



HEART SCREEN

Health-E-News

May-June 2010



A Word From The President

Our monthly newsletter follows the National Health Observances Calendar and our programs incorporate many of these health observances. Heart Screen's newsletter is a healthy reminder to include other events into

*your event planning. **HEALTH OBSERVANCES ARE TIED TO ALMOST EVERY ASPECT OF WELLNESS AND HEALTH.** Use it to help promote a healthy lifestyle for your employees, their families and your corporate community.*

Many observances relate to cardiovascular disease. February is American Heart Month, May is National High Blood Pressure Education Month and National Stroke Awareness Month, and September is National Cholesterol Education Month. These programs are often addressed in your Biometric Screenings.

But Health can be observed all year round—not only during open enrollment. Other timely health issues are listed below. Consider sponsoring events and activities around health observances.

Barbara Parker
President
HEART SCREEN Inc.



Heart Screen initiative is one of awareness. More than 1 out of every 10 Americans has high blood pressure. Many of those who have high blood pressure do not know it. This is a uniquely silent disease. There are no symptoms until it is too late; the catastrophe of a heart attack or stroke is all too often the first indication of a problem. Early detection is important. **CONDUCT A WORKPLACE BLOOD PRESSURE SCREENING.**

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
- Dreyes Simulator Goggles
- Glaucoma
- Grip Strength
- Hepatitis Screenings
- Lung Function & Lung Age
- Metabolic Testing (Weight Management)
- UV Photo
- Visual Acuity

STROKE PREVENTION

- 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



National Osteoporosis Prevention Month (May) is a great time to make employees aware of the dangers of bone loss and the benefits of adequate prevention through diet, exercise and lifestyle modification. **HOST A BONE DENSITY SCREENING AT YOUR WORKPLACE.**



National Physical Fitness and Sports Month is a great time to promote the benefits of physical activity. Encouraging on-site fitness, walking programs combined with controlling risk factors make great workshop topics. Prevention and awareness are the key. **HEART SCREEN CAN ASSIST YOU IN SETTING UP A SERIES OF INFORMATIVE WORKSHOPS.**

National Employee Health & Fitness ★★★★★★★★★★★★★★★★

What Are You Doing For Your Employees' Health And Fitness Needs? Host fitness screenings: body fat composition analysis, flexibility and grip strength screenings. Have contests. Get employees involved.



Lunch 'n' Learns introduce topics in an interesting format. COPD and related conditions can be identified **THOUGH LUNG FUNCTION SCREENINGS.**



This annual event provides opportunities to raise awareness about communication disorders and to promote treatment that can improve the quality of life for those who experience problems with speaking, understanding, or hearing. Find out more about our **AUDITORY SCREENING** for identification of problems.



Your Eyes Are the Windows to Your Health.

Healthy Vision Month, a national eye health observance, is designed to elevate vision as a health priority for the Nation. Make **VISION SCREENING** (near and far-sightedness and glaucoma) a part of your annual employee screenings.

- 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

FLU PREVENTION



Start the Day Right Don't Skip Breakfast

A healthy breakfast is the best way to start off your day, and be good to yourself by eating a healthy breakfast.

A healthy breakfast should contain some protein and some fiber. Protein can come from low fat meats, eggs, beans or dairy. Fiber can be found in whole grains, vegetables and fruits. A good example of a healthy breakfast might be something simple like a hard boiled egg, an orange, and a bowl of whole grain cereal with low fat milk.



May is Melanoma/Skin Cancer Detection and Prevention Month®. Skin cancer is the most common form of human cancer. It is estimated that over 1 million new cases occur annually. The annual rates of all forms

of skin cancer are increasing each year, representing a growing public concern. It has also been estimated that nearly half of all Americans who live to age 65 will develop skin cancer at least once. Heart Screen raises awareness about this potentially fatal type of skin cancer and to encourage Americans to practice sun-safe behaviors and examine their skin for suspicious moles and lesions. Start with our **UV PHOTO CANCER AWARENESS PROGRAM**.

League of American Bicyclists **May is National Bike Month**

May is National Bike Month and the perfect time to get out and ride with your family, co-workers and friends. Get excited about riding your bikes and tell others about how bicycling benefits their personal health, traffic reduction, and our environment.



National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health (OWH). The nationwide initiative encourages women to take simple steps for a longer, healthier, and happier life and to remind women that taking care of themselves is essential to living longer, healthier, and happier lives. Women are often the caregivers for their spouses, children, and parents and forget to focus on their own health. But research shows that when women take care of themselves, the health of their family improves. During National Women's Health Week it is important to educate our wives, mothers, grandmothers, daughters, sisters, aunts, and girlfriends about the steps they can take to improve their health and prevent disease. After all, when women take even the simplest steps to improve their health, the results can be significant and everyone can benefit.



National Men's Health Week, Men's Health Week - June 14-20 2010 The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early

Stay away from the sugary cereals, syrups, pastries, and white breads because they are digested quickly and will leave you hungry and tired in a couple of hours. Protein and fiber satisfy your hunger and will keep you feeling full until lunch time.

If you really don't like to eat breakfast, you can split it up into two smaller meals. Eat a hard-boiled egg at home, and an hour or two later, take a break from work and snack on an apple and a handful of healthy nuts like pecans or walnuts.

detection and treatment of disease among men and boys. Plan a
"Father's Day" PSA seminar and screening.

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