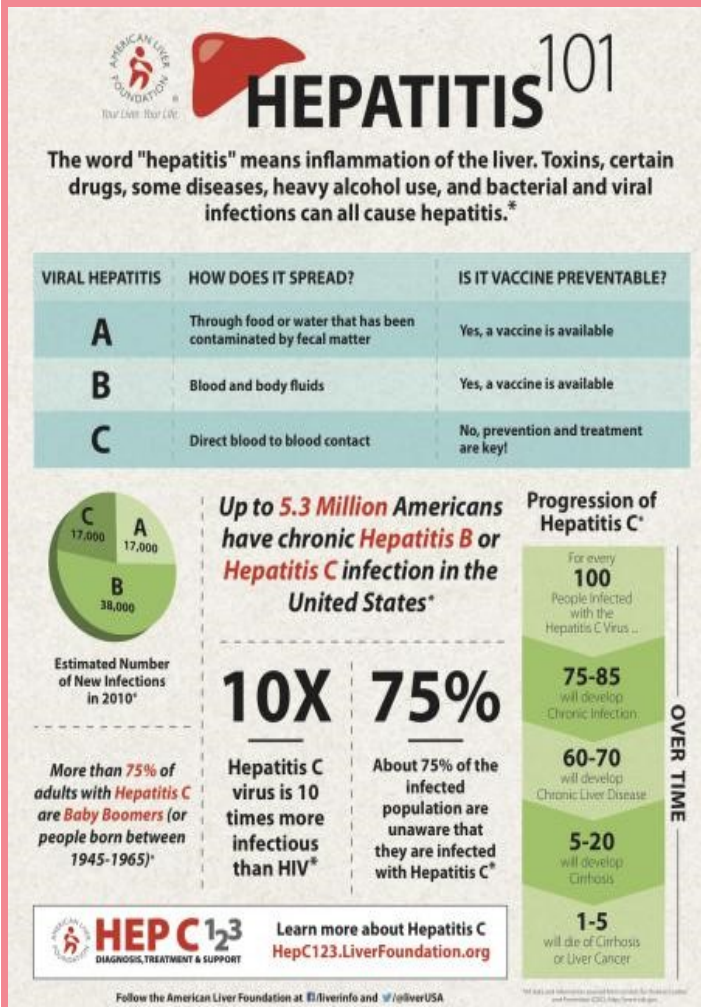




May is Hepatitis Awareness Month. In the United States, the most common types of viral hepatitis are hepatitis A, hepatitis B, and hepatitis C. While each can produce similar symptoms, each hepatitis virus has different routes of transmission and has different populations that are commonly affected.



Hepatitis A is easily prevented with a safe and effective vaccine, which is recommended for all children at one year of age and for adults who may be at risk, including travelers to certain international countries. Hepatitis B is also preventable with a vaccine. The hepatitis B virus can be passed from an infected woman to her baby at birth. National guidelines call for universal screening of all pregnant women for Hepatitis B, immunoprophylaxis of infants born to infected mothers within 12 hours of birth, and routine vaccination of all infants with the 1st dose given within 24 hours of birth. The Centers for Disease Control and Prevention (CDC) recommends anyone born from 1945-1965, as well as anyone else at risk, get tested for hepatitis C. There is currently no vaccine to prevent hepatitis C. Fortunately, new treatments offer a cure for most people.

Source: Centers for Disease Control



In This Issue:

- Hepatitis Awareness Month
- Stroke Awareness Month
- Healthy and Safe Swimming Week
- Complement your Confidence
- Healthy Vision Month
- Skin Cancer Awareness Month
- Healthy Eats
- Fruits for Weightloss



FAST FACTS



HEP A May not have symptoms/symptoms appear quickly
Passed on from small amounts of stool on food, objects, drinks, casual contact
Vaccine preventable
Curable



HEP B Usually no symptoms
Passed via body fluids such as blood or semen
Vaccine preventable
Can become chronic
Treatable but no cure exists



HEP C Usually no symptoms
Passed via body fluids such as blood or semen
No vaccine
Usually becomes chronic
Curable

