



BETTERSAFE

WELCOA'S ONLINE BULLETIN FOR YOUR FAMILY'S SAFETY

Improving Alcohol Awareness

UNDERSTANDING THE IMPACTS

Alcohol awareness is about better understanding the impacts of alcohol and the signs of alcohol abuse. Drinking excessive amounts of alcohol, or too much, can harm your overall health. Excessive drinking can impact not only your physical health but cognitive abilities as well.

What is an appropriate amount of drinking? What is considered a standard drink? According to the Centers for Disease Control and Prevention, in the United States, a standard drink contains 0.6 ounces (14.0 grams or 1.2 tablespoons) of pure alcohol. Generally, this amount of pure alcohol is found in the following portions of an alcoholic beverage: 12-ounces of beer (5% alcohol content), 8-ounces of malt liquor (7% alcohol content), 5-ounces of wine (12% alcohol content), 1.5-ounces of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey). Excessive drinking is defined as binge drinking or over drinking. For women this is 4 or more drinks in a single occasion and for men, 5 or more drinks in a single occasion. Drinking moderately is considered one drink a day. People under the age of 21, those who are pregnant or may become pregnant, individuals suffering from alcoholism, or suffering from other certain medical conditions should avoid drinking.

Drinking excessive amounts of alcohol can also cause cognitive difficulties including short term memory loss as well as the inability to operate motor vehicles. Almost half of traffic fatalities are alcohol related. Long term



Talk with your doctor if you have any concerns about your health.

health risks include higher risk of certain cancers, high blood pressure, heart and liver disease, and digestive issues. Additionally, excessive alcohol use over a long period of time can cause depression and anxiety and may negatively impact relationships with family and friends due to alcohol dependence and alcoholism. Children of individuals who have alcohol issues have a higher chance of developing alcohol related issues.

Drinking alcohol in a social setting is common in the United States. Because of this, it can be challenging to decrease alcohol use or monitor alcohol use.

What are ways to remain involved socially, but cut back on alcoholic drink consumption? Here are some tips:

- » Be open about your desire to cut back on number of drinks. Naming this can help other individuals to feel empowered to cut back on the number of drinks as well!

- » Drink water and sip in between drinks to cut back on the amount of alcoholic drink consumption
- » Commit to 1-2 drinks during a social engagement. If you feel you need accountability, ask a friend to join you!
- » Offer to be the designated driver
- » Plan an event not related to alcohol consumption. What are other examples of social gatherings that you and your family, friends, or coworkers would be interested in participating in?
- » Pledge to not drink for a month. In a month, assess how the experience helped your physical health, and your bank account!

There are safe and responsible ways to consume alcoholic beverages. Knowing the signs of alcohol misuse and abuse can help you make healthy decisions as well as share information with your community about how to engage responsibly!



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DAY IN DAY OUT

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

Dealing with Distracted Driving

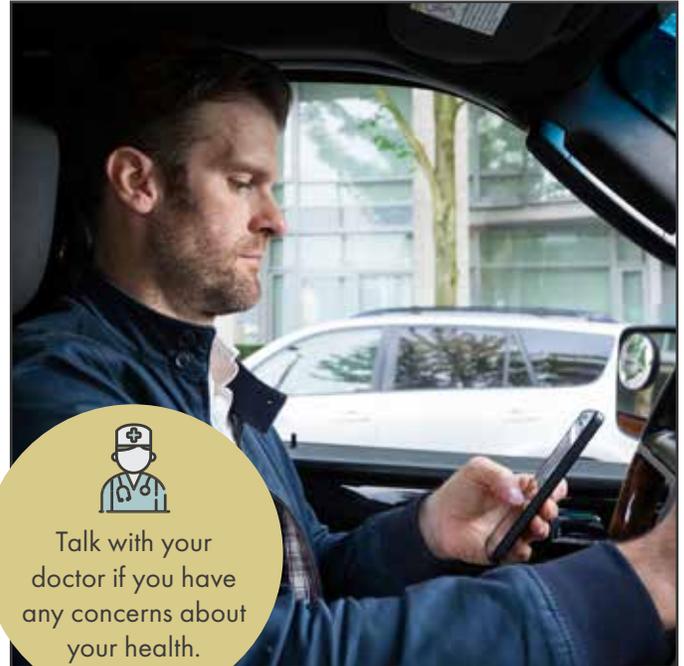
THE DILEMMA OF DISTRACTED DRIVING

Distracted driving is not only a risk to yourself, but a risk to other drivers as well as pedestrians. Distracted driving is when the driver's attention is not entirely focused on the act of operating a motor vehicle.

There are four types of distracted driving: visual, auditory, manual and cognitive. Visual distraction is when you are looking at something else other than the road. Auditory distraction is when you are listening to something that is causing you to become distracted. Manual distraction is when you remove your hands from the wheel. Cognitive distraction is when your mind wanders and you begin thinking of non-driving related topics.

The most common distraction is using a cell phone while driving, specifically text messaging. According to the National Highway Traffic Safety Administration, sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that would be driving the length of a football field with your eyes closed. Text messaging can increase the risk of a crash or near crash by 23 times. Distracted driving leads to lack of ability to stay in the designated lane, missing traffic signals, and car crashes.

