

BEST bits

I Don't let an egg allergy stop you from getting the flu shot. A yearly flu shot is your best protection from flu. However, flu vaccine is grown in eggs and contains a tiny bit of egg protein — so people allergic to eggs have long been warned to avoid flu shots. But dozens of studies involving thousands of people with egg allergy revealed the vaccine doesn't contain enough egg protein to cause a reaction. **Bottom line:** American College of Allergy, Asthma and Immunology guidelines affirm that people allergic to eggs can safely get a flu shot.



During Atrial Fibrillation (Afib) Awareness Month, learn about irregular heartbeats. Atrial fibrillation is marked by an irregular, fast heartbeat. While not life-threatening in itself, it can cause fatigue and lead to stroke. Medication can help. For some, a procedure (ablation) offers a cure. To learn more, search for **arrhythmia** at the American Heart Association's website, heart.org.



Space-age produce: Since 2015, astronauts have grown crops in space using a plant growth unit that provides a continuous source of fresh food to the International Space Station crew. This year, Antarctica scientists harvested their first crop of vegetables (including salad greens, cucumbers and radishes) grown without soil, daylight or pesticides as part of a project designed to help astronauts cultivate fresh food on other planets. Reviews are positive. **And remember: September is Fruit and Veggies — More Matters Month.**

Because of your **smile**, you make **life** more **beautiful**. — *Thich Nhat Hanh*



Smart Moves Toolkit is at www.personalbest.com/extras/18V9tools.



Sleep for Well-Being

The 2018 National Sleep Foundation (NSF) survey of sleep habits suggests that U.S. adults who get good, consistent sleep are also good at getting things done. But for the majority of those surveyed, sleep is not a priority over work, social activities and other aspects of living.

The NSF warns that adults and children are consistently overscheduling their lives and neglecting their sleep needs — a habit that can jeopardize good health and may shorten lifespan. Clocking fewer than 6 to 7 hours of shut-eye night after night can have short- and long-term detrimental effects.

Sleep-health Rx: At least 7 hours of restful sleep per night can help protect your heart and immunity; control blood sugar, weight gain, stress and depression; and reduce risk for colds and flu. With the potential for increasing disease prevention and longevity, adequate sleep will also leave you feeling mentally fit and more energetic.

To sleep well, try exercise. Even a little regular exercise helps, according to the 2013 NSF survey: 76% to 83% of regular exercisers (at vigorous, moderate or light exertion) said their sleep quality was very good or fairly good — while 60% of non-exercisers reported they rarely or never had a good night's sleep.

Stay aware of your sleep robbers, such as worry, alcohol, physical problems and lesser priorities. Make slumber your No. 1 goal at the end of each day.

Statins: True or False?

When lifestyle changes aren't enough to reduce high cholesterol, statin prescription medications can help. They can lower LDL (bad artery-clogging cholesterol) and triglycerides (blood fats that also raise heart risk), while raising HDL (heart-protective good cholesterol).

However, the pros and cons of statins can be confusing.

Consider these statin myths: ➤ Continued on page 4.





Mental Illness: When and How to Tell Others

By Eric Endlich, PhD

If you have a condition such as anxiety, depression, addiction or an eating disorder, you may have thought about discussing it with others. Research suggests that many people benefit from revealing their condition. While you might hesitate to tell others out of fear of judgment or discrimination, disclosure might help you feel better, allow others to understand you better and improve your relationships.

But when and how should you discuss your condition? Here are some considerations:

>> Have a specific goal or request in mind. For example, in the workplace, if you need to leave early to go to a therapy appointment or self-help group, consider telling a supervisor or human resources manager that you have a condition that requires such an accommodation.

>> Wait until you feel ready. It may be easier to have this type of conversation when you are reasonably calm and well rested.

>> Start with the people you trust the most.

>> Prepare listeners by explaining that you want to share something personal and sensitive, and be clear whether you want their advice or just their emotional support.

>> Let people know if you want them to keep your personal information confidential.

>> Consider consulting your therapist about this process, if you have one.

