



FEBRUARY 2014

RESILIENCY

It's more than stress management

🔍 **Resiliency** is much more than how you bounce back from stress. It's also about your physical health, social connections and spiritual well-being. Build your overall resiliency with this advice.

- Eat a healthy, balanced diet.
- Invest in your spirituality, in whatever way adds meaning and purpose to your life.
- Be safe. Wear your seat belt, check your smoke alarms regularly, and take other steps to help avoid life's risks.
- Spend your free time doing things that help you feel recharged and rejuvenated.
- Find ways to ensure that you spend time doing things that are enjoyable and fulfilling.
- Reach out to others and spend time nurturing your relationships.

- Get regular physical activity.
- Get enough sleep.

You'll find tips, advice and personal stories on each of these areas in each issue of this newsletter. Look to the **My Circle of Health** and **MyStory** series to learn more about ways to boost your health and wellness – and your resiliency.

In this issue, the **My Circle of Health** and **MyStory** series will lead off with stress – the part of wellness you may connect to resiliency most often. But we hope that with the rest of the series, you'll see how other healthy lifestyle choices can help boost your resiliency, too.

Balance your emotions: Be cautious without being overly fearful, be passionate, and have a healthy self-esteem and sense of self.

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Urgent care clinics now easy to locate for carpenters

When your doctor is not available, urgent care clinics provide attention for non-life threatening medical problems or problems that could become worse if you wait.

A new directory on the Carpenters Trusts of Western Washington website (www.ctww.org/urgent-care) makes it easy to locate an urgent care center nearby.

The **new urgent care directory**...

- Is organized by state, county, and city
- Displays days and hours of operation for each clinic
- Displays street addresses and phone numbers
- Provides links to directions, hours, maps and other clinic information

Urgent care clinics provide walk-in appointments and are often open seven days a week with extended hours, which makes them a convenient place to go for:

- Cuts, bruises and sprains
- Nausea, vomiting, and diarrhea
- Cold and flu symptoms
- Stings, rashes, allergic reactions, and infections

continued on back cover



PERSONALIZING YOUR HEALTH CARE
EXPERT INSIGHT

Changing the face of medicine

By Gianrico Farrugia, M.D., Mayo Clinic, Rochester, Minn.
Dr. Farrugia is director of the Center for Individualized Medicine at Mayo Clinic, Rochester, Minn.

When the first human genome was mapped 11 years ago, it was an incredible feat. It was amazing to be able to describe human DNA in so much detail.

Since then, medical care that's based on your genome has become a reality. The first genome took 10 years and cost \$3 billion to map. Today, a person's genome can be mapped for roughly \$5,000 in just a few days.

What does this mean to you? It means that health care providers are more able to understand what makes you unique. This affects how they understand and treat disease. Health care providers will be able to understand more and more as costs of

genetic testing decline, scientists learn more, and the ability to interpret the human genome improves.

Today, medications can be prescribed based on someone's genetic profile. This helps prevent side effects and improve quality of life. Diseases that used to go undetected can be found now. Cancer treatments can be more targeted to your unique genetic makeup.

Scientists, doctors and lab professionals are working together to understand, diagnose, treat, predict and prevent disease based on your genome. The result? Better information – and better care – for you as an individual.

We live in a truly remarkable time.

Men's Health / Women's Health

Signs and symptoms of a heart attack

Acting quickly at the first sign of a heart attack can save your life or someone else's. Here's what to watch for.

- Chest pain or discomfort in the center or left side of the chest. It usually lasts for more than a few minutes or goes away and returns. It can feel like pressure, squeezing, fullness or pain. It can also feel like heartburn or indigestion. The feeling can be mild or severe.
- Breaking out in a cold sweat.
- Feeling tired for no reason, sometimes for days.*
- Lightheadedness or sudden dizziness.
- Shortness of breath.*
- Upper body discomfort in one or both arms, the back, shoulders, neck, jaw, or upper part of the stomach.*
- Nausea and vomiting.*

The more signs and symptoms you have, the more likely it is you're having a heart attack. If you think you or someone else may be having a heart attack, call 911 or your local emergency number immediately.