Recent studies suggest drivers do not have a high level of awareness regarding the fact that they are distracted while behind the wheel. In a recent study 36% of



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individuals who felt that distracted driving was not acceptable still admitted to text messaging or emailing while driving. As more drivers aim to multitask and continue to operate cell phones, lawmakers have begun to take this important topic of safety into consideration. Many states have banned handheld phone use while operating a motor vehicle.

The following states are included in this ban:

Arizona, California, Connecticut, Delaware, Georgia, Hawaii, Illinois, Maryland, Maine, Minnesota, New Hampshire, New Jersey, New York, Nevada, Oregon, Rhode Island, Tennessee, Vermont, Washington and West Virginia and the District of Columbia.

ARE YOU A DISTRACTED DRIVER?

If so, what can you do to change these habits? Below are a few suggestions to improve focus while driving.

- » Leave your cell phone in the back seat where you cannot reach it
- » Turn your cell phone off or on silent
- » Put your cell phone on “Do Not Disturb” setting
- » Listen to music or radio shows that will not divert your attention from the road
- » If you are in a friend or family member’s car and they are texting while driving, kindly ask them to put down their phone while driving. Opening up a discussion about distracted driving can prevent future car crashes!

HOW DO YOU KNOW IF OTHER DRIVERS ARE DISTRACTED?

Below are signals that a driver may be distracted. Protect yourself and avoid driving near the vehicle if possible.

- » A vehicle is missing traffic signals
- » A vehicle is veering among lanes
- » A driver who is not looking at the road, most likely their head will be facing down

Distracted driving can have a potentially fatal outcome. However, it is preventable. Commit to lessening the distractions you create and face while driving to help make the roads safer for everyone!



IS YOUR STATE ONE OF THE STATES THAT HAVE BANNED HANDHELD CELL PHONE USE WHILE DRIVING?

- | | |
|-----------------|------------------------|
| » Arizona | » New Jersey |
| » California | » New York |
| » Connecticut | » Nevada |
| » Delaware | » Oregon |
| » Georgia | » Rhode Island |
| » Hawaii | » Tennessee |
| » Illinois | » Vermont |
| » Maryland | » Washington |
| » Maine | » West Virginia |
| » Minnesota | » District of Columbia |
| » New Hampshire | |



Raising Awareness on Hemophilia

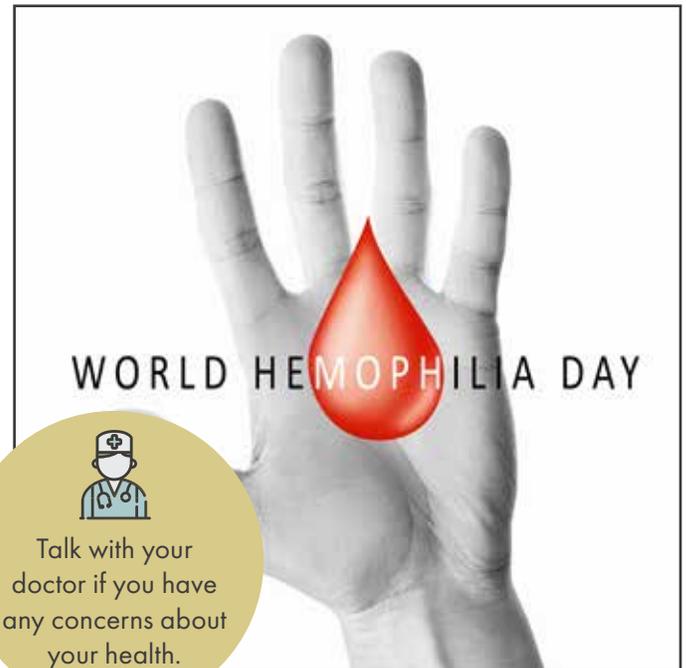
HEMOPHILIA DAY IS APRIL 17

Hemophilia is a medical condition where the ability to blood clot is severely reduced. The blood will not clot normally as the blood lacks the necessary proteins. This means the individual who suffers from hemophilia will bleed severely when an injury takes place. Hemophilia is often inherited. However, 30% of individuals suffering from hemophilia do not have a family history of hemophilia. Acquired hemophilia is rare and may occur during pregnancy, cancer, multiple sclerosis and autoimmune conditions.

The following symptoms may occur if you are suffering from hemophilia:

- » Deep bruises
- » Unusual bleeding
- » Blood in stool or urine
- » Unexpected nosebleeds
- » Excessive bleeding from injuries or cuts for no known reason

If hemophilia runs in your family and you become pregnant, it may be possible to determine during pregnancy if the baby is at risk for hemophilia. The tests pose risks so speak with your doctor if this is right for you. Severe cases of hemophilia often can be diagnosed within the first year of a child's life. Mild cases may be diagnosed during adulthood. Blood tests will be utilized in order to reveal if there is a clotting-factor deficiency.



Talk with your doctor if you have any concerns about your health.

