

Wellness Newsletter

September 2015



September is Disease Prevention Month. There are many diseases that may be prevented by making healthy lifestyle changes. One of those is cancer.

Did you know that more than 1 million people in the United States get cancer each year? (American Cancer Society, 2015). Approximately 75% of all cancer cases are directly linked to daily lifestyle habits.

If you would like to learn more about the significant small changes you can make to help prevent you or your family member from developing cancer, view the "Cancer Awareness Seminar" on your Lexington Wellness Website. . Eligible employees that view the seminar and take the corresponding quiz may earn 10 Wellness Rewards Points.

Flu Fact vs. Fiction

Myth #1- You can get the flu from the flu vaccine.

False- This is impossible. The flu vaccine is not made of the live virus. Vaccine manufacturers grow the flu virus eggs, then clean and chemically treat them so they are no longer active.

Myth #2- The flu is just a bad cold.

False- The flu is a serious disease. This is a very highly contagious virus affecting the respiratory system (nose, lungs, and throat). It is spread from person to person by coughing, sneezing and occasionally touching something with the virus on it and then touching the nose, mouth or eyes. In high risk people such as the elderly, young children, and people with other medical conditions, the flu can cause serious complications such as pneumonia and even death. Influenza kills more Americans every year than all other vaccine preventable diseases combined.

Myth #3- The side effects of the vaccine are worse than the flu itself.

False- Most people who get the vaccine have no reaction. The most common side effect is a sore arm. Up to 25% may have some redness and swelling at the injection site.

Myth #4- Only older people need the flu vaccine.

False- The CDC (Center of Disease Control) recommends that everyone 6 months and older should get vaccinated against the flu every year.

Myth #5- You must get vaccinated in the Fall to be protected against the flu.

False- It is recommended that you get your flu vaccine as soon as it becomes available to you for the earliest possible protection. The flu virus spreads from October to May but most cases occur in January and February.

(Families Fighting Flu, Inc, 2015)

What can you do to prevent the flu?

Did you know that the CDC says the first people who should get a flu shot are health-care workers and people who live with high risk individuals?

- 1) Getting your flu shot could save someone's life!! **LEXINGTON WILL BE HOLDING FREE EMPLOYEE FLU VACCINATION CLINICS THIS FALL. PLEASE WATCH FOR FURTHER DETAILS!!!**
- 2) **Wash hands often and well.**
- 3) **Know the symptoms of the flu and stay home if you are sick.**
- 4) **Avoid close contact with people that are sick.**
- 5) **Cover your mouth and nose when sneezing and coughing.**
- 6) **Frequently clean areas others have touched.**

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ONLINE RESOURCES

at

<https://lexingtonwellness.bepurewellness.com> :

Monthly Newsletter
Enroll in a Wellness Workshop
Health Library

LOGS:

Weight Log
Cardio Log
Strength Training Log
Food Log

PLANNERS:

Meal Planner
Exercise Planner
Event Registration



Back to School with Asthma

If your child has asthma or allergies, make sure his or her school is aware and prepared.

Parents should create a written plan describing your child's triggers and how to respond in case of an emergency. Teachers, the principal, school nurse and coaches should all receive a copy of your plan, along with verbal instructions.

All 50 states have laws that protect students' rights to carry and use medicines for asthma and severe allergic reactions (anaphylaxis) at school.

Make this planning for your child's safety at the top of your back-to-school list.

A Heart Healthier Future

If you're a young adult leading an unhealthy lifestyle, you still have time to reduce your risk of heart disease before you hit middle age. Recent research found that young men and woman ages 18-30 who improved their health habits were able to significantly reduce their risk of heart disease by the end of the 20-year study. The investigators looked at five healthy habits: not being overweight; being a nonsmoker; being physically active; having a low intake of alcohol; and having a healthy diet (defined as being low in fat and high in calcium, fiber and potassium). Researchers found that the more healthy habits added, the lower the risk of heart disease. What to do first? For the greatest heart health benefits, keep a healthy weight and don't smoke.

Source: *Circulation*, July 2014

Karen's Wellness Corner



"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." This quote by Thich Nhat Hanh, a Zen Buddhist monk, summarizes last month's Wellness Corner. And what about your smile's effect on others? Studies show that when a friend smiles at you, muscles in your face are activated to copy the smile. In fact, according to some research, it is very difficult not to smile when someone smiles at you. It's said that, "Beauty is in the eye of the beholder," and smiling does make you seem more attractive, trustworthy, generous, and inviting to others. So, you may or may not feel like smiling about the end of summer, back-to-school season, or other life challenges, but just remember this: if you smile, it really can make it better for you and those around you.

Karen DeBonis
R&K Wellness Director

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The information provided in this newsletter is not intended to be applicable to all individuals and employees. This publication provides general education only. Individuals are advised to follow the advice of their physicians and healthcare providers. Thank you.



Work It In Exercise Minutes Team Challenge

COMING IN SEPTEMBER.
WATCH FOR MORE
DETAILS!!

Some cancer survivors continue to smoke because they believe that smoking, and being exposed to second-hand smoke, is not a risk to them.



Here's a heads-up: SMOKING IS A RISK TO YOU!!

**IF YOU WOULD LIKE MORE DETAILS
ON THE FREE PROGRAMS
AVAILABLE TO HELP YOU QUIT
CONTACT MICHELLE PERVEA,
WELLNESS PROGRAM
COORDINATOR AT (518)775-5420.**