

# Heart Health Myths



**American Heart Month in February is a good time to review the current primary heart health facts and figures. Some current statistics:**

1. Heart disease remains the No. 1 killer of American men and women.
2. Each year an estimated 250,000 Americans die within one hour of onset of a heart attack, and 60% to 70% of those individuals are male.
3. Older women who have heart attacks are twice as likely as men to die in a few weeks.
4. Most heart problems and strokes can be avoided through blood pressure control, a healthy diet, regular physical activity and smoking cessation.



## Some key heart health myths to be aware of:

- **Myth:** Only men should worry about heart attacks. **Fact:** 44% of women in the U.S. are living with some form of heart disease, the leading cause of death for women, affecting them at any age.
- **Myth:** Heart attacks are purely hereditary. **Fact:** Only 40% of the risk for heart disease lies in hereditary factors.
- **Myth:** Chest pain is the only sign of heart attack. **Fact:** More subtle symptoms include discomfort in your back, neck, jaw or in one or both of your arms. You may feel lightheaded or short of breath and even nauseated. Take these symptoms seriously and seek medical help immediately.

## Remember these heart health goals:

- Eat a healthy, balanced diet high in plant foods and fiber — and low saturated fats.
- Don't smoke or use tobacco, a primary trigger for heart damage.
- Stay physically active with 30 to 60 minutes of moderate-intensity physical activity, such as walking, most days.
- Maintain a healthy weight.
- Manage stress.
- Get regular health screening tests.

Knowing the difference between fact and fiction may save your life.

The Smart Moves Toolkit, including this issue's printable download, **Checklist: Your Heart's Must-Haves**, is at [personalbest.com/extras/24V2tools](https://personalbest.com/extras/24V2tools).

## BEST bits

■ **Watch infants and their screen time.** With every additional hour of screen time (from less than one hour to more than four hours), one-year-olds had a higher risk of developmental delays in communication and problem-solving at ages two and four, according to a study published last year in *JAMA Pediatrics*. The study involved 437 children and their parents in Singapore from 2010 to 2020. Parents reported the amount of screen time. Since mobile devices became available, children between six and 18 months get two to three hours of screen time a day. The American Academy of Pediatrics advises parents to keep children away from screens until they're 18 months old, except for video chats, and limit digital media for two- to five-year-olds to one hour daily.



■ **February is National Children's Dental Health Month** — raising awareness about the importance of oral health — starting early in life and giving kids a jump on a lifetime of healthy teeth and gums. Nearly one in five kids has untreated cavities; the pain can make it hard to eat and speak, and prevent kids from playing and learning. As soon as baby teeth appear, parents can start brushing their kids' teeth with a soft toothbrush and plain water twice a day. Children can start brushing with supervision at about age three. Fluoride varnish treatments applied by a pediatrician or a dentist can prevent about a third of cavities in baby teeth.



■ **National Donor Day is February 14.** Also known as Organ Donor Day, this event aims to increase awareness about organ donation, and the lives it saves. More than 120,000 people in the U.S. are waiting for a life-saving donation, whether it be for organs, tissue, marrow, platelets or blood. This date pays tribute to those who have provided the gift of donation, have received a donation, are waiting, or have died waiting by joining the donor registry. Every day can be a good day to donate. Learn more at [organdonationaliance.org](https://organdonationaliance.org).

## Q: Tax prep tips?

**A:** Doing your taxes is probably one of your least favorite tasks. But the following tips can help you get through tax season.

**1. Collect all relevant paperwork.** Don't wait until the last minute to begin gathering records, receipts, and other papers you'll need. If you wait until filing day, you could overlook some items.

**2. Store all tax-related records** for three to seven years. You never know how important those documents are until you're asked for them and you've thrown them away.

**3. Prepare to file as soon as you can.** People who file early will get their returns much sooner than those who wait. If you can file early, do it.

**4. File before the deadline.** If you file and pay late, the IRS can fine you a 5% monthly fee of tax owed. If for any reason you can't file on time, then you need to file form 4868 for a six-month extension which gives you until October 2024.

**5. Review new tax rules** on credits and deductions. Tax laws change every year. Read up on potential increases on credits and deductions to guarantee the greatest impact.

**6. Report income earned from side jobs.** If you earned more than \$600 in income from additional work, you must report the money as income. Third-party payment companies are required to report payments they have processed for business account holders.

— Jamie Lynn Byram, PhD, CFP, AFC, MBA

### Reading does more than inform and entertain.



Reading also has multiple health benefits. Research shows it can reduce stress, ease muscle tension and slow the heart rate. Reading may lower inflammation, too. What's more, reading can increase empathy toward others, and that can positively impact relationships. Reading before bed can help your sleep quality. And you're never too young or too old to enjoy reading. Brain benefits can begin early — reading to babies helps them build language and social skills, according to the Cleveland Clinic. Did you know? Studies suggest aging bookworms may have a lower risk of Alzheimer's disease.

# Best Moves for Your Heart

**Exercise is key to heart health.** It's also crucial to make sure a specific workout or sport is safe for you, especially if you have a history of heart problems. Get your health care provider's okay before you start.

**It's important to know that people who are not physically active are far more likely to develop heart disease than people who are.** In fact, the National Heart, Lung and Blood Institute notes inactivity is a major risk factor for heart disease, just like high blood pressure, unhealthy blood cholesterol and smoking. But if you're inactive, there's good news — starting regular exercise can help your lower risk factors and protect your heart.

