



BETTERSAFE

WELCOA'S ONLINE BULLETIN FOR YOUR FAMILY'S SAFETY

Is Your Cocktail Hour Turning Toxic?

Birthdays, parties, special occasions or just at dinner—there's usually plenty of occasions and reasons to raise your glass. Unfortunately, many American adults may be overdoing it. According to a National Survey on Drug Use and Health, 26.9 percent of people ages 18 or older reported binge drinking on at least one occasion a month and 7 percent reported that they engaged in heavy alcohol use on a monthly basis.

Excessive alcohol intake can increase your risk for several chronic conditions, including liver disease and some cancers. Alcohol abuse can also have a negative impact on your job, relationships and safety—both yours and those around you.

KEEP YOUR COCKTAILS IN CHECK

If you drink, the following tips can help ensure you're not overdoing it, and only drinking in moderation.

Track your drinking. You may be drinking a lot without realizing it. Every time you have a drink, write down the day, time, location, and how much. Do this for a few weeks or a month. This journal will help you become mindful of your drinking as well as help you identify how much you may need to cut down.

Set goals and limits. Based off your tracking, set goals and limits to your drinking. If you drink daily, you may want to pick a day or two during the week not to drink. Or you may want to completely abstain for a



week or longer. Taking a break from alcohol can be a good way to start drinking less.

Follow “best practices” when you drink. When you drink, follow these strategies:

- » Drink slowly; sip your drink
- » Drink water before and after having an alcoholic beverage
- » Don't drink on an empty stomach

Go public and ask for support. Let friends and family members know that you're making an effort to drink less. Ask for their support during this time. Letting them know can help reduce temptation (i.e., they will be less inclined to invite you out for drinks or offer you drinks).

Expect setbacks, but don't give up. As with trying to form any habit, it's common to have a setback. It often takes several attempts to successfully cut down or stop drinking altogether—so stick with it.

If you're still finding it difficult to cut back on your drinking contact your doctor or health care provider.

WHAT'S MODERATE?

Moderate drinking is defined as no more than 1 drink per day for women and no more than 2 drinks per day for men.

WHAT COUNTS AS A DRINK?

- » 1 can of beer (12 oz)
- » 1 glass of wine (5 oz)
- » 1 shot of liquor (1.5 oz)

The Substance Abuse and Mental Health Services Administration (SAMHSA) defines binge drinking as five or more alcoholic drinks for males or four or more alcoholic drinks for females on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least one day in the past month. SAMHSA defines heavy alcohol use as binge drinking on five or more days in the past month.





DAY IN DAY OUT

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

Struggling to Sleep?

DON'T LET APNEA STEAL YOUR SWEET DREAMS

Most people who have sleep apnea don't realize it. That's because this disorder only occurs during sleep.

Sleep apnea is when you have pauses in breathing while you're asleep. These pauses can last from seconds to minutes. You may have difficulty breathing a few times or dozens of times an hour.

These breathing pauses can be dangerous if they cause the oxygen level in your body to drop or disturb your sleep. When oxygen drops, your brain does whatever it can to get you to resume breathing. And then you may snore, gasp, snort loudly, or make a choking sound. A family member or bed partner might be the first to notice these disruptions in your sleep.

Sleep apnea is a common disorder. Anyone can develop it. "Sleep apnea can occur in both genders, in all races and ethnicities, and in people of all sizes and shapes," says Dr. Michael Twery, a sleep expert at the National Institutes of Health (NIH).

The most common type of sleep apnea is called obstructive sleep apnea. Any air that squeezes past a blocked airway can cause loud snoring. When you're awake, the muscles in your throat help keep your airway stiff and open. In adults, the throat muscles and tongue can relax during sleep, or fat tissue in the neck can narrow your airway to cause an obstruction. In children,



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

the airway may become blocked if their tonsils are so large they obstruct the airway opening.

The other type of sleep apnea is central sleep apnea. In central sleep apnea, the brain doesn't send the correct signals to your breathing muscles, so you stop breathing for brief periods.

So how can you tell whether you may have this disorder? One of the most common symptoms is excessive daytime sleepiness. "Anyone who feels so tired on a regular basis that this is a drag on their daytime function—that even if they allow enough time to get enough sleep on a regular basis and they still feel this way—then they need to discuss it with their doctor," Twery says.

Another common symptom is loud, frequent snoring. But not everyone who snores has sleep apnea. Other symptoms of sleep apnea may include feeling irritable

or depressed, or having mood swings. You may have memory problems or trouble concentrating. Or, you may wake up with a headache or a dry mouth.

Your doctor can diagnose sleep apnea based on your symptoms, a physical exam, and a sleep study. For a sleep study, your doctor may send you to a sleep lab or provide a portable sleep monitor. Sleep studies record things like heart rate and oxygen level while you sleep.

A sleep study can show whether apnea is mild or severe. “The largest proportion of the population with sleep apnea has mild sleep apnea,” Twery explains. “Mild may or may not be associated with any daytime symptoms.” People who are so sleepy that they’re at risk of a drowsy driving accident are probably in the moderate to severe range.

Doctors may prescribe breathing devices that pump air or mouthpieces that adjust the lower jaw or hold the tongue. Other treatments are available and may be considered with advice from a physician familiar with your health.

Everyone deserves a good night’s sleep. For self-care tips for breathing better while you’re sleeping, see the “Wise Choices” box. If you feel extremely sleepy during the daytime or your bed partner says that you stop breathing when you’re asleep, go talk with your doctor.



BREATHE EASY!

