

SEPTEMBER 2013

Provided by



CARPENTERS TRUSTS
of Western Washington

KEEP WEIGHT OFF – FOR GOOD

If you've reached a healthy weight, take time to congratulate yourself! From there, take the next step in your journey: maintaining a healthy weight SEE PAGE 8 over time.

Use what you've learned. The same strategies that helped you lose weight can help you keep it off. Eat a healthy, low-calorie, balanced diet. Keep your eating patterns consistent. Have healthy foods on hand for when your routine changes. Keep using the strategies you've learned to cope with high-risk eating situations, such as workplace potlucks and holiday parties.

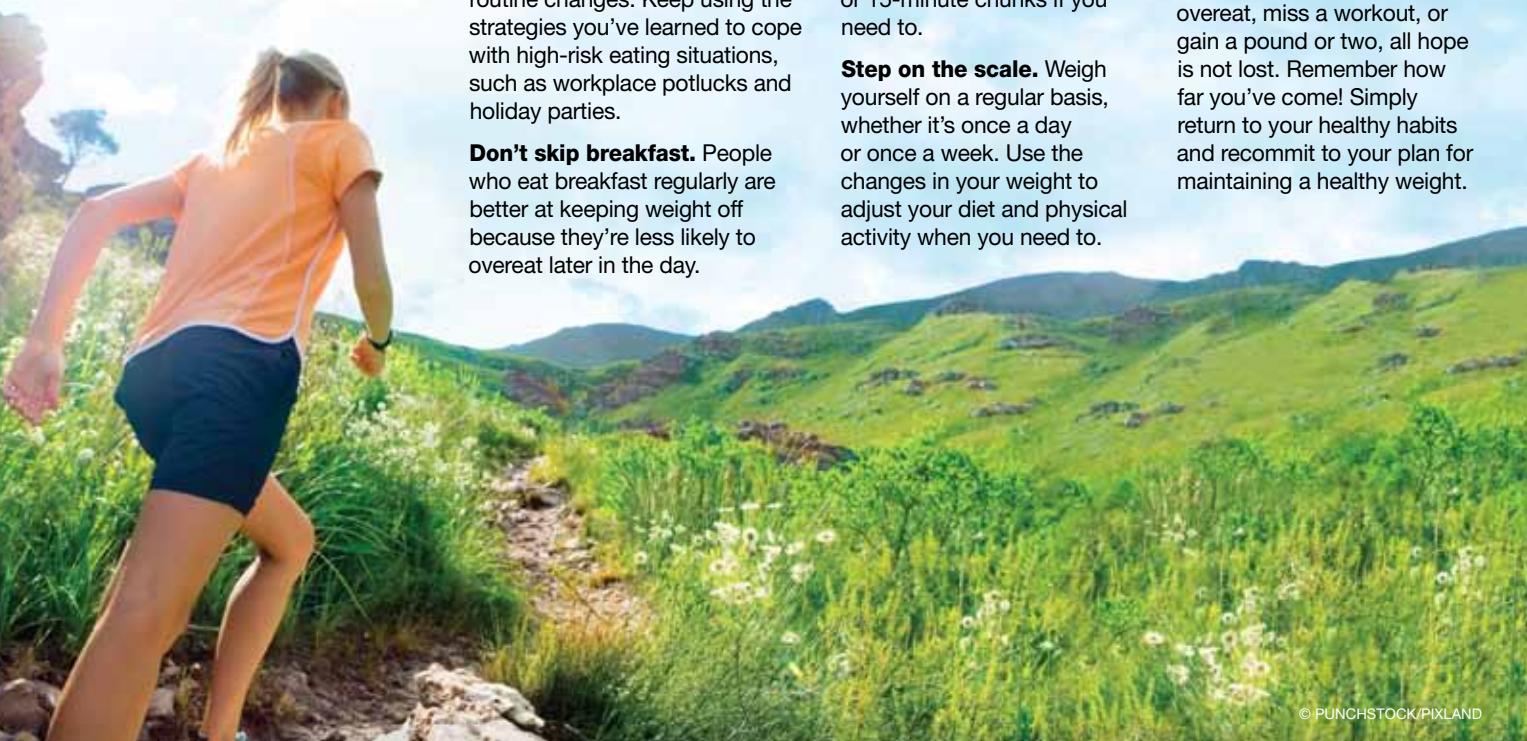
Don't skip breakfast. People who eat breakfast regularly are better at keeping weight off because they're less likely to overeat later in the day.

