawdust, cement or drywall can cause damage to the cornea that is painful and ongoing.



### Below are some common eye care hazards to be aware of:

- Hammering, grinding, sanding and masonry work can produce particles that get into the eyes.
- Handling chemicals may lead to splashes in the eye.
- Wet or powdered cement in the eye may cause a chemical burn.
- Welding exposes the eyes of both the welder and bystanders to flashes and intense UV radiation.
- Dusty or windy conditions can lead to getting particles in the eye.
- Handling fireworks can be very dangerous, as sparks may fly into the eyes.
- Infectious diseases can enter the body through the membrane of the eye from contact with body fluids or by touching the eyes with contaminated fingers.
- Eye injuries can result from simply passing through an area where work, such as construction work, is being done.



### How to Protect Your Eyes

The best way to protect your eyes from these and other eye hazards is to wear the right protective eyewear, which may be safety glasses, goggles or even a face shield. Always check the fit of your safety eyewear to make sure there are no gaps that could let in foreign objects. Safety glasses should be snug against the face and should wrap around the side of the face to some degree. Adjustable straps should hold the glasses in place.

*Find this article and more information at [vsp.com](http://vsp.com)*

## Vitamin Supplements; A Quick Guide *continued*

**Multivitamins**, may not be necessary unless you are eating less than 1,500 calories per day or have a medical issue needing a certain supplement. Unless you are a woman of child-bearing age or are pregnant, iron is not necessary and may increase your risk of cardiovascular disease. Men of any age and women over age 40 should make sure their multivitamin is iron-free. Secondly, most multivitamins contain at least 400 mcg of folic acid. Take them only 3 times per week, unless you are pregnant or are planning to get pregnant. Folic acid is found in many foods and many individuals are receiving more than enough folic acid on a regular basis. Overdosing of folic acid can increase the risk of

colorectal, breast and prostate cancers.

**B12**, may be necessary with aging, since less of it is absorbed with age due to inadequate amounts of stomach acids required for the absorption of B12.



**ALWAYS discuss any concerns you have with your practitioner and make sure he/she is aware of any and all medications, including over the counter drugs, you are taking.**

[http://www.huffingtonpost.com/susan-b-dopart-ms-rd/which-vitamin-supplements\\_b\\_859162.html?view=screen](http://www.huffingtonpost.com/susan-b-dopart-ms-rd/which-vitamin-supplements_b_859162.html?view=screen)

## Discover Relaxation Within

Don't miss out on the opportunity to earn **\$50.00** in your Value Bank! You can use this money to be reimbursed for medical and prescription drug co-payments, deductibles, co-insurance, dental treatment and artificial teeth, vision exams, glasses and contacts, eye surgery, hearing aids, smoking cessation programs and dental and vision insurance premiums. Call **1-800-879-2217** to find a Highmark Community Program near you. After completion of one of the approved programs, have your instructor sign the Instructor Sign Off Sheet, and return it to the Plan Office, along with the Value Bank Incentive Request Form. Call the Plan Office with any questions.

**Discover Relaxation Within I** is a lifestyle improvement program to help identify and reduce individual stressors through specific relaxation techniques. This program is both educational and experiential. Participants receive a participant manual and stress management CD. This class is 4 weeks in length and about 1 1/2 hours each class.

**Discover Relaxation Within II** is a lifestyle improvement program that expands through practice the specific relaxation techniques taught in Discover Relaxation Within I and teaches participants to employ the techniques in everyday life. Creative problem solving, time management and journaling also help to promote stress management. Participants receive a participant manual. This class is 4 weeks in length and about 1 1/2 hours each class.

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

Make this fun dessert for your next summer party!

### No-Bake Raspberry-Lemon Bars

*What you will need:*

- 12 oz. fresh raspberries
- 6 Nabisco Grahams, crushed (1 cup)

- 2 tbsp. of melted butter or margarine
  - 16 oz. fat free cream cheese, softened
  - 1, 7 oz. jar of Jet-Puffed marshmallow crème
  - 1 tbsp. of lemon juice
- Reserve 20 raspberries for garnish. Mix graham crumbs and butter until well blended, and press into

bottom of 9 in. square pan. Refrigerate until ready to use.

Beat cream cheese, marshmallow crème and lemon juice with mixer until light and fluffy. Stir in remaining raspberries, and spread over the crust. Refrigerate for 4 hours. Top with reserved



raspberries just before serving.

**Thanks to Toni  
for this  
delicious  
recipe!**



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Look for your next  
issue in August!

# LIVE WELL

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## Know Your ABCDE's

**Melanoma**, the most serious form of skin cancer, is characterized by the uncontrolled growth of pigment-producing cells. Approximately 75 percent of all skin cancer deaths are from melanoma. Advanced melanoma spreads to lymph nodes and internal organs and may result in death. *One American dies from melanoma almost every hour.* Recognition of changes in the skin is the best way to detect early melanoma. They most frequently appear on the upper back, torso, lower legs, head and neck. If you have a changing mole, a new mole

or a mole that is different, see a dermatologist as soon as possible.

If you notice a mole on your skin, you should follow the simple **ABCDE** rule, which outlines the warning signs of melanoma:

- **Asymmetry:** *One half does not match the other half.*
- **Border irregularity:** *The edges are ragged, notched, or blurred.*
- **Color:** *The pigmentation is not uniform. Different shades of tan, brown or black are often present. Dashes of red, white and blue can add to the mottled appearance.*
- **Diameter:** *Melanomas usually are greater than 6mm in diameter when diagnosed, but they can be smaller.*
- **Evolving:** *A mole or skin lesion looks different from the rest or is changing in size, shape or color.*

The American Academy of Dermatology urges everyone to examine their skin regularly. This means looking over your entire body including your back, your scalp, your palms, your soles and between your toes.

*For more information on melanoma visit [www.aad.org](http://www.aad.org).*