* Especially in women

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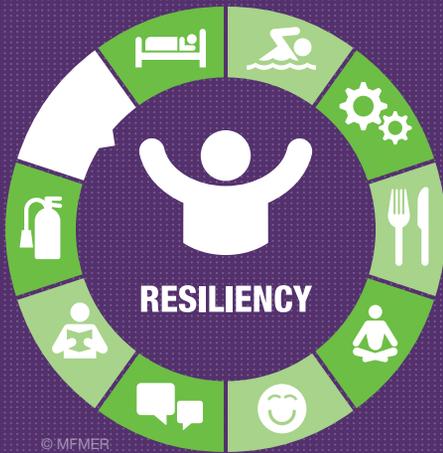
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Want access to the health experts at Mayo Clinic?

This newsletter provides it. Mayo Clinic's 3,700 physicians, scientists and researchers help develop and review articles in this publication. Our editorial board also reviews each article to ensure that we're offering accurate, action-oriented information.



Everyday habits for coping with stress

Stress management is how you cope with stress in your life. For example, you might spend a few minutes taking deep breaths to get through a challenging day. **Resilience**, on the other hand, is much broader and a part of your everyday life. When you're resilient, you find meaning in life – and in the stresses you face. These habits can help you cope with [stress](#) and build your resilience.

With solid **social support**, you help others, let others help you, and share your feelings with people you care about.

Good **emotional health** includes a balanced outlook on life and a healthy self-esteem and sense of self. It helps give you confidence to handle stress and helps you become more resilient.

Good **nutrition**; regular **physical activity**; enjoyable **leisure** time; and good-quality, regular **sleep** are all ways to take care of yourself. And when you take care of yourself, it's easier to handle stress and become more resilient.

No matter how you practice it, **spirituality** helps you be more grateful and gives you a sense of meaning and purpose. It also helps you become more compassionate, forgiving and accepting of yourself and others.



MY STORY

Sheri Toussaint

"I didn't like change. I liked to know what's ahead of me," says Sheri Toussaint.

That's how Sheri used to feel about life, until a move across the country for her husband's new job tested her resiliency.

Managing stress is one thing. But being resilient – finding meaning in the changes she was facing – was completely different.

After she and her family were settled, Sheri took a class on resiliency at a local wellness facility. From there, Sheri started journaling daily to improve her resiliency and build on the resiliency successes she'd already had.

In her journal, Sheri writes about what she's grateful for, what brings meaning and purpose to her life, forgiveness, and acceptance. In her writing, she also sends a blessing to someone.

Through her journaling, Sheri sees how she can accept – and even be thankful for – significant changes in her life.

"I don't like change, and this was difficult, but it was meant to be," Sheri says about her family's move. "I'm grateful; that's what resilience means to me. I look at my circumstances and know I will learn and grow from my experiences. We can find meaning and purpose in all we do if we are open to it."

HAVE A PERSONAL HEALTH SUCCESS STORY TO SHARE?

Email: HealthyLivingnewsletter@mayo.edu

Mail: *Mayo Clinic Healthy Living* newsletter
200 First St. SW, Rochester, MN 55905



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PERSONALIZING YOUR HEALTH CARE

The right drugs for your heart

Should you take a drug to help keep blood clots from forming? If so, which one? If you've had a stent placed in your heart, this is an important question.

Some drugs don't work well for certain people. With this in mind, the **Food and Drug Administration** says that people should get genetic testing before they take any medication to help prevent blood clots. But heart-health specialists aren't sure if genetic testing is needed. What should you do?

The **Mayo Clinic Center for Individualized Medicine** and **Mayo Clinic's Division of Cardiovascular Diseases** are looking into this. They've designed a study to find out if people have fewer heart problems in the future if they're given a medication based on their genes.