Get lots of exercise. People who lose weight and keep it off usually get more than 150 minutes of moderate physical activity a week, with walking as the most popular activity. Break this up into 10- or 15-minute chunks if you need to.

Step on the scale. Weigh yourself on a regular basis, whether it's once a day or once a week. Use the changes in your weight to adjust your diet and physical activity when you need to.

Limit TV time. People who watch less TV are better at keeping weight off. It's OK to watch your favorite TV show – but find other ways to relax, too.

Stay committed. If you overeat, miss a workout, or gain a pound or two, all hope is not lost. Remember how far you've come! Simply return to your healthy habits and recommit to your plan for maintaining a healthy weight.



© PUNCHSTOCK/PIXLAND

Carpenters: Resolve to be ready with advance care directives

Benjamin Franklin wore many hats, but a hard hat wasn't one of them. Even so, he well understood the vital necessity of planning.

A master of organization, time management and productivity, Franklin famously wrote, "By failing to prepare, you are preparing to fail."

September is National Preparedness Month. Created by FEMA (the Federal

Emergency Management Agency), the month-long observance encourages individuals and communities to make advance preparations for possible events that would pose a threat to personal health and safety.

How will you and your family respond to a tornado, hurricane, earthquake, flood or wildfire? What will you do in the event of a biological or chemical threat, radiation leak, or terrorist attack?

National Preparedness Month is more than a time to stock up on batteries, blankets, and bottled water. Take stock of other important things that might need to be done during unfavorable conditions, such as making decisions about medical care if you are terminally ill or suffer a debilitating injury.

Everyday events can inflict casualties of their own, without warning. And

continued on page 8



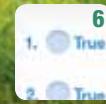
2
HEADACHES
AND STRESS



3
MY STORY:
SLEEP APNEA



4
BOOST YOUR
FAMILY'S HEALTH



6
QUIZ
YOURSELF ON
CHOLESTEROL



7
RECIPE: CREAMY
BROCCOLI SOUP



© MFMER

EXPERT INSIGHT

Headaches and stress:
What's the connection?

By Jerry W. Swanson, M.D., Neurology, Mayo Clinic

Dr. Swanson is past chair of the Division of Headache in the Department of Neurology at Mayo Clinic, Rochester, Minn.

Did you know that you're more likely to get a headache when you're stressed?

It's true. Stress is actually the most common headache trigger.

Everyday annoyances – sitting in traffic, looking for your car keys – cause headaches for some people. If you feel stressed, your muscles may tense up, you may grind your teeth, and you may stiffen your shoulders. All of these can make headaches worse.

The good news is that you can ease symptoms of stress, including headaches. Here are two [stress relievers](#) (SEE PAGE 8) to try.

- Relaxation techniques, such as deep breathing, meditation, yoga or tai chi
- Making time for activities you enjoy, such as listening to music, playing a sport or reading a book

While most headaches aren't anything to worry about, talk to your doctor if they disrupt your daily activities. Get emergency care if your headache:

- Is sudden and severe
- Accompanies a fever, stiff neck, rash, confusion, seizure, double vision, weakness, numbness or difficulty speaking
- Follows a head injury, fall or bump
- Gets worse despite rest and over-the-counter pain medication

What is mindfulness?

mindfulness / (mīnd'-fĕl-nĕs) / noun

being aware of what's happening in the moment, without judgment or labeling

Being mindful means paying attention to what you're doing or what's happening around you. The hard part is not labeling it. Once you label an experience, you change it.

Learning to be mindful is simple, but it takes time and effort. It means strengthening a part of your mind you may not be in touch with: moment-to-moment awareness. Meditation can help. You can also do simple exercises like this: When you walk, think only about the experience of walking and nothing else.

You can do this with other daily activities, too, such as eating and driving. Having just one thing on your mind is the key.