May Is
Stroke
Awareness
Month

ACT

F | A | S | T
Call 911

Stroke is the fifth leading cause of death in America and a leading cause of adult disability. Yet, research shows that too few people know what a stroke is and how to recognize when stroke is happening. A stroke happens when blood flow to an area of the brain is cut off. Brain cells are deprived of oxygen and begin to die. A stroke can cause you to permanently lose speech, movement and memory. Each year about 185,000 people die from a stroke. Up to 80 percent of strokes can be prevented. Stroke can happen to anyone, at any time and any age. Minorities have higher stroke risks, stroke occurrence at an earlier age, and for some more severe strokes. Although certain risk factors for stroke, such as genetics or family history cannot be controlled, others such as high blood pressure or diabetes can go unrecognized. Knowing your risk factors for stroke and controlling them is the first step in preventing a stroke.

Arming yourself with information about stroke prevention is the first step in saving your life and the life of your loved ones.

Source: National Stroke Association

STROKE
CAN HAPPEN AT ANY AGE



STROKE

There's treatment if you act **FAST**

F
ace

Face Look Uneven

Ask the person to smile.
Does one side of the face drop?



A
rm

One Arm Hanging Down

Ask the person to raise both arms.
Does one side drift downward?



S
peech

Slurred Speech

Ask the person to repeat
a simple phrase.
Is the speech slurred
or strange?



T
ime

If you observe any of the signs,
**Call Emergency Assistant
Immediately!**



The information contained in this newsletter should not be construed as medical advice. Please see your health care provider.

Healthy and Safe Swimming Week

MAY 20-26, 2019



Swimming and other water-related activities are excellent ways to get the physical activity and health benefits needed for a healthy life. However, they are not risk-free. Americans swim hundreds of millions of times in pools, oceans, lakes, rivers, and hot tubs/spas each year, and most people have a safe and healthy time enjoying the water. However, it is important to be aware of ways to prevent illness, sunburn, and drowning that can occur. We all share

the water we swim in, and each of us needs to do our part to help keep ourselves, our families, and our friends healthy. To help protect yourself and other swimmers from germs or injury, here are a few easy and effective steps all swimmers can take each time we swim in a public pool or hot tub.

- Check the pool!- Well maintained pools are less likely to spread germs. Injuries and drownings are less likely in pools that have trained staff and adequate safety equipment. Make sure the drain at the bottom of the deep end is visible. Check that the drain covers at the bottom appear to be secured and in good repair. Make sure no chemicals are out in the open.
- Keep an eye on children at all times, kids can drown in seconds and in silence. If on duty, a lifeguard should be focused on the swimmers and not distracted. If no lifeguard is on duty, a "No Lifeguard on Duty" sign should be posted and check to see where safety equipment, such as a rescue ring or pole, is available.
- Check yourself! Keep the pee, poop, sweat, blood, and dirt out of the water. Stay out of the water if you have diarrhea and also if you have an open wound (for example, from surgery or a piercing) that is not covered with a waterproof bandage. Take kids on bathroom breaks. Check diapers, and change them in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.
- Shower before you get in the water. Rinsing off in the shower for just 1 minute removes most of the dirt or anything else on your body.
- Protect yourself and others! Protect against sunburn by using a sunscreen with at least SPF 15 that blocks both UVA and UVB rays. Use well-fitting Coast Guard approved life jackets for flotation assistance rather than foam or air-filled toys.
- Drink plenty of fluids.



Source: Centers for Disease Control and Prevention

Are you ready to sweat and snack your way to your fittest, most fierce self ever? Try just one new thing a day to complement your confidence.

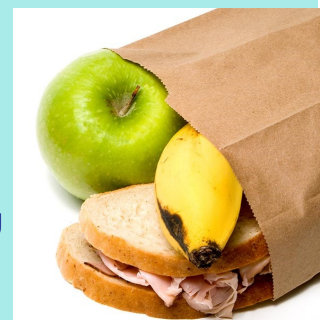
Establish a Baseline: A successful workout program requires tracking and progression. By keeping tabs of your fitness, you'll be more inclined to improve it. Create a baseline fitness test, making sure to include moves that measure the strength of all of your major muscles. Maybe you can gauge things like the number of pushups you can do, how long you can hold a plank, how many lunges you can do in 60 seconds, and how long you can hold a wall squat. Then make it your goal to beat those numbers one month from now.