PERSONALIZING YOUR HEALTH CARE

Genetic risk: It's not what it may seem

Many people have their genomes mapped. Some are simply curious. Others want to know if they're at risk of a health condition that runs in their family.

If you have your genome mapped or have a specific test for a genetic mutation, you may find out that your risk of a certain condition is higher. But that doesn't mean you're going to develop it. In most cases, what this means is that you and your

doctor should talk about testing for that condition on a regular basis and things you can do to help lower your risk.

Simply having a higher risk of a condition doesn't necessarily mean you need to take drastic actions. Instead, talk with your doctor and a genetic counselor. From there, once you get all of the facts about your test results, you'll be able to make decisions

that are best for you and your specific situation.

Bottom line: In individualized medicine, preventive care decisions need to be personalized, too.

 **One more note: Ask your doctor about talking to a genetic counselor who can help you understand the meaning of your genetic test results.**



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"The current standard of care after angioplasty and stent placement is to prescribe clopidogrel, also known as Plavix, for one year to help prevent clots. But this decision isn't based on a person's genes, even though researchers have suspected that another medicine might work better for some people," says **Naveen L. Pereira, M.D.**, a **Mayo Clinic** cardiologist and principal investigator of the study.

The study's researchers hope to find out if giving clot-preventing medications based on someone's genes will improve the person's health and reduce health care costs long term.



To learn more about the study, visit <http://mayoresearch.mayo.edu/center-for-individualized-medicine/cardiovascular-disease-study.asp> or scan this with your smartphone.

How good is your balance?

Can you stand on one foot, without support, for 20 seconds? If so, then you likely have good [balance](#).

Aging, as well as some health conditions and medications, can make it hard for you to keep your balance. Here are some signs and symptoms of balance problems.

- Repeated falls
- A sense that the world is spinning around you
- Rapid, jerky eye movement that makes it hard to focus

If you're having problems with your balance, talk with your doctor. A physical exam can help your doctor find out what's causing your balance problems.

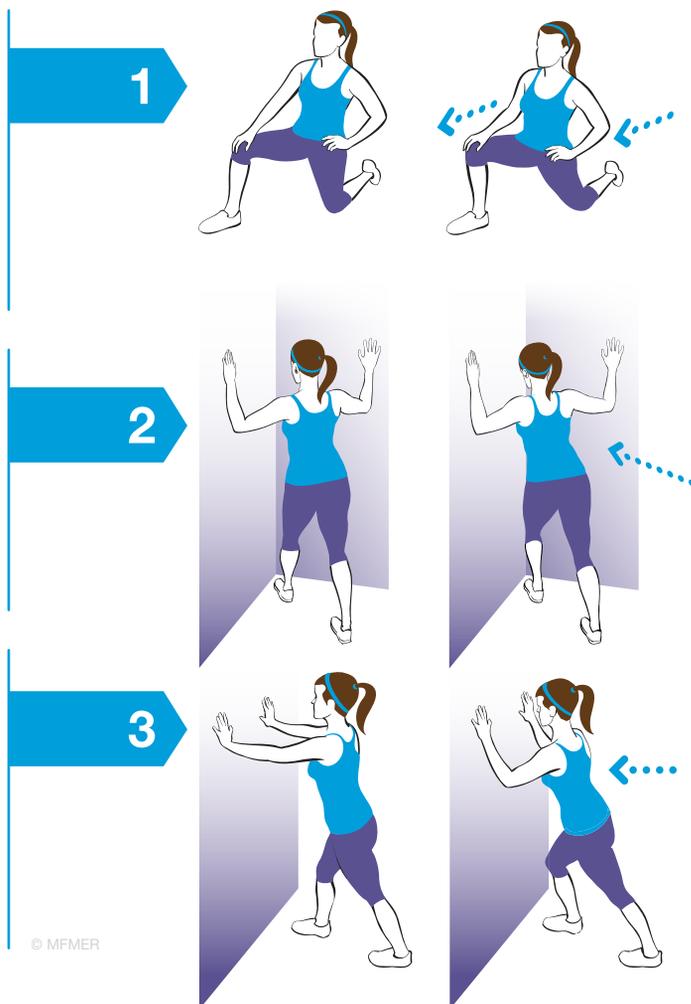
If you simply want to improve your balance, you have lots of options. Sideways walking, backward walking, standing on one foot without support, and standing up and sitting down without using your hands are some examples. As with any new exercise, talk with your doctor about any precautions you should take and start slowly when trying these exercises.