Paying full attention to what's in front of you without judging leaves little room for worry, anxiety or fear. Being in the present moment doesn't leave much room in your mind for what ifs about your future or regrets about your past. Experts say mindfulness can help lead not only to better mental and physical health but also to greater enjoyment and better relationships.

MAYO CLINIC
EDITORIAL STAFF AND ADVISORS

MEDICAL DIRECTOR
Philip T. Hagen, M.D.
Preventive Medicine

MEDICAL EDITOR
Brent A. Bauer, M.D.
General Internal Medicine

ASSOCIATE MEDICAL EDITOR
Matthew M. Clark, Ph.D., L.P.
Psychiatry and Psychology

EDITORIAL DIRECTOR
Paula M. Marlow Limbeck

MANAGING EDITOR
Stephanie K. Vaughan

ART DIRECTION
Paul E. Krause, Aimee L. Wood

DESIGN AND PRODUCTION
Gunnar T. Soroos

EDITORIAL REVIEW BOARD

Sandra Bjerkness, R.D.
CTSA Clinical Research Unit

Alina G. Bridges, D.O.
Dermatology

David W. Claypool, M.D.
Emergency Medicine

Michael A. Covalciuc, M.D.
Preventive Medicine

Edward T. Creagan, M.D.
Medical Oncology

Donald D. Hensrud, M.D.
Preventive Medicine

Jeanne Graner Krochta, L.P.
Employee Assistance Program

Debra I. Mucha, R.N., C.N.P.
Community Pediatric and Adolescent Medicine

Ray W. Squires, Ph.D.
Cardiovascular Health Clinic

Jacqueline M. Thielen, M.D.
General Internal Medicine

Maria G. Valdes, M.D.
Community Pediatric and Adolescent Medicine

Andrew I. Vaughn, M.D.
Preventive Medicine

Beth A. Warren
Mayo Clinic's Dan Abraham Healthy Living Center

EDITORIAL RESEARCH

Anthony J. Cook, Amanda K. Golden, Deirdre A. Herman, Erika A. Riggan

PROOFREADING
Miranda M. Attlesey, Donna L. Hanson, Julie M. Maas

ADMINISTRATIVE ASSISTANT
Laura B. Long

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.



Don't count sheep: Get back to sleep

Waking up for a few moments in the middle of the night is normal, but sometimes it can be hard to get back to sleep.

Try these strategies to return to sleep quickly.

Banish your worries. If worrying keeps you awake, try a strategy called "worry time." Early in the evening, write down your worries and the best ways to solve them. Writing down solutions that you can look at the next day may help you let go of the worry so that you can sleep.

Hide your clock. Middle-of-the-night clock watching can make it harder to fall back asleep.

Get up. If you've been lying awake for 15 to 20 minutes, get out of bed and do something quiet and a little boring. Don't return to bed until you feel sleepy.

Practice good before-bed habits. Avoid caffeine and fluids close to bedtime, and if you drink alcohol, have no more than one drink at dinner, not later. Keep your bedroom quiet and the temperature comfortable. Use your bed for sleeping and sex only.

Keep a schedule. Do things that help you wind down at about the same time each night and go to bed at about the same time each night. Wake up at the same time every day.

 If you have trouble for more than a few weeks falling back to sleep, talk to your doctor. This is especially important if you're often tired during the day or if you fall asleep when you need to be awake.

MyStory

Steven Braaten: 'I've been given one big chance'

Steven Braaten's snoring could "just about take the wallpaper off the walls." He was always tired, but he chalked it all up to normal aging.

In January 2012, Braaten's perspective changed when he was hospitalized for a serious medical condition.

While he was in the hospital, many nurses talked to Braaten about his snoring. They were concerned that he had sleep apnea, a potentially serious sleep disorder in which breathing repeatedly stops and starts.

Then a lifelong friend visited Braaten in the hospital. He told Braaten about his sleep apnea and the continuous positive airway pressure (CPAP) machine he uses. A CPAP machine delivers air through a mask placed over your nose while you sleep, keeping your airway open. This prevents you from stopping breathing (apnea) and snoring.