Stretch for Strength: What will majorly sideline your quest for that dream summer body? An injury that could easily have been avoided. "The power of stretching is vastly underrated and oftentimes forgotten," says Joey Hays, a certified GX cycle instructor in Portland, Oregon. "As we age, the elasticity of our muscles decreases and is accelerated by sports that can overuse and overwork muscles through repetitive motion." This overuse can lead to aches, pains, and injury. That's why it's important to develop a stretching routine that targets the muscles you use the most—probably the ones in your legs and butt. After your cool-down, devote about five minutes to static stretching, making sure to hold each stretch for about 30 seconds.



Brown-Bag It: Your mid-day meal doesn't have to cost you your health or cost you a fortune. And brown bagging doesn't have to be boring, either. Eating lunch at a restaurant can make it harder to lose weight. In fact, in one study, women who dined out midday at least once a week shed five fewer pounds than those who ate food from home. Pack your own noon meal and you'll not only save calories, you'll save cash too. We have heard people complain about the lack of variety or quality of the food available at work. If you are bringing snacks and lunch from home, you can make sure you have the food you really want to eat for lunch and it'll save you a trip to the vending machine that does not necessarily have the healthiest snacks.







Go All Out!: If you're planning to Zumba your way to a better body, be sure you're really pushing your limits in class. The bigger the arm and leg movements, the more intense the workout. To get the biggest burn, exaggerate your steps, lunges, slides, and kicks to really boost your heart rate.



Pump up the Protein: To help your muscles recover after a hard workout, reach for a snack that contains protein after each sweat session. Twenty-five grams is the amount required to help your muscles repair and build, and the addition of lean muscle mass will ultimately help you burn more calories all day long. For example, you can get two benefits in one from Greek yogurt, one of the best foods for flat abs. Not only is it packed with protein (about 25 grams per cup), but people who get their calcium from yogurt rather than from other sources may lose more weight around their midsection, according to a study published in the International Journal of Obesity. The probiotic bacteria in most yogurts help keep your digestive system healthy, which translates into a lower incidence of gas, bloating, and constipation, which can keep your tummy looking flat.

Source: Shape, Blue Health Advantage

Please consult your healthcare provider before starting on any diet or exercise program.

Foods To Eat After Workout		
 EGG SCRAMBLE	 WHEY PROTEIN	 AVOCADO TOAST
 PROTEIN BAR	 COTTAGE CHEESE AND FRUIT	 GREEK YOGURT WITH FRUIT
 SALMON & TUNA	 APPLE & PEANUT BUTTER	 DRIED FRUITS & NUTS

May is Healthy Vision Month

Our eyes are our windows to the world. Learn how you should protect them.

When it comes to our health, we visit our doctor or nurse regularly to make sure our bodies are healthy, but what about our eyes? They're not always a priority, but they're just as important. During Healthy Vision Month, held each May, the National Eye Institute (NEI) encourages Americans to make their eye health a priority and educates them about the ways they can protect their vision:



Get a Comprehensive Dilated Eye Exam

It's the only way to catch eye diseases early, because with many, there are no early symptoms. Just a few drops could save your vision and your overall health.



Live a Healthy Lifestyle

Maintain a healthy weight and eat foods like fish and green leafy vegetables to lower your risk of eye disease. And don't smoke, it's as bad for your eyes as it is the rest of your body.



Know Your Family History

We get our eye color from our parents, but did you know eye health is hereditary, too? Genes are a factor in eye diseases, including those diseases that are the leading causes of blindness.



Use Protective Eyewear

Protective eyewear lenses are made of polycarbonate, which is ten times stronger than plastic. Whether it's safety glasses or goggles, keep your eyes protected when playing sports or doing recreational activities.



Wear Sunglasses

The sun's rays can cause eye diseases, too. Choose sunglasses that block at least 99 percent of both UV-A and UV-B radiation.