Improve your flexibility: 3 simple stretches

Hip flexor stretch: Kneel on your left knee and place your right foot in front of you, bending your knee at 90 degrees. Place your right hand on your right knee for stability and your left hand on your left hip. Keep your back straight and abdominal muscles tight. Lean forward, shifting more body weight onto your front leg. You'll feel a stretch in your left thigh and hip. Hold for 30 seconds. Switch legs and repeat.

Pectoralis stretch: Stand facing the corner of a room an arm's length away. With your arms at 90 degrees, at shoulder level and your feet staggered with one foot in front and one in back, place one forearm on each wall. Keeping your back straight, slowly let the weight of your body shift forward, moving your chest toward the corner of the wall. Return to the starting position and repeat.

Heel cord stretch: Stand facing a wall with arms extended, hands placed on the wall. Extend one leg forward and place it on the floor, with your knee slightly bent. Place your other leg behind you, with the heel flat and the toes pointed in slightly. Keep both heels flat on the floor and shift your hips forward toward the wall. Hold for 30 seconds and then return to the starting position. Switch legs and repeat.





WELLNESS@WORK

At our meetings every two weeks, we dedicate time to discuss health and wellness. We identify a challenge for people to undertake in the following month and track. Examples include increasing the number of stairs you take, taking time each week to relax, bringing healthy snacks to work and getting enough sleep. – **Leslie F., project manager**

HOW DO YOU STAY HEALTHY AT WORK? SEND US YOUR ADVICE!

Email: HealthyLivingnewsletter@mayo.edu

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200 First St. SW, Rochester, MN 55905

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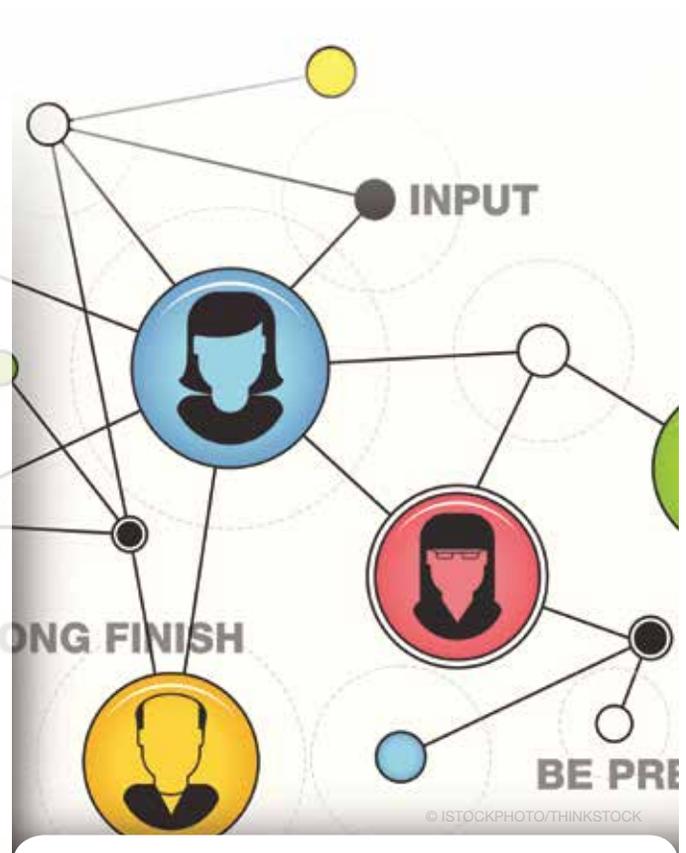
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How to run a good meeting

Running a good meeting is a challenge for even the best leaders. If you lead meetings at work, use these tips to make them more productive and inspiring.