His friend's encouragement motivated Braaten to have a sleep study done. During a sleep study, you wear sensors

and sleep overnight in a room at a hospital or sleep center.

Braaten's sleep study showed that he indeed had sleep apnea. With a prescription for a CPAP machine in hand, Braaten went to a medical supply store, where a salesperson helped him choose the mask and machine that seemed to fit best.

That night, Braaten's wife helped him set up his machine and get his mask on comfortably. They went to bed at 9 p.m. At 4 a.m., Braaten woke up wide awake and well rested. He hadn't felt this good since childhood.

Braaten learned an important lesson: If you have a snoring problem and always feel tired and run-down, do something about it.

"I've been given one big chance," Braaten says, reflecting on his marriage of 45 years and 10 grandchildren. "I've got a lot to live for."



© MFMER

"I've been given one big chance."

— Steven Braaten



Have a personal health success story to share?

Email EmbodyHealthnewsletter@mayo.edu or write to Mayo Clinic EmbodyHealth newsletter, 200 First St. SW, Rochester, MN 55905. All correspondence becomes the property of Mayo Clinic, which reserves the right to edit material.

How can you get your family to be healthier?

Help boost your family's health and wellness with this advice.

Be a positive role model. In one study, girls whose parents exercised at least three times a week were more active than girls whose parents didn't exercise.

Set SMART health goals. SMART is short for **s**pecific, **m**easureable, **a**ttainable, **r**elevant and **t**ime-limited. Here's an example of a SMART goal: *I will walk 30 minutes a day, five days a week.* Setting SMART goals will help increase your odds of success – and help everyone in your family feel confident about making healthy choices.

Support each other's individual health goals. For example, if one family member is trying to lose weight, make healthy-eating choices that will help your loved one.

Set your house up for healthy living. Keep healthy foods available and visible and encourage children to take part in sports or be physically active in other ways. Limit screen time for the entire family.

Don't give up. If your family doesn't like a new healthy recipe, for example, keep trying until you find one they do like.

 Above all, use your influence as a parent. Let your kids hear you praising the healthy habits you see in others.



© MFMER

LIFE LESSONS FROM THE BLUE ZONES® IKARIA, GREECE

People in certain areas of the world tend to live longer, healthier lives and experience very few of the diseases that affect others. In these areas, identified by **Dan Buettner**, author of **The Blue Zones**, people are three times more likely than most Americans to live to be 100 years old – and still enjoy life.

Here's what people in Ikaria, Greece, do to live longer, healthier, happier lives, according to research conducted by Buettner, his colleagues at **National Geographic** and other researchers that specialize in aging.

- Eat a diet of fruits, vegetables, whole grains and a little fish.
- Drink tea. Many teas help lower blood pressure.
- Take regular naps.
- Make walking a daily part of their routine.

 People in all of the Blue Zones share key habits. They eat a healthy diet, get regular physical activity, have a sense of meaning and purpose in their lives, and enjoy a strong sense of community and social support.

ADAPTED FROM BUETTNER D. *THE BLUE ZONES*. 2ND ED. WASHINGTON, D.C.: NATIONAL GEOGRAPHIC; © 2012. PRINTED WITH PERMISSION.

QUICK QUIZ: TEST YOUR UNDERSTANDING

- 1 PARENTS WHO EXERCISE DON'T HAVE ANY EFFECT ON THE AMOUNT OF PHYSICAL ACTIVITY THEIR CHILDREN GET.
 True False
- 2 SMART GOALS ARE GOALS THAT ARE SPECIFIC, MEASURABLE, ATTAINABLE, RELEVANT AND TIME-LIMITED.
 True False
- 3 SMART GOALS HAVE NO EFFECT ON HOW WELL YOU'LL MAKE HEALTHY CHOICES.
 True False
- 4 PRAISING OTHER PEOPLE'S HEALTHY HABITS CAN ENCOURAGE YOUR CHILDREN TO MAKE HEALTHY CHOICES, TOO.
 True False

TAKE THE QUIZ, ENTER TO WIN!

ENTER FOR A CHANCE TO WIN ONE OF MAYO CLINIC'S AWARD-WINNING BOOKS!