**How much exercise do you need?** Adults should aim for at least 150 minutes per week of moderate-intensity aerobic exercise, or 75 minutes per week of vigorous-intensity aerobic exercise, or a combination of both. Done long-term, this amount lowers the risk of dying from cardiovascular disease and other causes by 21%. Harvard researchers found people who exercised substantially more than the guidelines lowered their risk as much as 38%.



### You need three types of physical activity:

**Aerobic exercise** (e.g., brisk walking, running, playing tennis, swimming, cycling) improves circulation, lowers blood pressure, and helps your heart pump more efficiently. Start slowly and consistently increase exercise time to increase stamina. Aim to eventually exercise five times a week for at least 30 minutes if you can. Walking for five, ten or 15 minutes at a time, as often as it takes, is okay too, if a half an hour session is too much at first. Any amount of activity is beneficial and more is better.

**Resistance training** (e.g., lifting free weights, working with resistance bands or machines) at least two days a week can help heart health by raising HDL (good cholesterol) and lowering LDL (bad cholesterol). If you are new to resistance training, it's a good idea to get started at a health club or with advice from a personal trainer or your health care provider.

**Flexibility workouts** (gentle stretching, tai chi, and yoga) daily and before exercise, help heart health indirectly. By lowering risk of joint pain and muscle issues, flexibility exercise helps you avoid injuries that limit other kinds of workouts. Your health care provider can recommend basic stretches to do at home.

**If you sit a lot at work,** set an alarm to remind you to get up every hour (if possible) and move around. Take the stairs (with your provider's okay). Park farther from your building. Walk at lunch. Do this at home, too.

**Bottom line:** Exercise can add years to your life and, by helping with stamina and weight control, likely add life to your years.

## Q: Need okay before exercising?

**A:** It's important to talk to your health care provider before starting an exercise routine if you have a chronic condition. Your risk of illness or injury from physical activity may be elevated if you have health conditions, such as high blood pressure, high cholesterol, chronic lung disease, type 1 or type 2 diabetes, kidney disease, arthritis or injuries.

After evaluating your fitness, health conditions and medications, a health care provider, if necessary, can refer you to a physical therapist who can design a fitness program that gradually improves your flexibility, balance, strength and endurance. Your provider can determine the frequency, intensity, duration and type of activities that are likely to be the best fit for your circumstances. If you're taking medications affected by exercise or weight loss, or if you have been physically inactive for a long time, your provider can make adjustments that are individualized for you. — Elizabeth Smoots, MD

### TIP of the MONTH

#### What is a Plant-Based Diet?

The term plant-based diet continues to trend. It is often misunderstood since it doesn't have an agreed-upon definition. Some use it to mean vegetarian or vegan diets that exclude meat, seafood or poultry. Others use it to describe diets that include lots of vegetables, whole grains and beans, as well as occasional amounts of meat, seafood or poultry. Both are correct. In plant-based diets, the largest part of the meals is plants (vegetables, beans, etc.), whether meat is eaten or not. And yes, you can get enough protein on a well-planned plant-based diet, whether or not you eat meat.

# Dietary Supplements

eating smart

By Cara Rosenbloom, RD

### Some of the most common dietary supplements

**Americans take include vitamin D, magnesium and omega-3 fish oils.** In fact, 74% of Americans take dietary supplements, so it's a common practice. If you take supplements, here's how to ensure you are safe.

- Only take what you need.** Check with your health care provider or dietitian to make sure you are taking the right supplements to meet your needs. Vitamin and mineral supplements are most effective when they prevent deficiencies, but if you already get enough of a certain nutrient from food, a supplement may be overkill. More is not always better, and excess supplements can cause harm.
- Scan medication interactions.** Check with your pharmacist before taking any supplement, since some can interact with prescription medications (making the medicine either more or less potent). For example, vitamin K can reduce the effectiveness of blood thinners.
- Learn about supplement timing.** Some supplements interact with each other and should be taken together — or further apart. Plus, some are absorbed better when taken with food, while others are better on an empty stomach. Ask your pharmacist.
- Look for third-party testing.** While the FDA prohibits manufacturers from selling adulterated supplements — those that may contain more than one active pharmaceutical ingredient and lack necessary warnings — the manufacturers self-regulate and evaluate the safety of their products. In the past, this has led to questions about quality control. Choose products that have been third-party tested by NSF, ConsumerLab and USP (these names or logos will appear on the supplement bottle).

**Remember to be realistic.** Supplements can be helpful when used as recommended by a health care professional but are not meant to replace well-balanced eating plans. Supplements are just meant to fill in the gaps. Don't expect supplements alone to be a panacea for illness.



#### Lemon-Butter Halibut

EASY recipe

2 tbsp butter, melted	1 tsp each paprika, garlic powder and onion powder
1 lemon, zested and juiced	1 tbsp extra-virgin olive oil
1 lb halibut or other white fish	¼ cup freshly chopped parsley
½ tsp salt	
¼ tsp pepper	



In a small bowl, blend melted butter with lemon juice and zest. Set aside. Pat fish dry with paper towel. In a large bowl, combine salt, pepper, paprika, garlic powder and onion powder. Evenly press fish fillets into spice mixture. Add olive oil to pan set over medium heat. Once pan is hot, sear fish on one side, about 2-3 minutes. Drizzle with lemon butter sauce, flip and cook until opaque, about 6-8 minutes. Add remaining lemon butter sauce to pan and spoon over fish. Plate fish topped with pan drippings and parsley.

**Makes 4 servings. Per serving:** 175 calories | 22g protein | 10g total fat | 4g saturated fat  
3g mono fat | 2g poly fat | 0g carbohydrate | 0g sugar (0g added sugar) | 0g fiber | 374mg sodium

## Stay in Touch

Keep those questions and suggestions coming!

