

ACCLAIM NEWS

Summer 2012

Wellness News You Can Use

How are You Sleeping?

Sleep apnea is a condition that affects the way you breathe when you are sleeping.

Breathing is briefly interrupted or becomes very shallow during sleep. These brief pauses can cause a person to spend more time in light sleep and not enough time in deeper, more restorative sleep. This can lead to the following symptoms:

- Loud snoring which may include gasping
- Long pauses in breathing
- Daytime sleepiness no matter how much time you spend in bed
- Awakening with a dry mouth or sore throat
- Morning headaches
- Going to the bathroom frequently during the night
- Waking up feeling out of breath
- Forgetfulness or difficulty concentrating
- Moodiness, irritability or depression

Left untreated, sleep apnea can lead to serious medical conditions including heart disease and diabetes. If you feel you have any of these symptoms, discuss this with your primary care physician for possible evaluation for sleep apnea.

Summer De-Lites

Orange Sherbet

Ingredients

1 2 liter diet Sunkist or orange drink
1 can fat-free sweetened condensed milk
1 can crushed pineapple, drained

Preparation

Mix all ingredients and freeze in ice cream maker.

Chocolate Frosty

Ingredients

½ gallon 1% chocolate milk
1 10 oz. tub fat-free whipped topping
1 can fat-free sweetened condensed milk

Preparation

Mix all ingredients and freeze in ice cream maker.


Seven Strategies to Healthy Living

- 1 Eat a healthy diet (rich in fruits and vegetables).
- 2 Exercise regularly (30 minutes of physical activity five days a week).
- 3 Maintain a healthy weight.
- 4 Drink eight 8 oz. glasses of water a day.
- 5 Avoid excessive ultra-violet rays from the sun and tanning beds.
- 6 Limit alcohol use.
- 7 Avoid any form of tobacco.



Back to the Basics

Low back pain, like many other conditions, is often easier to prevent than to resolve once it occurs. To help prevent back injury and low back pain:



Maintain good posture – Stand and sit up straight. Bending the wrong way or holding your spine in an unnatural position can put a strain on the muscles and ligaments in your back. If your job requires sitting, keep your chair at a comfortable distance from your desk without having to reach or slouch. Choose a chair with good lumbar support. If you have to sit for long periods of time, try to get up every 30 minutes or so to stretch your back.

Practice proper lifting – Never try to lift anything that is too heavy for you. Also use the proper form when lifting. Kneel down, get close to the item you want to lift, tighten your abdominal muscles and lift with your legs. Do not twist while lifting. Keep the item close to your body while carrying.

Support – Sleep on a firm mattress that offers back support. Avoid sleeping on your back or stomach for good back health. Sleeping on your side takes pressure off your back.

Lose weight and exercise – Excess weight and poor abdominal muscle strength place further strain on your back.

Is style really worth it? Heels should only be one inch or less. Wearing high, wobbly heels all day can alter your posture and lead to back pain. Also, ladies, all non-essential items should be removed from your purse to prevent strain on your back.



Nurse Link
1-800-882-6274
Monday-Friday
4 p.m.-midnight
Weekends & Holidays
8 a.m.-midnight