Contact information will be used for the purposes of this contest only.

Name:

Phone number:

Email (optional):

MAIL Clip out your quiz and mail it to Stephanie Vaughan, Mayo Clinic EmbodyHealth newsletter, 200 First St. SW, Rochester, MN 55905.

OR EMAIL your answers and contact information to EmbodyHealthnewsletter@mayo.edu. Include "Healthy You drawing" in the subject line.

WINNERS Contest entries must be received by Oct. 15, 2013. One winner will be chosen to receive a Mayo Clinic book of the winner's choice. Winners will be notified by phone or by email if no phone number is given.

Congratulations to Susan M. of Elgin, Iowa, the winner of March's Healthy You drawing!

MOVE YOUR WAY TO LESS JOINT PAIN

If [arthritis](#) makes you feel stiff and achy, moving more is exactly what your joints need.

Talk to your doctor first if you're not used to exercise. From there, start slowly. Include these types of exercises in your physical-activity plan.

Aerobics

Choose physical activities you enjoy that don't stress your joints and that make your heart beat faster. Walk, swim, dance, ride a bike. If you don't have 30 minutes or can't exercise that long, break your exercise into 10-minute sessions. Slowly increase how long, how often and how hard you work out.

Strength training

Stronger muscles will give you better joint support. Try resistance bands, weight machines or even cans from your cupboard to work your muscles two or more times a week. Or try yoga, which builds strength, balance and flexibility.

Flexibility

Work through joint stiffness with gentle range-of-motion movements each day. Even simple daily movements, such as bending and extending your fingers, can help.

Yoga or tai chi with a partner

Do you practice yoga or tai chi regularly and really enjoy it? Would you like to add to or explore some variety in your practice?

Consider yoga or tai chi with a partner.

Here are some of the benefits.

Greater awareness of your own yoga or tai chi poses

An enhanced sense of trust with your partner

Willingness to try more-difficult poses and moves

More enjoyment, variety and social engagement

Better focus, which may help you be more mindful

More relaxation

A better understanding of yourself and your partner

Improved spiritual connection with your partner

The use of touch is the main difference between individual and partner yoga or tai chi. You can do partner yoga or tai chi with any friend or family member, but experts say it's best if your partner is about the same size and has similar ability. With partner yoga, you and your partner give support and benefit from the postures. Tai chi partnering is known as push-hands training. You do the movements facing your partner and mirror each other during poses.

Women'sHealth

Exercising after you have a baby

It can be challenging to find time for yourself after welcoming a new baby into your life. Use these facts about physical activity to help get you moving — and give you more energy and boost your mood at the same time.

Research shows that regular exercise after pregnancy can:

- Help you feel less anxious or depressed
- Tone your abdominal muscles
- Help your heart work better
- Strengthen your muscles
- Reduce your risk of having chronic disease
- Help you hold urine in your bladder better
- Reduce short-term bone loss that can come with breast-feeding

It's best to check with your doctor before starting a physical-activity program after you've had a baby. But in general, it's OK to start exercising as soon as you feel up to it. If you didn't exercise while you were pregnant, start with an easy routine. Brisk walking is a good option. From there, slowly build up to more-vigorous activities.



Men's Health

PREVENTING ORAL CANCER

Men are more than twice as likely as are women to get cancer of the mouth or throat. These types of cancers are especially deadly.

Fortunately, you can take two simple steps to significantly lower your risk of getting oral cancer.

1

Don't use tobacco. Your risk of getting oral cancer depends on how much and how long you smoke or chew – but quitting lowers your risk.

2

Limit alcohol. Have no more than two drinks a day, if you drink at all. You're about twice as likely to get oral cancer if you overuse alcohol.

Consider oral cancer screening. Ask your dentist if oral cancer screening is right for you.

New research shows that the human papillomavirus (HPV) may be linked to a recent rise in oropharyngeal cancer – cancer that starts in the back of the throat just behind the mouth. HPV can be spread by oral sex.

If you use both tobacco and alcohol, your risk is even higher. Think of ways you can stop using at least one. This choice alone will lower your risk of oral cancer.