The main risk factor for hemophilia is through genetics, so when biologically related family members have hemophilia, this may increase your chances. There are several complications that hemophilia may cause. Deep internal bleeding, joint damage, infections and adverse reactions to clotting treatment. When internal bleeding occurs within deep muscle, it can cause swelling of the limbs. This can lead to pain or numbness. Internal bleeding can also create pressure on the joints which in turn will cause pain. When an individual has hemophilia, they have a higher risk of infection as they are more likely to need blood transfusions. This can increase the risk of contaminated blood transfusions. An adverse reaction to clotting treatment means the treatment is less effective.

HOW IS HEMOPHILIA TREATED?

Hemophilia is treated through the following therapies: Desmopressin, clot-preserving medications, fibrin sealants, physical therapy, vaccinations, and using

basic first aid for cuts. Desmopressin is a hormone that is used to stimulate the body to release more clotting factor. Desmopressin is injected or taken as a nasal spray. Clot-preserving medications help stop clots from breaking down and are taken orally. Fibrin sealants are medications that are applied to the wound site. Physical therapy is used to ease symptoms if internal bleeding has occurred. First aid is used by applying bandages to the cut site. If the bleeding is occurring beneath the skin, an ice pack can be used. Vaccinations that are helpful protection for people with hemophilia are immunizations against Hepatitis A and Hepatitis B.

If you have hemophilia, there are steps you can take to protect your joints and avoid excessive amounts of bleeding. The following steps are important to take when combating hemophilia:

- » Exercise regularly
- » Avoid certain pain medications and blood thinning medications
- » Practice proper dental hygiene
- » Protect yourself from injuries

Exercise that provides low impact on joints is best and includes walking, swimming and low impact bike rides. Contact sports should be avoided. Pain medications that are recommended to be avoided are those that aggravate bleeding such as aspirin and ibuprofen. Use acetaminophen based pain relievers instead. Blood thinning medications should always be avoided. By practicing good dental hygiene, you can avoid tooth extractions, which can lead to excessive bleeding.

Protecting yourself from injuries that cause bleeding is also important. Use helmets while biking and



consider using knee pads or elbow pads. Always use a seat belt and keep your surroundings at home and in the workplace free from sharp corners on furniture if possible. Getting a medical alert bracelet is also something to consider. This can alert individuals that you have hemophilia, should something happen. If you are comfortable sharing that you have hemophilia, this may be helpful should an emergency situation arise.

UNDERSTANDING THE RISK FACTORS AND COMPLICATIONS

There are several complications that hemophilia may cause. Deep internal bleeding, joint damage, infections and adverse reactions to clotting treatment. When internal bleeding occurs within deep muscle, it can cause swelling of the limbs. This can lead to pain or numbness.

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TO YOUR HEALTH

WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

Making Humor a Habit

WHY HUMOR CAN BENEFIT YOUR OVERALL HEALTH

April is national humor month. Humor month was created to spread awareness about the value humor has on overall health. Finding humor in things, meaning finding and creating laughter, joy, and overall fun can improve health and well-being. Well-being focuses on your happiness, safety, and the comfort you feel regarding your life. Humor can also help your communication skills, boost your morale, find joy and laughter in “the small things,” or life’s disappointments, and make challenging tasks or situations feel a bit lighter. It can be used as a coping mechanism for challenging moments or conversations. Humor is a tool you can use to add joy to your day and keep your endorphins going!

The American Cancer Society defines humor therapy as “the use of humor for the relief of physical or emotional pain or stress. . . a complementary method to promote health and cope with illness.” Laughter can reduce pain by producing endorphins and can strengthen the immune system by increasing the production of T cells. It can also help individuals recharge and reduce cortisol levels - a hormone produced when we are stressed. Laughter can help increase energy by reducing stress factors and providing new perspective in a situation.

Laughter can be known as the best medicine, but what exactly can it do for our bodies? It can reduce pain and discomfort as well as lower blood pressure and blood sugar levels. Emotionally, laughter can create calm and happy mental and emotional states for ourselves as well as those around us. After all, laughter can also be known



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to be contagious! Laughter can help bring individuals together by breaking the ice. When used appropriately, humor can help de-escalate stressful situations and during conflict to help break tension.

Humor can be underutilized in the workplace because we assume we will not be seen as acting professional. However, small doses can go a long way. While some moments will call for seriousness, think about moments in the workplace that call for humor and laughter to inspire comradery, creativity, and inspiration!

Have you fallen into a pattern of being grumpy? Does this bring others down? How can you utilize humor and laughter to bring joy and ease into the workplace?

WHAT ARE WAYS TO ADD HUMOR IN YOUR LIFE AND CELEBRATE NATIONAL HUMOR MONTH?

- » Read a joke each day of the month, then tell it!
- » Create a laugh list - life can be challenging. Take a moment each day to jot down an experience that was humorous for you
- » Reflect with your family, friends, and coworkers about funny moments
- » Don't forget to laugh at yourself!

Humor can positively impact your overall well-being. If you feel you need a boost of morale, use the tips listed to improve your physical, mental, and emotional state. Not only can you help yourself, but you can help others around you by adding humor and laughter everywhere you go.



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