



HEART SCREEN

Health-E-News

July 2010

A Word From Barbara Parker
President HEART SCREEN

Summer months are times when family and friends get together for bar-b-q's, and fun in the sun. It is a time for renewal and relaxation. A time to put away those BlackBerrys, park your cell phone and relax. Have a conversation instead of a text. Researchers suggest that deep conversations may give a better sense of meaning in interactions with others, which may make people happier.



In this issue Heart Screen wants to remind you to tell everyone to protect themselves and their children any time they go out in the sun, even on cloudy days. Take time this summer for renewal. Practice healthy habits and strive towards a healthier you and your employees.

Barbara Parker
 President
 HEART SCREEN Inc.

Those long, sunny days of summer are finally here. Everyone can swim, bike, hike, and be active outdoors. Make the most of them but make sure you wear that sunscreen!



Summer is an easy time to focus on several aspects of a healthy life.

- Nutrition (eating lots of fresh fruits and vegetables)
- Exercising (getting out in the fresh air for tennis, golf, swimming or just walking)
- Stress Reducing. Walk on the beach (no need for imagery here) a low fat smoothie, a bowl of fruit. Since summer is such a positive time, time to relax with friends and family, walking and healthy eating help to maintain lower stress

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- Salt
- July is UV Safety Month
- Health Assessments

Plan Ahead for:

- 2010-2011 Fall Flu Clinic Info
- September is Cholesterol Education Month

Heart Screen's Health and Wellness Screening Programs.

BIOMETRICS

- Cholesterol
- Glucose
- BMI Including Ht & Wt
- Blood Pressure

WOMEN'S & MEN'S HEALTH

- PSA For Prostate Cancer
- Thyroid (TSH)
- Bone Density

FITNESS SCREENINGS

- Aerobic Conditioning
- Body Fat Testing
- Body Mass Index (BMI)
- Grip Strength
- Flexibility

ADDITIONAL ON-SITE TESTING

- Auditory Screening (Hearing)
- Blood Pressure
- Bone Density
- Duettes Simulator Goggles
- Glaucoma
- Grip Strength
- Hepatitis Screenings
- Lung Function & Lung Age
- Metabolic Testing (Weight Management)
- UV Photo
- Visual Acuity

STROKE PREVENTION

levels.

Help encourage your employees to not only be active but also to establish other good habits that can lead to better health, such as getting enough sleep, eating seasonal fresh fruits and vegetables and exercising regularly. Ask us about healthy promotional materials that we will gladly share for your summer newsletters and intranet.

Consistency is the key to helping individuals reach their goals in relation to diet and exercise. Summer is a great time to reinforce those activities promoted during wellness events held during the year.



Dehydration is one of the heat related illness caused due to the loss of water and salts from the body. A research by 'American College of Sports Medicine' shows that more than 300 people die of heat related illnesses

every year. The study also confirmed that children are more susceptible to dehydration and heat illness than adults and once the children are dehydrated it's almost impossible for them to regain their health.

Dehydration can be prevented with these simple tips.

- Drink at least 8 ounce glasses of fluid everyday during summer.
- Avoid dark colored clothes and wear absorbable loose fitting clothes.
- Avoid caffeinated and carbonated beverages.
- Drink before, during and after strenuous activity to replace the loss of fluid through sweat.
- Protect your skin with sun block and stay in cool and shaded areas.

Did you know that men consume twice as much salt as they need (an average of 4000 mg of sodium a day?) Most adults in the US should consume no more than 1500 mg according to the dietary guidelines of the USDA. Salt reduction is associated with reduced risk of hypertension.



JULY IS UV SAFETY MONTH

"It's summertime, which means the days are longer and more time is spent outdoors. Increased time in the sun poses risk to more

- Carotid Artery
- Arterial Stiffness Index

EDUCATIONAL

- Health Coaching
- Wellness Wagon
- Workshops / Lunch 'N' Learns
- Health Bingo
- Milk Taste Test (*Nutrition*)

HRA's (Emailed And On Line)

STRESS REDUCTION

- Massage
- Reflexology
- Aromatherapy
- Yoga Workshops
- Tai Chi Workshop
- Stress Reduction Workshop
- Smoking Cessation
- Anger Management

NUTRITIONAL PROGRAMS

- Weight Management
- Wellness Wagon
- Lunch 'N' Learns
- Brown Bag Seminars
- Cooking Demo
- Rate Your Plate

STROKE PREVENTION

- Arterial Stiffness Index
- Carotid Artery
- Blood Pressure
- Workshops

ADJUNCT SERVICES:

Health professionals offer free services such as neck and back screenings, foot and ankle screening, workshops, etc. Contact us to check availability for YOUR company.

FLU PREVENTION

Reserve your vaccine early and set up your flu clinic. Contact:

Katherine.Minogue

than just your skin, though. The American Academy of Ophthalmology stresses the importance of eye protection from the sun's harmful rays by wearing sunglasses and wide-brimmed hats.

One of the greatest threats to your eyes is invisible. Studies show that exposure to bright sunlight may increase the risk of developing cataracts, age-related macular degeneration and growths on the eye, including cancer.

The longer the exposure to bright light, the greater the risk is. Excessive exposure to UV light reflected off sand, snow, water or pavement can damage the eyes' front surface. Like your skin, your eyes never recover from UV exposure." (Source: <http://aetevesmart.org/eyesmart/summer.cfm>)

People of all ages are at risk for damage from UV rays, including children.

Your eyes can also receive a sun burn known as photokeratitis, which can cause pain, redness, and tearing. Reflected sunlight--light that bounces off water, for example--can be the most dangerous type of UV light because it is intensified.



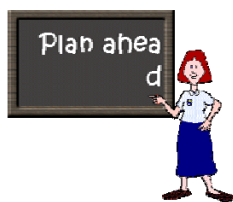
HEALTH RISK ASSESSMENTS

Don't have an assessment through your insurance providers. Heart Screen can help. Find out your employees' health risks and needs. the We can provide:

- Personal Wellness Profile
- Group Aggregate Reports
- Executive Summaries
- Year-to-Year Comparisons

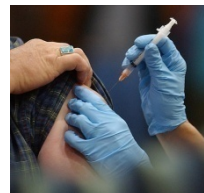


Contact HEART SCREEN for more information.
631.842.1122



2010-2011 FLU CLINICS

It is never too early to sign up for fall Flu Clinics and reserve vaccine. Our fees have not increased from last year.



Fees: \$18.00 per person plus group nurse fees. Contact Katherine.Minogue@heartscreen.com



Stress Relief

Got a minute? Give yourself a massage. Place your thumbs behind your ears and spread your fingers on top of your head. Move your scalp back and forth slightly by making circles with your fingertips for 15-20 seconds. Feel better?

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September is National Cholesterol Education Month. Host a cholesterol screening, conduct a heart healthy workshop with the goal of reducing the percent of your employees with high blood cholesterol. Through educational efforts heart Screen aims to raise awareness and understanding about high blood cholesterol as a risk factor for Coronary Heart Disease and the benefits of lowering cholesterol levels as a means of preventing CHD.

Watch For Our August FITNESS ISSUE.

Barbara Parker

President

HEART SCREEN Inc.