Fit to the Core

Working hard to achieve 6-pack abs is not a practical goal for most people. Instead, focus on strengthening your core muscles. These muscles connect your upper and lower body, supporting your spine and movement. They include your back, hip, chest, buttocks and abdominal area. A weak core contributes to fatigue, back pain, arthritis and other muscle, bone or joint problems.

Strengthening your core:

- Enhances balance and stability to help prevent falls and injuries.
- Improves flexibility and mobility.
- Reduces overall muscle strain from everyday activities.
- Enhances performance in sports, exercise and work activities.
- Reduces common low back pain and strain.
- Supports good posture, which reduces slouching and improves your appearance.

To learn more and find additional core exercises, visit the American Council on Exercise at acefitness.org.



Here are some basic ways to build core strength:

- Perform routine aerobic exercise and stay active.
- Begin strength training the core muscles.
- Shop for a core training exercise video.
- Enroll in an exercise class such as Pilates, which emphasizes toning the core.

Bottom line: Maintaining a strong core will reward you with better energy, health protection and added enjoyment of life in general.



Learn more at volunteer.gov.

Health Benefits of VOLUNTEERING

Volunteering can help you learn new skills, meet new people and feel good about helping others. Researchers have found it can benefit your health, too.

Healthier blood pressure: A Carnegie Mellon study revealed that adults 50 and older who volunteered about 200 hours a year were less likely to develop high blood pressure than non-volunteers.

Healing post-traumatic stress disorder (PTSD): This is a hard-to-treat condition suffered by nearly 8 million American adults, many of them military veterans exposed to combat. A Saint Louis University study concluded volunteering regularly through community agencies effectively helped more than 300 veterans cope with PTSD.

Protect your brain: Several studies, including Arizona State University research involving more than 13,000 people, found volunteering frequently over a period of years decreased the risk of memory and other thinking problems in later life.

Control weight and blood cholesterol: Teenagers who volunteered to help younger children weekly had lower cholesterol levels and healthier weights compared to a control group who didn't volunteer.

Live longer: Results of the Wisconsin Longitudinal Study found that people who volunteered regularly and frequently to help other people extended their lifespans beyond non-volunteering peers.

Wake UP at Work

Everyone has low-energy days but if you regularly feel exhausted at work, take time to learn why. Review the habits or issues that could be draining you.

Sleep — Get 7 to 9 hours per night. Your goal is to wake up feeling rested and alert.

Nutrition — For balanced meals, combine high-fiber carbohydrates for energy and protein for endurance. Eat multiple servings of fruits and vegetables each day for a noticeable boost in energy.

Drinks — Dehydration is an energy thief, while water reduces fatigue — keep it handy. Limit coffee to 2 to 4 cups (200 mg to 400 mg of caffeine) a day. Alcohol contributes to dehydration and reduces your mental and physical response.

Exercise — Critical to all-day energy is keeping your muscles and cardiovascular system strong. Improve your stamina with routine cardio workouts.

Emotions — Depression and stress can produce ongoing fatigue and sleep problems. Adding exercise and positive social contact may help, but talk to your health care provider if your moods don't improve.

More tips:

- If possible, start your work day with the big projects.
- Stay conscious of how to use your energy.
- Stop rushing and exhausting yourself.
- Watch your thoughts and shun negative ones.
- Revive yourself with fresh air.

TIP of the MONTH

Trying to Lose Weight?

Changing your eating habits is 1 part, but it's not the only part. It's also important to be physically active and deal with behavioral issues around food. Many people work with therapists to look at why they are eating, and they learn to channel sadness, stress or boredom into something other than food.



Design a diet that becomes a lifestyle.

Busting Diet Myths

By Cara Rosenbloom, RD

Search for "diets" and you'll end up with millions of results. With so many diets to choose from, you may be wondering which is best.

The answer: The best diet is the one you can stick to in the long term. It's a plan that contains foods you enjoy, doesn't cause deprivation and isn't filled with costly ingredients or supplements. The key is what works best for you, whether you have certain dietary preferences or must avoid some foods.