For more information, please visit www.nei.nih.gov/hvm.



WHAT DO OUR EYES
REALLY SEE?

jonaspauleyewear.com



7 MILLION

The number of colors the human eye can see.

RED & YELLOW

These two colors are the most irritating to the human eye.



13 MILLISECONDS

The time it takes for the human eye to process an image.

3 MONTHS

The time it takes for a newborn baby to recognize familiar faces.



30 MILES AWAY

The distance the human eye could see the faint glimmer of a candle flame.

39 MILLION PEOPLE

The number of people in the world who are completely blind.



Did you know?

Seeing is so important that it takes up more than 50% of the brain's functionality.

May is SKIN CANCER AWARENESS MONTH

Skin cancer is an abnormal growth of skin cells. It most often develops on areas of the skin exposed to the sun's rays. Skin cancer affects people of all colors and races, although those with light skin who sunburn easily have a higher risk. Skin cancer appears on the skin differently based on what type of cancer it is. Follow these tips to protect your skin from the sun's damaging ultraviolet rays and reduce your risk of skin cancer:

- Seek shade when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.

- Wear protective clothing, such as a lightweight long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- Generously apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher. Broad-spectrum sunscreen provides protection from both UVA and UVB rays. Apply enough sunscreen to cover all exposed skin. Don't forget to apply to the tops of your feet, your neck, your ears and the top of your head. When outdoors, reapply sunscreen every two hours, or after swimming or sweating.
- Use extra caution near water, snow and sand, as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
- Avoid tanning beds. Ultraviolet light from tanning beds can cause skin cancer and premature skin aging. Consider using a self-tanning product if you want to look tan, but continue to use sunscreen with it.
- Perform regular skin self-exams to detect skin cancer early, when it's most treatable, and see a board-certified dermatologist if you notice new or suspicious spots on your skin, or anything changing, itching or bleeding.

Slip Slop Slap Seek Slide



Protect yourself in five ways from skin cancer

Source: American Academy of Dermatology Association

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HEALTHY EATS

Tomato Broccoli Frittata

This simple frittata recipe combines tomatoes, broccoli and feta cheese. If you're not a fan of feta, you can easily replace the feta with Fontina, Parmesan or goat cheese.



Ingredients

- 6 egg whites
- 3 eggs
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ cup crumbled reduced-fat feta cheese or regular feta cheese
- 2 cups small broccoli florets
- 2 tablespoons finely chopped shallots
- 1 teaspoon olive oil
- 1¼ cups cherry tomatoes, quartered

Preparation: 20 minutes **Ready In:** 30 minutes

- Preheat broiler. In a medium bowl, whisk together egg whites, eggs, salt, and pepper. Stir in cheese; set aside.
- In a large broiler-proof skillet, cook broccoli and shallots in hot oil over medium heat for 8 to 10 minutes or just until tender, stirring occasionally. Pour egg mixture over the broccoli mixture in skillet. Cook over medium-low heat. As mixture sets, run a spatula around the edge of the skillet, lifting egg mixture so uncooked portion flows underneath. Continue cooking and lifting edges until egg mixture is almost set (surface will be moist). Arrange tomatoes on top of egg mixture.
- Broil 4 to 5 inches from the heat about 5 minutes or until center is set. Let stand for 5 minutes

Source: Eating Well



Spring Roll Salad

Ingredients

- 1 tablespoon smooth natural peanut butter
- 1½ teaspoons sesame oil
- 1½ teaspoons rice vinegar
- 1 teaspoon maple syrup
- 1 teaspoon tamari or soy sauce
- 1 teaspoon water
- ½ teaspoon minced garlic
- Pinch of crushed red pepper (optional)
- 3 cups torn Boston or butter lettuce
- 3 ounces cooked shrimp or grilled chicken
- ½ cup cooked brown rice
- ¼ cup chopped red cabbage
- ¼ cup julienned bell pepper
- ¼ cup julienned carrots
- ¼ cup julienned cucumber
- ¼ cup avocado
- Fresh mint and sesame seeds for garnish

How to Make

- Whisk peanut butter, oil, rice vinegar, maple syrup, tamari or soy sauce, water, garlic, and crushed red pepper (if using) in a small bowl until smooth
- Combine lettuce, shrimp or chicken breast, rice, cabbage, bell pepper, carrot, cucumber, and avocado in a bowl. Add dressing and toss to combine. Garnish with mint and sesame seeds, if desired.