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**EXPERT** advice — Elizabeth Smoots, MD

## Q: Health effects of loneliness?

**A:** **Loneliness is a widespread but under-acknowledged condition that can profoundly affect our physical and mental health.** Those who chronically feel alone and lack meaningful relationships may be at greater risk for:

- High blood pressure.
- Heart disease.
- Stroke.
- Type 2 diabetes.
- Poor immunity.
- Depression, anxiety and dementia.
- Premature death.

**Some groups are at higher risk for loneliness,** including those who have a low income, live alone or in an isolated area, or have chronic health conditions or disabilities. However, living alone doesn't always go hand in hand with loneliness, which is the feeling of being lonely and isolated.

**Here are some ways to combat loneliness:**

- Talk about your feelings to a mental health professional or confidante.
- Find ways to support others (e.g., by volunteering).
- Spend time with pets or animals.
- Reach out to people in your network, or expand your circle by joining clubs or organizations.

## Slow Down Racing Thoughts

By Eric Endlich, PhD

**If you've experienced racing thoughts — feeling like your mind has sped up — you know they can make it difficult to calm down and focus.** Racing thoughts can result from stress, anxiety, bipolar disorder and certain medical conditions, as well as caffeine or other substances.

**Try a few of these strategies and see what works best for you:**

- **Breathe slowly and deeply.** Within minutes, you may feel more relaxed.
- **Practice mindfulness.** Try yoga or meditation, or focus on your experience in the moment.
- **Accept your thoughts.** Rather than resisting or judging what's happening, just notice what's happening with your mind.
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- **Talk to someone.** If you are struggling to cope with racing thoughts, talking to someone can be helpful. This could be a friend, family member or mental health professional. In some cases, medication may be recommended.



**Drug deaths from counterfeit pills are soaring.** Prescription drugs can be expensive, even if you have health insurance that requires hefty copays. But obtaining antibiotics, pain pills, antidepressants or any other prescription drugs illicitly through sources or ads not requiring a legitimate prescription can be deadly. The drugs could be counterfeits containing dangerous chemicals and drugs that can cause illness and even death. The CDC reports drug deaths from counterfeit pills have more than doubled in recent years. Can't afford your prescription? Talk to your health care provider or pharmacist about generics or other medication options.



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# Buying OTC Hearing Aids



By Elizabeth Smoots, MD

**Hearing aids are available over-the-counter (OTC) in stores and online.** The FDA regulates them as medical devices, and they've been approved for adults with mild to moderate hearing loss. Unlike prescription hearing aids, no visit to a hearing health professional is required; you can fit and adjust them.

**Two types are available.** Self-fitting devices can be programmed to suit the user's needs. You may be instructed to complete a hearing test online or on an app, and use the results to adjust the device's controls. In contrast, non-self-fitting hearing aids are simpler, with volume control and a few predetermined settings; they are often less costly. Both types are made with a variety of features and styles.

**Warnings about when to visit a health care provider are usually on the OTC device packaging.** The warnings commonly include ear pain, ear drainage, excessive wax, quickly worsening hearing loss, episodes of vertigo (severe dizziness), and hearing loss or tinnitus (ringing) in only one ear.

**Prescription hearing aids** are still needed for more severe hearing loss, since OTC devices may not amplify sounds well enough. Consult with an audiologist or hearing health professional if you need an evaluation or have questions.

**Improved hearing aid accessibility:** Nearly 30 million Americans suffer from hearing loss, yet only about one-quarter of those who could benefit from hearing aids has used them. Increasing availability of OTC hearing aids could help turn this around.



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- **Talk to someone.** If you are struggling to cope with racing thoughts, talking to someone can be helpful. This could be a friend, family member or mental health professional. In some cases, medication may be recommended.



## Zorba's Corner: Depression and Exercise

**Depression, anxiety and distress intensified during the Covid pandemic and continue to be common conditions in the U.S.** Self-care influencers tell you how to feel better, but what does science say? Antidepressants, therapy, mindfulness and meditation help. A recent study showed that exercise also is effective in relieving these psychological conditions. Researchers reviewed studies covering nearly 130,000 people and found that exercising regularly, especially physical activity that gets your heart pumping faster, also worked. During winter, finding a time and place to exercise is even more important, especially if you're prone to the winter blahs — seasonal affective disorder. — Zorba Paster, MD



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## Closing Communication Gaps at Work

**In a fast-paced workplace,** communication often falls short, leaving workers open to confusion, wasted efforts and conflict. While gaps in communication can be technological, they often result from personal problems and personality.

**How well are you connecting on the job?** Check the communication behaviors you practice:

- I use clear, specific language and ask if the receiver understands my message.
- I listen carefully without second-guessing or interrupting speakers until they're finished.
- I am respectful when listening to others (coworkers, customers, managers) to ensure and show that I understand the message.
- I vary my means (email, texting, phone calls, face-to-face) depending on the importance or difficulty of the message I'm conveying.
- I can admit my mistakes, apologize for them and work to avoid them in the future.
- I try to stay positive and supportive, regardless of the message, and avoid being harsh despite the problem.
- I show others kindness and encouragement, especially during stressful situations.

**If you left some unchecked, work on adopting those behaviors.** Good communication takes ongoing work. Stay persistent and don't expect yourself or others to get it right every time.

## Blueprint for Fitness

**Think of things you want to do that require a certain level of fitness and make those a goal.** A charity fitness 5k run, a hiking vacation or a weekend bike ride are some examples.

**Pick activities that you enjoy and that easily fit into your schedule.** If you hate jogging, you won't stick to it. If a gym is close to work or home, you'll be more likely to use it.

