

JUNE  
2019

## MAKE YOUR SUMMER workout easier

You can still enjoy a productive workout during the warmer months. Try these tips:

1. **Start early with water.** Don't wait to start drinking water right before you exercise. Drink water throughout the day to keep your body hydrated. Then, drink additional water during and after your workout.
2. **Go indoors when heat and humidity are too high.** Don't try to brave extreme weather with an outdoors workout. Heat exhaustion and heat stroke are dangerous and can happen to anyone. On heat advisory days, take your workout indoors.
3. **Wear the right clothes.** Choose light-colored clothing that is made for sweating and workouts. Many new, lighter fabrics will keep sweat and moisture away, which makes you feel cooler. Cotton clothing is best suited for low-humidity weather conditions.
4. **Shun the midday sun.** In the summer, limit or avoid heavy workouts from 10 a.m. to 4 p.m. The sun and temperatures will be hottest during these times. Instead, go out early in the morning or in the evening.

Source: Academy of Nutrition and Dietetics

# What's that rash?

Red, itchy skin — you have a rash. Most people get a rash at some point in their lives. Rashes happen when the skin reacts to a foreign “invader.” They also occur with illnesses, like chicken pox or measles.



Poison ivy, bug bites, and allergies are all possible causes for a rash. A minor rash is usually not a sign of a serious health problem. It may be a sign that your skin is reacting to an invader.



## IF YOU NOTICE A RASH, ASK YOURSELF THESE QUESTIONS:

1. Have I been outside recently? In the woods? You could have run into poison ivy or been bitten by an insect.
2. Do I have allergies? Sometimes seasonal allergies to pollen and mold can cause itchy skin.
3. Did I use a new laundry product? Certain laundry detergents and fabric softeners can cause rashes and allergic reactions in some people.
4. Did I use a new skin care product? Fragrances and other ingredients in these products can be irritating to skin.
5. Have I taken a new medicine? Some medicines can cause rashes and allergic reactions. Call your doctor right away if you notice this.
6. Am I wearing new jewelry? Some people are allergic to certain metals, like nickel. This can cause itching and redness.



## TREATING THE RASH

If your rash is minor and you otherwise feel fine, you can probably treat it at home.

Over-the-counter creams can be helpful. You can also try an ice pack or aloe gel to soothe irritated skin.



## WHEN TO SEE A DOCTOR

A rash can be a sign you need medical care. Watch for these red flags:

- Fever
- Feeling unwell
- A rash keeps getting worse
- A rash covers a large area of the body
- Severe pain
- Any rash on the face
- A rash that is very red, oozing, or hot
- A circular rash with a “bull’s eye” in the middle
- A rash that might be caused by your medicine
- Signs of a severe allergy, such as swelling or trouble breathing
- A rash appears after being around someone who has a serious illness, like measles or chicken pox
- A rash lasts more than 2 weeks

If you’re concerned about a rash on yourself or your child, always call your doctor.

# Cataracts can be treated



The eye has a clear lens inside that allows you to focus on things. But, as we get older, the lens may not be clear anymore. Proteins inside the lens stick together, causing a cloudy spot. This is a cataract.

Cataracts are common. More than half of people age 80 and over have cataracts or had cataract surgery.

## WHAT CAUSES CATARACTS?

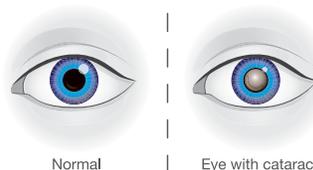
Cataracts cannot always be prevented. Many people get them simply from getting older. This is because proteins in the eye's lens start to break down with time.

But there are some things you can do to reduce your risk of getting cataracts:

- Get regular eye exams.
- Don't smoke – or quit if you do smoke.
- Limit or avoid alcohol.
- Protect your eyes with proper sunglasses and hats that shield the sun.
- Eat a healthy diet and get exercise. This can help prevent diabetes and high blood pressure, which may cause cataracts.