QuickQuiz

UNDERSTANDING YOUR CHOLESTEROL NUMBERS

Test what you know about cholesterol
 SEE PAGE 8 by answering these questions.

1. True False HDL cholesterol is also known as "bad" cholesterol.
2. True False The only way to manage high cholesterol is with drugs.
3. True False If you have high triglycerides, you're more likely to have heart disease, especially if you're a woman.
4. True False Total cholesterol level is what matters most. Low-density lipoprotein (LDL) cholesterol and high-density lipoprotein (HDL) cholesterol aren't as important.

Answers:

1. **False.** HDL cholesterol is also known as "good" cholesterol. That's because it carries cholesterol away from your arteries and back to your liver, where it passes from your body. LDL cholesterol, on the other hand, builds up in your arteries. This can put you at risk of a heart attack or stroke.
2. **False.** Exercise, losing weight and healthy eating also help. In fact, Mayo Clinic experts say most people can lower their LDL cholesterol by limiting the saturated fat in their diets and reducing portion sizes.
3. **True.** Triglycerides are a type of blood fat. It's important for everyone – and especially women – to keep them under 150.
4. **False.** You should know your total, LDL and HDL cholesterol levels. From there, find out how they match up with established guidelines. In general, your total cholesterol should be less than 200, your LDL should be less than 100, and your HDL should be at least 60.

DO YOU NEED THE FLU VACCINE?

Have you gotten your flu vaccine? The **Centers for Disease Control and Prevention (CDC)** advises that everyone age 6 months and older get the flu vaccine each year. It's especially important for:

Children under 5**Pregnant women**

People with certain medical conditions, such as asthma, heart disease and diabetes

People who live with or care for those at high risk of complications from the flu

Adults 65 and older

 Don't wait. Take charge of your health and make a point to get the flu vaccine.

Fruits and veggies: 30 ways for 30 days

		1 Add diced green peppers to your tuna salad.	2 Add spinach or zucchini to lasagna.	3 Hold the mayo. Use avocado slices on your sandwich instead.	4 Try something unexpected. How about strawberries in your salad?	5 Roll a banana and peanut butter in a whole-wheat tortilla.
Buy one new vegetable to try this week.	Track how many fruits and veggies you consume all day.	6 Add peas to your macaroni and cheese.	7 Pack cucumber slices in your child's lunch.	8 Eat just a handful of baby carrots and get your vitamin A for the day.	9 Make your own ice pops with 100 percent fruit juice.	10 Fill half your plate with vegetables.
11 As temperatures dip, sip on creamy broccoli soup.	12 Grate zucchini and carrots into meatloaf.	13 Toss berries in your cereal.	14 Pear, pineapple and pomegranate are at their peak now.	15 Roast vegetables to bring out their natural sweetness.	16 Order at least two vegetable toppings on your pizza.	17 Stay hydrated with watermelon.
18 Try spaghetti squash instead of pasta.	19 Take an apple to work today.	20 Shop at your local farmers market.	21 Buy prepackaged salads for busy nights.	22 Place cut fruits and veggies in the front of the fridge.	23 Top your burger with lettuce, tomato and onion.	24 Add leftover veggies to an omelet.
25 Keep a bowl of fresh fruit on the counter.	26 Choose whole fruits instead of juices.	27 Store dried fruit in your office desk.	28 Toss blueberries into your pancake or waffle batter.			

Creamy broccoli soup

Total prep and cooking time: 20 minutes | Serves: 6 (1½ cup each)

1 T canola oil
 1 onion, chopped
 3 cloves garlic, minced
 2 tsp. dried thyme leaves or 2 T fresh chopped thyme
 ¼ tsp. red pepper flakes
 ½ tsp. salt-free lemon pepper seasoning
 32 oz. low-sodium vegetable broth
 6 cups frozen, chopped broccoli
 6 T fat-free plain Greek yogurt

- Heat oil in a 3-quart saucepan over medium to high heat.
- Add onion and cook for about 4 minutes, until soft and translucent.
- Add garlic, thyme, pepper flakes and lemon pepper, cooking for an additional minute.
- Add vegetable broth and broccoli. Bring to a boil and reduce heat. Simmer for 8 to 9 minutes, until broccoli is tender.
- Remove soup from the heat. Puree in batches in a blender until smooth.
- Top each serving with a tablespoon of yogurt.