**Make long-term and short-term fitness goals.** Easy things to accomplish, such as walking for 30 minutes four times a week, can help you work toward long-term goals, such as losing weight or lowering cholesterol.

**Start small.** Start with ten minutes on a stationary bike every morning for a week. The next week, increase the time to 13 to 15 minutes.

**Have a backup plan.** When the weather keeps you inside, work out with an exercise video, go to a gym or walk at a shopping mall.

**Write down your goals and share them** with people who will support you.



## Fitness Tips on the Job

**Sitting for most of the workday, on your commute and then again at home can strain your back and neck** — it's even been linked to poor heart health and increased risk of early death.

**The solution?** On the job, try to move throughout your day as much as possible. Ideas:



**Get up.** Every 30 minutes or so stand up to break your sedentary position. If you need reminding, set an alarm.

**Add steps.** Are there multiple floors in your building? Take the stairs instead of the elevator for a cardio workout that strengthens arms, legs, buttocks, heart and lungs.

**Keep dumbbells handy.** Lifting a 5-pound weight while making phone calls contributes to the strength-training sessions recommended two to three times weekly.

**Join up.** To get some quality social interaction and break the monotony of a solo workout, ask a friend to join you during work breaks — take a walk or go to the gym.

**Not only is exercise good for long-term health,** it also improves mental clarity to help you do and feel your best at work.

# De-Stress for Your Heart



**When you feel stress, your body releases a hormone, cortisol, which causes your breathing and heart rate to increase and your blood pressure to rise.** Your body can remain in this heightened state for days, weeks, months or even years at a time.

**One way to combat stress is to find things you enjoy doing.** Try to do at least one thing every day that you enjoy, even if you only do it for 15 minutes.

## Here are a few examples:

- Take up a hobby.
- Play cards or board games with family and friends.
- Have coffee or a meal with friends.
- Play golf, tennis or pickleball.
- Take a class at your local college.
- Read a favorite book, short story, magazine or newspaper.
- Listen to music.

## Need more ideas for winding down and getting in the slow lane?

### Try these stress busters:

1. Understand that life is 10% what happens to you and 90% how you react. You always have a choice.
2. Keep a notepad by your bed. If a worry wakes you during the night, write it down. Then you can go back to sleep knowing you'll remember it when you can do something about it.
3. Spend some time in nature. If you can't go outside, listen to videos or CDs with water sounds, such as waves, waterfalls and creeks.
4. Think through things and plan before you start something.
5. Just for a while, turn off anything that beeps, buzzes, rings or otherwise interrupts you.
6. Get up a half-hour early so you don't need to rush in the morning.
7. Listen to children laugh.
8. Look for funny signs. You'll find them almost anywhere.
9. Hear people out — let them have their say.
10. Always keep your gas tank at least ¼ full.
11. Give yourself a foot massage.
12. Focus on solutions, not problems.

**Everyone experiences stress occasionally,** but if it's non-stop, it may not be good for your heart.

# Q: Can depression change your brain?

**A:** Persistent or recurrent depression does damage the brain, most notably, shrinkage of an area called the hippocampus. This can lead to trouble with concentration, memory, emotional control, decision making, creativity, empathy and even self-confidence. Changes in the hippocampus have also been linked to difficulties with social interactions and increased susceptibility to stress and substance abuse.

People who have had one episode of depression don't seem to be affected, so the length of the depression may be the key. Damage is most pronounced when persistent depression (chronic or recurrent) started before age 21.

**Good news:** Early detection and effective treatment of depression can reverse the damage. The brain is flexible and can create new nerve cells. Breaking the cycle of depression, through medication and therapy, restores brain health while improving functioning and quality of life.

— Eric Endlich, PhD



## Make time for me time.

**Don't feel guilty about taking me time every day.** You aren't wasting time; rather, you're investing time in yourself that will benefit you and others, too. We all

need time to do something we enjoy or that will help to improve our lives. When we spend more attention on our own needs, we become better spouses, parents, grandparents, friends and employees. Find a time of day that works best for you and keep the date with yourself every day. Block off the time in your calendar to make it easier to keep the date.



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## AED or CPR? Or Both?

When someone is suffering cardiac arrest, meaning that their heart stops beating, do you use CPR or an AED? The answer is use both.

**CPR or cardiopulmonary resuscitation is used to perform chest compressions**, manually pumping blood to the victim's vital organs. The person administering CPR also provides oxygen to the victim via breaths. CPR consists of 30 chest compressions and two breaths on a repeated cycle until help arrives.

**An AED or automated external defibrillator is a device that sends an electrical shock** to restart the victim's heart. AEDs can be found in most public places.

The American Heart Association's Chain of Survival consists of the following steps:

- ① Recognize cardiac arrest and call 911.
- ② Start CPR.
- ③ Use AED if one is available.
- ④ Advanced resuscitation performed by emergency medical services.

**Note:** If you don't feel confident to perform CPR with breaths, you can still perform hands-only CPR. To learn more, search for **hands-only CPR** at [yourethecure.org](http://yourethecure.org).

**\*Important:** Always call or have someone else call 911 before administering CPR or using an AED.



## SAFETY CORNER

Burn Awareness Week is  
February 4 to 10.