- **Be prepared.** Give enough of a heads-up about an upcoming meeting so that employees can plan around it. Send out an agenda ahead of time. Put the most important agenda items at the top so that you cover them while participants are fresh.
- **Stick to a schedule.** Set time limits for each topic on your agenda. Ask someone to keep an eye on the time to help you stay on track. If you finish your agenda with time to spare, end the meeting early rather than veering off-topic.
- **Encourage input.** Make sure you aren't the only person talking. Encourage others to share their views. Consider breaking the meeting into smaller groups and asking a spokesperson to report from each discussion. Or get others involved by asking different people to lead all or part of some of your meetings.
- **Build to a strong finish.** Use the last few minutes of your meeting to recap key points and assign action steps.



- ✓ **Always keep the discussion positive.**
A group meeting isn't the proper place for complaining or venting.

Ready in

50

minutes plus
cooling time

Serves

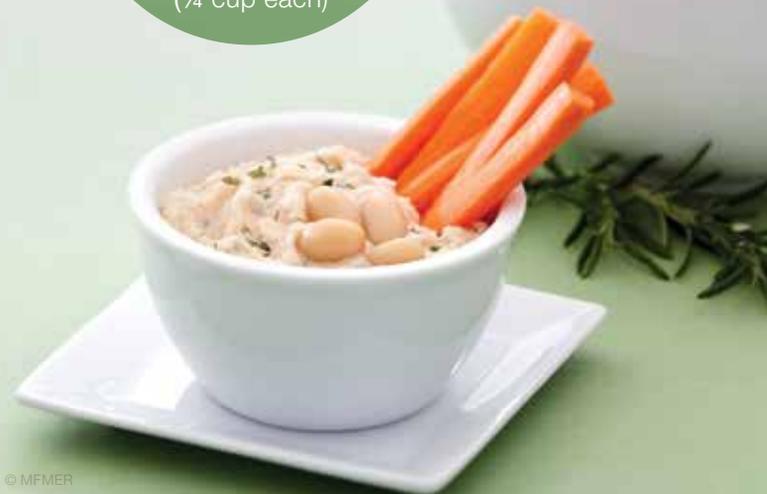
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(¼ cup each)

Roasted garlic white bean dip

- 1 head garlic
- 2 tsp. olive oil
- 2 cans unsalted white kidney (cannellini) beans, drained
- 1½ tsp. rosemary
- 1½ T balsamic vinegar
- ¼ tsp. salt-free lemon pepper seasoning blend

1. Preheat oven to 425° F. Slice off the top of the garlic head and place bulb in foil. Drizzle with olive oil and wrap foil around the garlic. Place in an ovenproof bowl and roast in oven for 45 minutes or until tender and golden brown. When the garlic has cooled enough to handle, squeeze the garlic pulp into a food processor or blender.
2. Add the beans, rosemary, vinegar and seasoning to the garlic. Blend until smooth consistency.
3. Serve with toasted whole-grain bread or fresh vegetables.



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Nutrition analysis per serving:

60 calories, 1.5 g total fat (0 g saturated fat, 0 g trans fat, 0.5 g monounsaturated fat), 0 mg cholesterol, 20 mg sodium, 10 g total carbohydrate (2 g dietary fiber, 1 g sugars), 3 g protein

Healthy ways to celebrate Valentine's Day

Think outside the box (of chocolates) on Valentine's Day with these ideas.

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Give from the heart. Make a handmade Valentine expressing your feelings, or find a meaningful poem your loved one would like.

Enjoy in moderation. If you go out on a romantic dinner date, order one entree to share. Look up the restaurant's nutrition information online before you go. This will help you choose a healthier menu item.