## DO I HAVE CATARACTS?

Many people don't realize they have cataracts. This is because changes in vision happen very slowly over time.



People who have cataracts may notice:

- Colors look faded or yellowed; things look blurry or cloudy
- Seeing a "halo" around lights
- It's harder to read without a very bright light
- Trouble with night vision
- Double vision in one eye

## WHAT CAN I DO ABOUT CATARACTS?

While cataracts may take away your clear vision, there is good news. Many cataracts can be corrected with surgery.



The operation usually takes less than an hour. The doctor will replace the cloudy lens with a clear artificial lens. Usually, no stitches are needed. You may also have the surgery without general anesthesia, or being put to sleep. The doctor will numb the eye area so you won't feel anything.

People usually have only minor pain afterward. You may need to use eye drops after surgery to help the eye heal, or wear a protective eye shield when you sleep. Your doctor can let you know when it is safe for you to drive and do other activities.

In most cases, the eye is totally healed within a few weeks and vision is much better.

# What is the intermittent fasting diet?

The intermittent fasting (IF) diet is one of the latest diet trends. The idea behind the IF diet is to use fasting, or periods of not eating, to lose weight.

The IF diet does not focus on the types of foods you eat. Instead, it tells you to eat within certain time frames. Some IF plans say you should eat within a few hours of each day. For instance, you can eat within an 8-hour window, from noon to 8 p.m. Then, during the other 16 hours, you do not eat.

Other IF plans tell you to eat normally for a few days a week and do a “fast” on other days. This fast may mean not eating at all or eating only small amounts. Some plans tell you to eat normally five days a week, followed by a 24-hour fast for two days.



## THE HISTORY OF FASTING

People who support IF diet plans say that humans are built for fasting. Our ancient ancestors didn't have food available all the time as we do today. They didn't have refrigerators or ways to keep food fresh and on hand. They didn't have grocery stores and restaurants open all night.

Before modern times, humans hunted or gathered plants for food during the day. Then, there would be no food for several hours. Sometimes, they would go for a day or more without eating because they couldn't get food at all. For these reasons, some people believe that fasting is a way to use a similar approach today.



## MORE STUDIES

Many of the IF diet studies have been done using rats. But some small human studies show that IF can help some people lose weight.

Research shows that IF doesn't seem to work better than other healthy diets. And, fasting can be hard to do.

The intermittent fasting diet is not a magical weight loss solution for everyone. But, if you are in good health and your doctor says it's OK, it may be worth a try.

# Tips for intermittent fasting

Intermittent fasting isn't safe for everyone. People who have diabetes could have dangerous blood sugar crashes if they go too long without eating. If you take medications, the timing of your meals may be important, too.



## FOCUS ON HEALTHY FOODS

Intermittent fasting plans focus on when you eat, not what you eat. But, this doesn't mean you should eat lots of junk food when you're following this diet approach.

Sugary, processed foods will likely make you feel even more hungry not long after you eat them. Also, they won't give you the nutrients your body needs.

To help you feel full and cut calories, focus on plenty of high fiber, vegetables, fruits, whole grains, and lean protein.



## STAY HYDRATED

Hydration is very important when you're fasting. Make sure you drink plenty of water. Some people may need electrolyte drinks. Ask your doctor about why these types of fluids may be recommended.

Dehydration can make you more hungry and is not healthy for you. Severe dehydration is life-threatening. Make sure you have water with you at all times and drink plenty of other fluids. Avoid caffeinated drinks like coffee, because they can make you jittery and could make dehydration worse.



## START SMALL

Fasting can be difficult when you're not used to it. Think about a healthy way you could do a mini fast each day. For instance, start by not eating anything after dinner each night. You might fast from 7 p.m. to 6 a.m.

This is a way to allow your digestive system to rest and to burn some extra calories at night. When we don't eat for several hours, the fat cells can get rid of some of their stored energy. Plus, because you're not snacking after dinner, you'll probably cut some calories from your daily intake.