### Avoid Kitchen Burns and Scalds

According to the American Burn Association, about 15,000 children are hospitalized annually with burn injuries — many that occur in the kitchen. Make your kitchen a safe zone:

- TURN** pot and pan handles away from the stove's edge.
- USE** a lid or splash guard when frying foods.
- KEEP** children away from the stove while someone is cooking.
- SECURE** loose clothing and long hair when cooking.
- USE** oven mitts or potholders to remove hot items from the stove or oven. **Caution:** Use dry mitts and potholders; damp ones can create steam, which will cause burns.
- CAREFULLY** remove plastic film from microwaved food or when opening food cooked in packages, such as popcorn. Escaping steam can cause burns.
- KEEP** your hot water heater at 120°F.

## 6 Reasons to Wear Your PPE



Personal Protective Equipment (PPE) is required for many jobs but sometimes people take shortcuts and don't always wear it or wear it correctly. Here are six reasons why you should always wear your PPE:



- 1. It protects you from injuries** that can be life-threatening.
- 2. It protects you from illnesses** that long-term exposure to certain toxins or dust can cause.
- 3. It sets a good example for others** on the job. Wearing it shows you care about your coworkers' health and safety as well as your own.
- 4. It's your last line of defense** between you and a hazard.
- 5. It's your responsibility** to protect your coworkers. For example, if you aren't wearing a harness when working at heights, you could fall, injure yourself and a coworker.
- 6. It's an OSHA requirement.** Wearing PPE is not a choice. If there is any risk to safety and health not controlled by other means, your employer must provide it and you must use it.



# 7 Ways to Prevent Bunk Bed Injuries

According to Nationwide Children's Hospital, an average of 36,000 bunk bed-related injuries occur annually. Half of these injuries occur in children younger than six years old. And, 18- to 21-year-olds suffer double the number of injuries as other teens — most likely due to dormitory bunk beds. Here are seven ways you can help prevent injury:

- ➊ **Don't** let children under six years old climb on or sleep on the top bunk.
- ➋ **Make** sure the foundation of the mattresses are strong and the correct size for the bed. Check weight limits and ensure that mattresses fit snugly inside the frames.
- ➌ **Place** bunk beds in a corner so that walls support at least two sides, for more stability and to reduce the risk of falls. **Caution:** The top bunk bed needs to be clear of ceiling fans.
- ➍ **Add** guardrails on both sides of the top bunk. The guardrails need to extend at least 5 inches above the mattress top and the gaps in the rails should be 3.5 inches or smaller.
- ➎ **Ensure** the ladder is securely fastened to the bed. **Tip:** Install a night light near the ladder.
- ➏ **Store** belts, ropes or scarves away from the bunk bed to prevent strangulation. Don't allow children to play with these items near the bunk beds.
- ➐ **Don't** let children play on, bounce, jump or roughhouse on the top bunk or ladder.



## TIPS: Snow and Ice Removal

Ice and snow building up on sidewalks and roofs can lead to problems. That's why it's important to remove them — but do it safely. Here's how:

### SIDEWALKS:

- ➔ Warm up your muscles before shoveling.
- ➔ Tackle the snow early before it gets too heavy to shovel. If necessary, shovel several times during the snowfall to prevent buildup.
- ➔ Use an ergonomically designed shovel that allows your head, neck and spine to stay aligned.
- ➔ Push the snow instead of lifting it. Avoid excessive twisting.
- ➔ Shovel snow in smaller loads instead of heavy shovelfuls.
- ➔ Use rock salt or cat litter on walkways to melt ice and lessen the chance for slipping.



### ROOFS:

- ➔ Don't climb up on the roof to remove snow.
- ➔ Use a retractable roof rake to remove snow.
- ➔ Clear snow down and away from you.
- ➔ Never use a ladder when clearing snow from a roof.
- ➔ Stay clear of any powerlines when removing snow.
- ➔ Consider hiring a professional to remove snow from your roof if you can't do it safely.

## The Latest in Car Safety Features

Just a few years ago, some of these safety features were only available in luxury model vehicles. Now, they are standards or soon-to-be standards for many models. Check out these innovative safety features:

- Traffic sign recognition.
- Speed sign recognition integrated in the windshield.
- Rain-sensing windshield wipers.
- Automatic emergency braking.
- Lane departure warning and lane keep assist.
- Door-exit warnings to alert drivers before they open their door into oncoming traffic.
- Electronic stability control.



The Smart Moves Toolkit, including this issue's printable download, **Checklist: Your Heart's Must-Have**, is at [personalbest.com/extras/24V2tools](http://personalbest.com/extras/24V2tools).

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## Lemon-Butter Halibut

2 tbsp butter, melted

1 lemon, zested and juiced

1 lb halibut or other white fish

½ tsp salt

¼ tsp pepper

1 tsp each paprika, garlic powder and onion powder

1 tbsp extra-virgin olive oil

¼ cup freshly chopped parsley

**EASY** recipe



In a small bowl, blend melted butter with lemon juice and zest. Set aside. Pat fish dry with paper towel. In a large bowl, combine salt, pepper, paprika, garlic powder and onion powder. Evenly press fish fillets into spice mixture. Add olive oil to pan set over medium heat. Once pan is hot, sear fish on one side, about 2-3 minutes. Drizzle with lemon butter sauce, flip and cook until opaque, about 6-8 minutes. Add remaining lemon butter sauce to pan and spoon over fish. Plate fish topped with pan drippings and parsley.