Be smart about desserts.

Make a smoothie with raspberries, strawberries and low-fat yogurt, or dip fruit kebabs in melted dark chocolate.

Plan an active outing. Visit an ice skating rink or play tennis with another couple. Or ask your date to volunteer with you at a local charity.

Foods your teeth love – and hate

Help keep your teeth healthy by learning what foods to choose – and avoid.

- Avoid snacking on sticky and starchy foods, such as cookies, cakes, candy and dried fruits.
- Opt for tooth-friendly foods, such as nuts, raw vegetables, plain yogurt, cheese, and sugarless gum or candy.
- Avoid sugary drinks, such as soda and fruit drinks.
- Keep your mouth moist by drinking lots of water. Saliva protects both hard and soft oral tissues.
- If you snack on crackers or chips, have some low-fat cheese, too. Combining foods helps neutralize acids in your mouth and helps prevent tooth decay.



HAVE A STORY IDEA OR HEALTH TOPIC YOU'D LIKE TO READ ABOUT?

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HealthQuestions

Q Is there any truth to the real-age calculators?

A Real-age calculators ask you questions and calculate your age based on your answers. While these calculations can't be too specific, they can give you a unique, general way of seeing how your habits can help improve your health.

If you want to use a real-age calculator, choose one that doesn't have commercial interests. If you use one, look at it as a way to learn more about your health habits.

Q What is your resting heart rate, and how can you tell what it is?

A Your resting heart rate shows your heart pumping the least amount of blood that you need. For most people, it falls between 60 and 100 beats a minute.

To measure your resting heart rate, sit quietly for at least five minutes. Then, take your pulse for 15 seconds. Place two fingers between the bone and tendon on the thumb side of your wrist to find your pulse. Multiply this number by 4 to get your beats per minute.

Urgent care clinics now easy to locate for carpenters

continued from front cover

Convenience is an important factor when patients choose where to receive care. That's part of the reason hospital emergency departments have become a popular choice for patients without emergency conditions. Hospitals are easy to find, are open 24-7, and you don't need to schedule an appointment.

About 45 of every 100 Americans received care in a hospital emergency room in 2009, but only 33% of visits were injury related, and less than 13% resulted in hospital admission. In other words, the vast majority of ER patients were not experiencing life-threatening symptoms at all.

The bad news is that the burden of examining so many non-emergency patients is producing some unpleasant and even dangerous side effects for patients, providers, and hospitals.

Over the past decade, studies have declared the country's ERs to be at a breaking point, overwhelmed by the number of patients needing their services and consistently operating at or over capacity. Not surprisingly, almost 80% of emergency room patients wait longer than 15 minutes to be examined by a healthcare provider.

Longer wait times are more tolerable for non-emergency patients, but the delays might be life altering for someone with a serious problem, such as a heart attack or stroke.

Even more troubling for all patients is the higher incidence of mistakes, such as medication errors, inappropriate treatments, and surgical snafus. With overworked staff frantically juggling the demands of patients in a high-pressure setting, ERs have become a "perfect storm" environment for medical errors that can be harmful and even fatal to patients.

Quality health care is the right care, at the right time, for the right reason. Patients get the highest quality health care when they can avoid underuse, avoid overuse, and eliminate misuse of healthcare resources. Always try to see your primary physician first. If unavailable, find an urgent care center. If it's a life-threatening situation, head to the ER or call 911.

When you're not sure how to respond to an injury or illness, call **"Ask Mayo Clinic," the 24-hour nurse line, at 800-903-1836**. An experienced nurse will help you decide whether you should find a doctor's office, urgent care clinic, or emergency room. This service is available at no cost to eligible carpenters and dependents.

You can also access Ask Mayo Clinic online and complete a symptom assessment. Just go to www.CarpentersNurseLine.org. You can also find a link on the Carpenters Trusts of Western Washington home page (www.ctww.org) Enter this access code to begin: carpenters.