Many diets are considered fads because they don't last long and simply don't work. So, choose one that can become a normal part of your life. If you go on a diet, eventually you will go off a diet. Make permanent changes instead, and learn the truth behind these diet myths:

Myth: You'll gain weight if you eat after 8 p.m.

Fact: It's fine to have a snack between 8 p.m. and bedtime, as long as you're not grazing all evening. Eating too many treats will lead to weight gain. What matters is what and how much you eat.

Myth: You can't eat protein and carbs at the same meal.

Fact: Your digestive tract was built to handle a mix of foods at the same time. There's no scientific proof that eating meat and bread separately helps with weight loss.

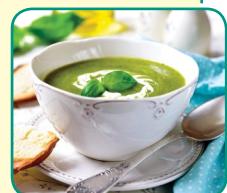
Myth: Going on a diet is not the best way to lose weight.

Fact: If you restrict calories, you'll lose weight in the short term, but it likely won't last. Instead, change the way you eat for the long term.

AUTUMN KALE AND APPLE SOUP

easy | RECIPE

From Personal Best®



- | | |
|----------------------------------|--|
| 1 tbsp olive oil | ¼ tsp salt |
| 1 small onion, chopped | 1 large apple, peeled, cored and chopped |
| 1 clove garlic, chopped | ¼ cup plain Greek yogurt |
| 6 cups kale, stemmed and chopped | Freshly ground black pepper |
| 4 cups no-salt-added broth | |

Add olive oil to a large pot set over medium heat. Add onion and garlic, cook 3 minutes. Add kale, broth, salt and apple. Bring to a boil and cook 10 minutes. Use an immersion blender (or transfer in batches to regular blender) to purée until smooth. Garnish with a dollop of yogurt and fresh black pepper.

Makes 4 servings. Per serving:

129 calories | 6g protein | 4g total fat | 0.5g saturated fat | 3g mono fat
0.5g poly fat | 21g carbohydrate | 8g sugar | 6g fiber | 62mg sodium

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EXPERT advice



Q: Causes of addiction?

A: This complex disease causes

intense cravings for a pleasurable substance (or activity), loss of control and continued use despite negative consequences. Addictive substances hijack the brain, making you feel good — and want more. Over time, a bigger fix is required to get the same high. Addictive drugs also damage brain areas involved in learning, memory and decision-making. As a result, you shift from liking something to becoming addicted to it.

While some people become addicted, others do not. Addiction runs in families, so genes likely play a role, as do abuse, stress, mental illness, age, gender, being around other addicts and feeling disconnected from others.

Beating addiction requires more than sheer willpower. Getting and staying clean is possible with the help of proper medical care, good support from people you know, diligence and hope. For more information, go to samhsa.gov/find-help/national-helpline or call the National Helpline at **1-800-662-HELP**.

SAFETY corner

How the Wind Blows

Don't throw caution to the wind when it comes to safety during a severe windstorm. Make sure you have an emergency plan in place at home and work. Keep an emergency kit with flashlights, batteries and water in case of power outages. Listen to weather reports and follow orders to evacuate, if necessary. Shutter windows, park cars in the garage and secure all grills, patio furniture, garbage cans and other outdoor equipment in a garage or shed. Go to your basement or the middle of your home or building to prevent being hit by broken glass or flying objects. Stay in place until the severe wind event is over.



September is National Preparedness Month.

Statins: True or False?

► Continued from page 1.

1 Statins cause dementia. Johns Hopkins University researchers reviewed 12 studies on statins and found no evidence the drugs harm memory. Instead, long-term statin use appears to protect memory.

2 Statins harm your muscles. Muscle aches from statins usually resolve with a lower dosage or by changing statin types. While the muscle-damaging condition rhabdomyolysis is linked to statin use, it is rare, according to the Society of Vascular Surgeons.

3 Statins don't prevent heart disease. Statins help prevent artery-clogging plaque from rupturing (leading to heart attacks and stroke) and may cause plaque to shrink. Statins also reduce inflammation, a cause of cardiovascular disease.

4 Red rice supplements are better than statins. Statins, unlike red rice supplements, are well studied, known to be effective, and regulated for safety by the FDA.

To learn more, visit the American Heart Association at heart.org.