**Makes 4 servings. Per serving:** 175 calories | 22g protein | 10g total fat | 4g saturated fat  
3g mono fat | 2g poly fat | 0g carbohydrate | 0g sugar (0g added sugar) | 0g fiber | 374mg sodium



## Mitos sobre la salud del corazón

**El Mes del corazón en febrero es un buen momento para revisar los datos y cifras actuales sobre la salud cardíaca primaria. Algunas estadísticas actuales:**

1. La enfermedad cardíaca continúa siendo la principal causa de muerte en los hombres y las mujeres estadounidenses.
2. Cada año, se estima que 250,000 estadounidenses mueren en un plazo de una hora del inicio de un ataque al corazón, y entre el 60 % y el 70 % de esos individuos son hombres.
3. Las mujeres mayores que tienen ataques cardíacos tienen el doble de probabilidades que los hombres de morir en unas pocas semanas.
4. La mayoría de los problemas cardíacos y derrames cerebrales se pueden evitar mediante el control de la presión arterial, una dieta saludable, la actividad física regular y dejar de fumar.

**Algunos mitos clave de la salud del corazón que se deben tener en cuenta:**

- **Mito:** Solo los hombres deben preocuparse por los ataques cardíacos.  
**Realidad:** El 44 % de las mujeres en los Estados Unidos viven con algún tipo de enfermedad cardíaca, la principal causa de muerte de las mujeres, que las afecta a cualquier edad.
- **Mito:** Los ataques cardíacos son puramente hereditarios. **Realidad:** Solo el 40 % del riesgo de enfermedad cardíaca radica en factores hereditarios.
- **Mito:** El dolor de pecho es el único signo de ataque cardíaco.  
**Realidad:** Los síntomas más sutiles incluyen molestias en la espalda, el cuello, la mandíbula o en uno o ambos brazos. Usted puede sentir mareo o dificultad para respirar e incluso náuseas. Tome estos síntomas en serio y busque ayuda médica de inmediato.

**Recuerde estos objetivos de salud del corazón:**

- Consuma una dieta saludable y equilibrada, rica en alimentos vegetales y fibra, y baja en grasas saturadas.
- No fume ni use tabaco, un principal desencadenante del daño cardíaco.
- Manténgase físicamente activo con 30 a 60 minutos de actividad física de intensidad moderada, como caminar, la mayoría de los días.
- Mantenga un peso saludable.
- Controle el estrés.
- Hágase pruebas de detección de salud regulares.

**Conocer la diferencia entre la realidad y la ficción puede salvarle la vida.**

## Suplementos alimenticios

Por Cara Rosenbloom, RD

**Algunos de los suplementos alimenticios más comunes que toman los estadounidenses incluyen vitamina D, magnesio y aceites**

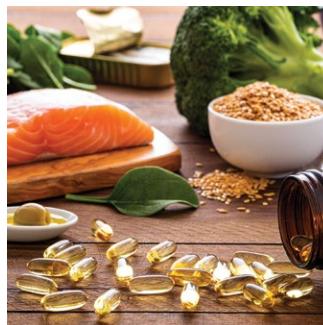
**de pescado omega-3.** De hecho, casi el 60 % de los estadounidenses toman suplementos alimenticios, por lo que es una práctica común. Si toma suplementos, ésta es la manera de cerciorarse de estar seguro.

**1. Solo tome lo que necesite.** Consulte con su profesional médico o dietista para asegurarse de estar tomando los suplementos adecuados para satisfacer sus necesidades. Los suplementos de vitaminas y minerales son más eficaces cuando previenen deficiencias, pero si ya obtiene suficiente cantidad de un determinado nutriente de los alimentos, un suplemento puede ser excesivo. Más no siempre es mejor, y el exceso de suplementos puede causar daño.

**2. Escanee las interacciones de medicamentos.** Consulte con su farmacéutico antes de tomar cualquier suplemento, ya que algunos pueden interactuar con los medicamentos recetados (lo que hace que el medicamento sea más o menos potente). Por ejemplo, la vitamina K puede reducir la eficacia de los anticoagulantes.

**3. Infórmese sobre el momento de tomar los suplementos.** Algunos suplementos interactúan entre sí y deben tomarse juntos o separados. Además, algunos se absorben mejor cuando se toman con alimentos, mientras que otros son mejores con el estómago vacío. Pregúnteselo a su farmacéutico.

**4. Busque pruebas realizadas por terceros.** Si bien la FDA prohíbe a los fabricantes vender suplementos adulterados, aquellos que pueden contener más de 1 ingrediente farmacéutico activo y carecer de advertencias necesarias, los fabricantes autorregulan y evalúan la seguridad de sus productos. En el pasado, esto ha generado preguntas sobre el control de calidad. Elija productos que hayan sido probados por terceros por NSF, ConsumerLab y USP (estos nombres o logotipos aparecerán en el frasco del suplemento).



**Recuerde que debe ser realista.** Los suplementos pueden ser útiles cuando se usan según lo recomendado por un profesional de la salud, pero no están destinados a reemplazar los planes de alimentación bien equilibrados. Los suplementos solo están destinados a llenar los vacíos. No espere que los suplementos por sí solos sean una panacea para las enfermedades.

# Comprar audífonos sin receta



Por Elizabeth Smoots, MD

**Los audífonos están disponibles sin receta en tiendas y en línea.** La FDA los regula como dispositivos médicos, y han recibido aprobación para adultos con pérdida auditiva de leve a moderada. A diferencia de los audífonos de venta con receta, no se requiere una visita a un profesional de salud auditiva; puede encajarlos y ajustarlos.

**Hay dos tipos disponibles.** Los dispositivos autoajustables se pueden programar para adaptarse a las necesidades del usuario. Es posible que se le indique que complete una prueba de audición en línea o en una aplicación y que use los resultados para ajustar los controles del dispositivo. Por el contrario, los audífonos no autoajustables son más simples, con control de volumen y algunos ajustes predeterminados. Suelen ser menos costosos. Ambos tipos están fabricados con una variedad de características y estilos.