If this method works for you, try making the fast a little longer. Work your way up to the 8-hour window, or whatever timeframe works best for you.

If you have a health condition, talk to a doctor before trying any diet.



# Email – Use it wisely

Like it or not, email is a part of daily life. Most people use it at work as well as at home.

Email can be convenient and a great way to share information. But it has downsides, too. When you are reading someone's words on a screen instead of talking to them, it's hard to know what they really mean.

Communication skills like tone of voice, facial expression, and body language, don't come across in emails. As a result, you might misunderstand what someone is trying to say in an email. For example, someone might get angry about an email you wrote when you intended it to be friendly. Also, unnecessary emails can be an annoyance.

## MANY OF THESE PROBLEMS CAN BE AVOIDED IF YOU KNOW HOW TO USE EMAIL WISELY. THESE TIPS CAN HELP:



**Call or talk face-to-face when you can.** If you don't need to share files or other things in writing, consider skipping the email. Go and talk to the person. Your conversation may be more productive and can help build better relationships at work.



**Use the "cc" line correctly.** If you expect a reply from someone, put them in the "to" line. People who need to know the information but don't need to reply usually go in the "cc" line.



**Be careful with "reply all."** The "reply all" button is useful for group conversations where everyone needs to be in the loop. But, simple responses like, "thanks" probably don't need to be copied to everyone.



**Don't include people on an email unless it's needed.** Many people get dozens — if not hundreds — of emails a day. Before you include someone on an email, ask yourself whether they need to be copied. Will the information in the email help them? Are they involved in the discussion? Did they specifically ask to be included in the conversation? If the answer is no, consider leaving them off. The person will probably appreciate it.



**Don't fire off a response when you're upset or angry.** Before you email a response in anger or frustration, wait a while. Go back and read the email again later once you've calmed down. Even better, call the person on the phone or ask to have a meeting with them in person. This often clears up any misunderstanding. It also helps you avoid sending a response that you may regret in the near future.





# 3 “S”s

## for taking supplements

Many people use vitamins, herbs, and other supplements. But sometimes, supplements aren't safe or helpful. Follow these 3 S's before you take vitamins, herbs, or natural remedies.

**1**

### **SAY SOMETHING TO YOUR DOCTOR.**

Supplements can interact with medications. Some are not safe if you have health conditions. Your doctor can tell you whether certain supplements are safe for you.

**2**

### **SKIP THEM IF PREGNANT OR BREASTFEEDING.**

Some supplements are not safe for women who are pregnant or breastfeeding. Always ask your obstetrician or gynecologist before taking supplements.

**3**

### **STOP TAKING THEM BEFORE SURGERY.**

Some supplements can cause problems if you take them before surgery. They may make bleeding worse or change how you respond to medicines. You may need to stop them two weeks or more before your surgery.



SUCCESS OVER  
STRESS

## QUICK FACTS ABOUT relaxation. exercises

When you're under stress, your body releases stress hormones. These hormones cause your heart to race or your palms to sweat.

This is your body's normal response to stress. In some cases, a little stress is helpful. But for many people, stress happens too much. This can lead to ongoing high levels of stress.

Relaxation exercises can help you stop this physical response to stress. They can slow down your heart rate and help you feel calm.



You may have heard about relaxation exercises and wondered if they would work for you. The good news is, they will probably help you at least a little – and they won't hurt. Here's what to know:

- Relaxation exercises usually put two things together: breathing and attention. You may have to pay close attention to your breaths in and out while relaxing your mind. This can help push away stressful thoughts.
- Apps, books, articles, and classes can help you learn how to relax and reduce stress.
- You can learn relaxation exercises without special equipment or spending money.
- Don't use relaxation exercises as medical treatment. If you think you have depression, anxiety, or another mental health condition, see your doctor. Often relaxation can be combined with medical treatment to give you even better results.