Source: Eating Well

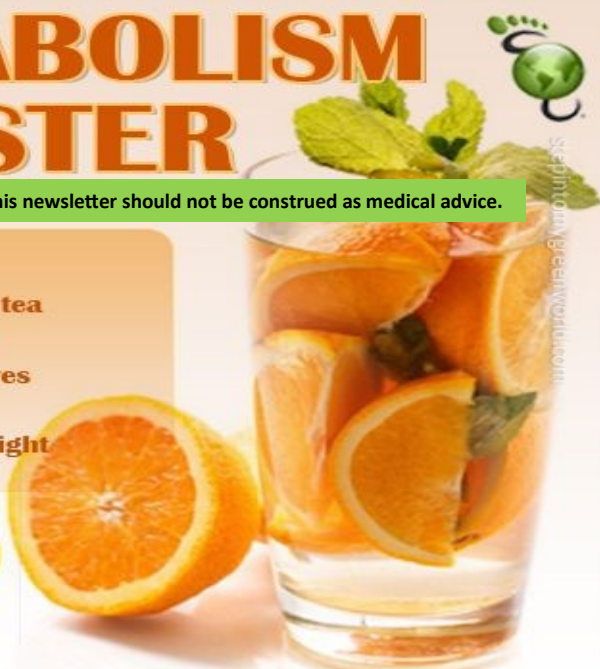
METABOLISM BOOSTER

The information contained in this newsletter should not be construed as medical advice.

Ingredients:

- 10 cups of green tea
 - 2 oranges, sliced
 - 1/2 cup mint leaves
 - 1 lemon, sliced
- Refrigerate overnight

Please talk to your health practitioner before changing your diet



FRUITS TO EAT FOR WEIGHT LOSS

ORANGES

RICH SOURCE OF THIAMIN, VITAMIN C, AND FOLATE.

PAPAYA

CONTAINS PAPAIN, AN ENZYME THAT BOOSTS THE DIGESTION OF FOOD IN YOUR BODY.

BLUEBERRY

INCREASE YOUR METABOLIC RATE AND ARE KNOWN TO COMBAT CHOLESTEROL, HYPERTENSION, AND INSULIN RESISTANCE.

GUAVA

RICH IN FIBER, PREVENTS CONSTIPATION, AND HAS A LOW GLYCEMIC INDEX

PEARS

REGARDED AS A SUPERFOOD OR SUPER FRUIT FOR WEIGHT LOSS IS BECAUSE OF ITS FIBER CONTENT

WATERMELON

RICH IN THE AMINO ACID ARGININE, WHICH IS WELL-KNOWN FOR ITS FAT BURNING PROPERTIES.

BANANAS

THE ONLY FRUIT THAT CONTAINS SUCH HIGH AMOUNTS OF VITAMIN B6

COCONUT

THE FATTY ACIDS THAT ARE PRESENT IN THE COCONUT OIL ARE NOT STORED AS FATS IN YOUR BODY

KIWI

THE BLACK SEEDS IN KIWIS ARE A GOOD SOURCE OF INSOLUBLE FIBER THAT HELPS IN DIGESTION

POMEGRANATE

INCREASE THE BLOOD FLOW IN YOUR BODY AS WELL AS REDUCE THE LDL CHOLESTEROL

APPLE

THIS HEART-HEALTHY FRUIT ARE LOW IN CALORIES BUT HIGH IN FIBER

GRAPEFRUIT

HELPS LOWER YOUR CHOLESTEROL LEVEL AS WELL AS REDUCES YOUR BELLY FAT

PEACHES

THE ANTIOXIDANTS PRESENT IN PEACH FLUSH OUT THE UNWANTED TOXINS FROM YOUR BODY

thekewlshop



i am healthy
& filled with
energy.

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