## Las advertencias sobre cuándo visitar a un profesional médico generalmente se encuentran en el empaque del dispositivo de venta sin receta.

Las advertencias comúnmente incluyen dolor de oído, secreción de oído, exceso de cerumen, pérdida de audición que empeora rápidamente, episodios de vértigo (mareos intensos) y pérdida de audición o tinnitus (zumbido) en un solo oído.

**Los audífonos recetados** aún son necesarios para la pérdida auditiva más grave, ya que los dispositivos de venta sin receta pueden no amplificar los sonidos lo suficientemente bien. Consulte con un audiólogo o un profesional de la salud auditiva si necesita una evaluación o si tiene preguntas.

**Mejor accesibilidad a los audífonos.** Casi 30 millones de estadounidenses sufren de pérdida de audición, pero solo alrededor de una cuarta parte de los que podrían beneficiarse de los audífonos los ha utilizado. El aumento de la disponibilidad de los audífonos de venta sin receta podría ayudar a cambiar esto.

# Calme la avalancha de pensamientos atropellados

**Si ha experimentado pensamientos atropellados, sintiendo que su mente se ha acelerado, sabe que pueden hacer que sea difícil calmarse y concentrarse.** Los pensamientos atropellados pueden ser el resultado del estrés, la ansiedad, el trastorno bipolar y ciertas afecciones médicas, así como la cafeína u otras sustancias.

**Pruebe algunas de estas estrategias y vea lo que da mejor resultado para usted:**

- **Respire lenta y profundamente.** En cuestión de minutos, podría sentirse más relajado.
- **Practique la atención plena.** Practique yoga o meditación, o concéntrate en su experiencia del momento.
- **Acepte sus pensamientos.** En lugar de resistirse o juzgar lo que está sucediendo, solo observe lo que está sucediendo con su mente.
- **Ocupese.** El concentrarse en una actividad, ya sea hacer ejercicio, leer o conversar con alguien, puede darle a su mente la oportunidad de tranquilizarse.
- **Elija un momento de preocupación.** Utilice este tiempo designado para explorar sus preocupaciones; en otras ocasiones, simplemente tome nota de lo que planea preocuparse y luego siga adelante.
- **Escríbalo.** El poner sus pensamientos en un diario puede ayudar a aliviar parte de la presión interna. Considere si necesitas tomar alguna medida para mejorar su situación o si está gastando energía innecesaria en asuntos que están fuera de su control. Mientras lo hace, anote algunas cosas por las que está agradecido o feliz.
- **Hable con alguien.** Si está luchando para hacer frente a los pensamientos atropellados, el hablar con alguien puede ser útil. Podría ser un amigo, familiar o profesional de salud mental. En algunos casos, se pueden recomendar medicamentos.



## La esquina del Dr. Zorba: Depresión y ejercicio

**La depresión, la ansiedad y la angustia se intensificaron durante la pandemia de COVID y continúan siendo afecciones comunes en los EE.UU.** Los influenciadores del autocuidado le dicen cómo sentirse mejor, pero ¿qué dice la ciencia? Los antidepresivos, la terapia, la atención plena y la meditación ayudan. Un estudio reciente mostró que el ejercicio también es eficaz para aliviar estas afecciones psicológicas. Los investigadores revisaron estudios que abarcaron a casi 130,000 personas y encontraron que hacer ejercicio regularmente, especialmente la actividad física que hace que su corazón bombee más rápido, también funcionaba. Durante el invierno, el encontrar un momento y un lugar para hacer ejercicio es aún más importante, especialmente si es propenso al abatimiento del invierno, o el trastorno afectivo estacional. — Zorba Paster, MD



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## ¿DEA o RCP? ¿O ambos?

Cuando alguien está sufriendo un paro cardíaco, lo que significa que su corazón deja de latir, ¿se utiliza RCP o un DEA? La respuesta es utilizar ambos.

**La RCP, o reanimación cardiopulmonar, se utiliza para realizar compresiones torácicas,** bombeando manualmente sangre a los órganos vitales de la víctima. La persona que administra la RCP también proporciona oxígeno a la víctima a través de respiraciones. La RCP consiste en 30 compresiones torácicas y dos respiraciones en un ciclo repetido hasta que llegue la ayuda.

**Un DEA, o desfibrilador externo automatizado, es un dispositivo que envía una descarga eléctrica** para reiniciar el corazón de la víctima. Los DEA se pueden encontrar en la mayoría de los lugares públicos.

La Cadena de Supervivencia de la Asociación Americana del Corazón (American Heart Association) consiste en los siguientes pasos:

- ① Reconocer el paro cardíaco y llamar al 911.
- ② Iniciar la RCP.
- ③ Utilizar un DEA si hay uno disponible.
- ④ Reanimación avanzada realizada por servicios médicos de emergencia.

**Nota:** Si no se siente seguro de realizar RCP con respiraciones, aún puedes realizar la RCP usando solo las manos. Para obtener más información, busque **RCP usando solo las manos** en [international.heart.org/es/rccp-usando-solo-las-mano](http://international.heart.org/es/rccp-usando-solo-las-mano).

**\*Importante:** Siempre llame o haga que otra persona llame al 911 antes de administrar RCP o usar un DEA.



## LA ESQUINA DE LA SEGURIDAD

Del 4 al 10 de febrero se celebra la Semana de concientización sobre quemaduras.