Nutrition analysis per serving: 90 calories, 3 g total fat (0 g saturated fat, 0 g trans fat, 2 g monounsaturated fat), 0 mg cholesterol, 135 mg sodium, 12 g total carbohydrate (6 g dietary fiber, 5 g sugars), 6 g protein



WANT MORE INFORMATION?

Visit www.CarpentersHealth.org

For more on:

Losing weight

Relieving stress

Arthritis pain

Lowering cholesterol

Search on:

[healthy weight](#)

[stress relievers](#)

[arthritis](#)

[cholesterol](#)

HealthQuestions

Q Can a humidifier help keep me from getting sick?

A A humidifier can help prevent health problems linked to dry indoor air. Dry skin, nosebleeds and chapped lips are examples. It can also ease the symptoms of dry eye or dry mouth and can help treat colds and respiratory infections. A recent study found that when the humidity in the air is above 40 percent, it's much less likely that the viruses in the air will infect you.

If you use a humidifier for health reasons, be sure to keep it clean. Mold and bacteria from a humidifier can trigger allergies and asthma symptoms in some people. For best results, empty the tank, wipe all surfaces dry and refill the water daily. Clean all surfaces that come in contact with water with a 3 percent solution of hydrogen peroxide.

Q Is there anything wrong with having a regular soft drink, besides the extra calories?

A Some research links regularly drinking sugar-sweetened beverages to type 2 diabetes in men and to heart disease in both men and women. Research has also shown that sugar-sweetened beverages lead to a higher body weight. In fact, the **Academy of Nutrition and Dietetics** says that drinking one regular soft drink a day may lead to a weight gain of 14 pounds in a year.

Sugar-sweetened beverages have no nutritional value. They can also crowd out healthy choices in your diet. When you're thirsty for a regular soda, choose water, fat-free milk, 100 percent fruit juice, or unsweetened tea or coffee instead.

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

Email it to us at EmbodyHealthnewsletter@mayo.edu or write to us at Mayo Clinic EmbodyHealth newsletter, 200 First St. SW, Rochester, MN 55905.

All correspondence becomes the property of Mayo Clinic, which reserves the right to edit material. Readers who send in questions will not be identified. We regret that we can't respond to each question.

Carpenters: Resolve to be ready with advance care directives

continued from page 1

sometimes, the tragedy isn't a sudden loss of life but a slow and painful deterioration of a person's quality of life. You can plan for either scenario by preparing **advance directives**.

When patients lose their ability to make their own medical decisions, they are more likely to receive care that is not wanted, not needed, or simply doesn't work. An advance directive preserves your right to do things your way.

An advance directive is a document that gives specific instructions to caregivers and family in the event of a terminal illness, catastrophic injury, or some other end-of-life situation. As well as sparing loved ones the stress of making decisions about your care, it can minimize your own pain and suffering and bring peace of mind at a difficult time.

A **living will** is one type of advance directive. It states your preferences regarding treatments such as resuscitation, feeding tubes, breathing machines, blood transfusions, dialysis, and medications.

A **do not resuscitate order (DNR)** is another directive to consider. It denies cardiopulmonary resuscitation (CPR) if your heart stops or if you stop breathing.

Perhaps the most important directive is a **medical power of attorney**, which designates someone to be your agent and make decisions on your behalf.

Any person 18 years of age or older can prepare an advance directive. You do not need a lawyer to create one. You can fill out forms provided by your doctor or obtained online. You can create documents using off-the-shelf legal software. Writing your wishes on paper and signing in the presence of a witness might be an option too. Whatever you do, make sure it complies with laws of your state.

It's a good idea to have your documents reviewed by your doctor or a lawyer to make sure your directives will be understood as you intend. Documents should be notarized, if possible, and copies should be given to your family and your doctor. You may change or cancel advance directives at any time, as long as you are mentally capable of doing so.

For links to resources that can help you learn about and prepare advance directives, visit the Carpenters Trusts of Western Washington website: www.ctww.org/directives.