### Evite las quemaduras y escaldaduras en la cocina

Según la Asociación Estadounidense de Quemaduras (American Burn Association), unos 15,000 niños son hospitalizados anualmente con lesiones por quemaduras, muchas de las cuales ocurren en la cocina. Haga de su cocina una zona segura:

**ALEJE** las manijas de las ollas y de las sartenes del borde de la estufa.

**USE** una tapa o un protector contra salpicaduras al freír alimentos.

**MANTENGA** a los niños lejos de la estufa mientras alguien está cocinando.

**ASEGURE** la ropa suelta y el cabello largo al cocinar.

**USE** guantes de cocina o agarradores para quitar los artículos calientes de la estufa o del horno.

**Precaución:** Use guantes y agarradores secos; los húmedos pueden crear vapor, lo que causará quemaduras.

**RETIRE** cuidadosamente la película plástica de los alimentos que se cocinan en el microondas o al abrir los alimentos cocinados en paquetes, como las palomitas de maíz. El vapor que escapa puede causar quemaduras.

**MANTENGA** su calentador de agua a 120°F.

## 6 razones para usar su EPP



El equipo de protección personal (EPP) se requiere para muchos trabajos, pero a veces la gente toma atajos y no siempre lo usa o no lo usa correctamente. Aquí hay seis razones por las que siempre debe usar su EPP:



**1. Lo protege de lesiones** que pueden poner su vida en peligro.



**2. Lo protege de las enfermedades** que la exposición prolongada a ciertas toxinas o polvo puede causar.



**3. Es un buen ejemplo para otros** en el trabajo. Usarlo demuestra que se preocupa por la salud y seguridad de sus compañeros de trabajo, así como por la suya propia.



**4. Es su última línea de defensa** entre usted y un peligro.



**5. Es su responsabilidad proteger** a sus compañeros de trabajo. Por ejemplo, si no usa un arnés cuando trabaja en alturas, podría caerse, lastimarse a sí mismo y a un compañero de trabajo.

**6. Es un requisito de OSHA.** Usar EPP no es una opción. Si hay algún riesgo para la seguridad y la salud que no esté controlado por otros medios, su empleador debe proporcionarlo y usted debe utilizarlo.

# 7 maneras de prevenir lesiones en las literas

Según el Nationwide Children's Hospital, anualmente ocurre un promedio de 36,000 lesiones relacionadas con literas. La mitad de estas lesiones ocurren en niños menores de seis años de edad. Y los jóvenes de 18 a 21 años sufren el doble de lesiones que otros adolescentes, probablemente debido a las literas de los dormitorios. Éstas son 7 cosas que usted puede hacer para ayudar a evitar las lesiones:

- 1 **No** deje que los niños menores de seis años suban o duerman en la litera superior.
- 2 **Asegúrese** de que la base de los colchones sea fuerte y del tamaño correcto para la cama. Verifique los límites de peso y asegúrese de que los colchones encajen perfectamente dentro de los marcos.
- 3 **Coloque** las literas en una esquina para que las paredes soporten al menos dos lados, para mayor estabilidad y para reducir el riesgo de caídas. **Precaución:** La litera superior tiene que estar lejos de ventiladores de techo.
- 4 **Añada** barandillas en ambos lados de la litera superior. Las barandillas deben extenderse al menos 5 pulgadas por encima de la parte superior del colchón y los espacios en los rieles deben ser de 3.5 pulgadas o más pequeños.
- 5 **Asegúrese** de que la escalera esté firmemente sujetada a la cama. **Sugerencia:** Instale una luz nocturna cerca de la escalera.
- 6 **Guarde** los cinturones, cuerdas o bufandas lejos de la litera para evitar el estrangulamiento. No permita que los niños jueguen con estos artículos cerca de las literas.
- 7 **No** deje que los niños jueguen, reboten, salten o tengan juegos bruscos en la litera superior o en la escalera.



## Consejos para quitar nieve y hielo

La acumulación de hielo y nieve en las aceras y los techos puede provocar problemas. Por esta razón, es importante quitarlos, pero hágalo de manera segura. Ésta es la manera de hacerlo:

### ACERAS:

- Caliente los músculos antes de palear.
- Ataque la nieve temprano, antes de que se ponga demasiado pesada para palearla. Si es necesario, palee varias veces durante la nevada para evitar la acumulación.
- Utilice una pala de diseño ergonómico que permita que su cabeza, cuello y columna vertebral se mantengan alineados.
- Empuje la nieve en lugar de levantarla. Evite torsiones excesivas.
- Palee nieve en cargas más pequeñas en lugar de paladas pesadas.
- Use sal de roca o arena para gatos en las pasarelas para derretir el hielo y reducir la posibilidad de resbalones.



### TECHOS:

- No se suba al techo para quitar la nieve.
- Utilice un rastrillo de techo retráctil para quitar la nieve.
- Quite la nieve hacia abajo y lejos de usted.
- Nunca use una escalera cuando quite la nieve de un techo.
- Manténgase alejado de cualquier cable eléctrico al quitar la nieve.
- Considere contratar a un profesional para quitar la nieve de su techo si no puede hacerlo de forma segura.

## Lo último en funciones de seguridad del auto

Hace solo unos años, algunas de estas características de seguridad solo estaban disponibles en vehículos de lujo. Ahora, son características estándar o próximas características estándar para muchos modelos. Eche un vistazo a estas innovadoras características de seguridad:

- Reconocimiento de señales de tráfico.
- Reconocimiento de señales de velocidad integrado en el parabrisas.
- Limpiaparabrisas con sensor de lluvia.
- Frenado automático de emergencia.
- Advertencia de salida de carril y asistencia de mantenimiento de carril.
- Advertencias de apertura de puerta y salida para alertar a los conductores antes de abrir su puerta al tráfico que se aproxima.
- Control electrónico de estabilidad.