Try these tips for improving your breathing when you’re asleep:

- » **Avoid alcohol before bedtime and don’t take medicines that make you sleepy.** They make it harder for your throat to stay open when you’re asleep.
- » **Maintain a healthy weight.** Extra fat in the walls of your throat can make it narrower.
- » **Sleep on your side instead of your back.** This helps keep your throat open.
- » **Ask your physician about medicines.** Some medications can help open your nasal passages.



TAKECHARGE

WELCOA'S SELF-CARE BULLETIN

Know Stroke, Know the Signs, Act In Time

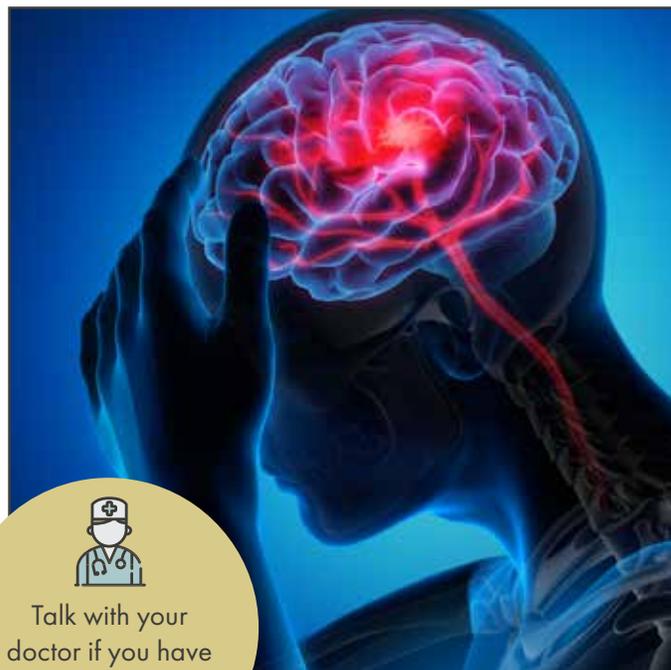
Each year in the United States, there are more than 800,000 strokes. Stroke is a leading cause of death in the country and causes more serious long-term disabilities than any other disease. Strokes can and do occur at ANY age. Nearly one fourth of strokes occur in people under the age of 65. Stroke death rates are higher for African-Americans than for whites, even at younger ages.

WHAT IS A STROKE?

A stroke is serious—just like a heart attack. A stroke is sometimes called a “brain attack.” Most often, stroke occurs when blood flow to the brain stops because it is blocked by a clot. The brain cells in the immediate area begin to die because they stop getting the oxygen and nutrients they need to function.

There are two kinds of stroke. The most common kind of stroke, called ischemic stroke, is caused by a blood clot that blocks or plugs a blood vessel in the brain. The other kind of stroke, called hemorrhagic stroke, is caused by a blood vessel that breaks and bleeds into the brain.

Stroke damage in the brain can affect the entire body - resulting in mild to severe disabilities. These include paralysis, problems with thinking, problems with speaking, and emotional problems.



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

STROKE SYMPTOMS

- » Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)
- » Sudden confusion, trouble speaking or understanding speech
- » Sudden trouble seeing in one or both eyes
- » Sudden trouble walking, dizziness, loss of balance or coordination
- » Sudden severe headache with no known cause

Because stroke injures the brain, you may not realize that you are having a stroke. The people around you might not know it either. Your family, friends, or neighbors may think you are confused. You may not

be able to call 911 on your own. That's why everyone should know the signs of stroke - and know how to act fast.

Don't wait for the symptoms to improve or worsen. If you believe you are having a stroke—or someone you know is having a stroke—call 911 immediately. Making the decision to call for medical help can make the difference in avoiding a lifelong disability.

Every minute counts. The longer blood flow is cut off to the brain, the greater the damage. The most common kind of stroke, ischemic stroke, can be treated with a drug that dissolves clots blocking the blood flow. The window of opportunity to start treating stroke patients is three hours. But a person needs to be at the hospital within 60 minutes of having a stroke to be evaluated and receive treatment.

WHAT CAN YOU DO TO PREVENT A STROKE?

While family history of stroke plays a role in your risk, there are many risk factors you can control. The best treatment for stroke is prevention. You can reduce your risk of having a stroke by taking action to improve your health.

- » If you have high blood pressure, work with your doctor to get it under control. Many people do not realize they have high blood pressure, which usually produces no symptoms but is a major risk factor for heart disease and stroke. Managing your high blood pressure is the most important thing you can do to avoid stroke.
- » If you smoke, quit.
- » If you have diabetes, learn how to manage it. As with high blood pressure, diabetes usually causes no symptoms but it increases the chance of stroke.
- » If you are overweight, start maintaining a healthy diet and exercising regularly.





TO YOUR HEALTH

WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

How to Exercise from Home and Enjoy It!

Working out from home was on the upward trend prior to the pandemic, but now it's also essential for overall health and well-being. Plus, with many organizations continuing remote policies as the pandemic wears on, people need to create the new normal.

For many, having a gym or fitness club is necessary for the motivation to exercise. Without access to those options it might be tempting to skip your workout during these challenging times. How do we easily transition exercise routines to living rooms, basements, and bedrooms? Here's how.

EXERCISE IS GETTING A TECH MAKEOVER

The Internet of Things is empowering people to embrace emerging exercise technologies.

Streaming exercise classes has never been easier. Fitness studios across the United States are turning to online platforms to keep their audience connected during the pandemic that's caused many people to close due to stay-at-home mandates.

According to a March 2020 survey from OnePoll, 16 percent of adults in the United States had taken to using online exercise videos due to social distancing during the coronavirus pandemic. Those numbers continue to grow and exercising at home is predicted to continue beyond the pandemic. People have also taken an opportunity to test out fitness apps, with 74 percent of respondents using at least one while in lockdown.



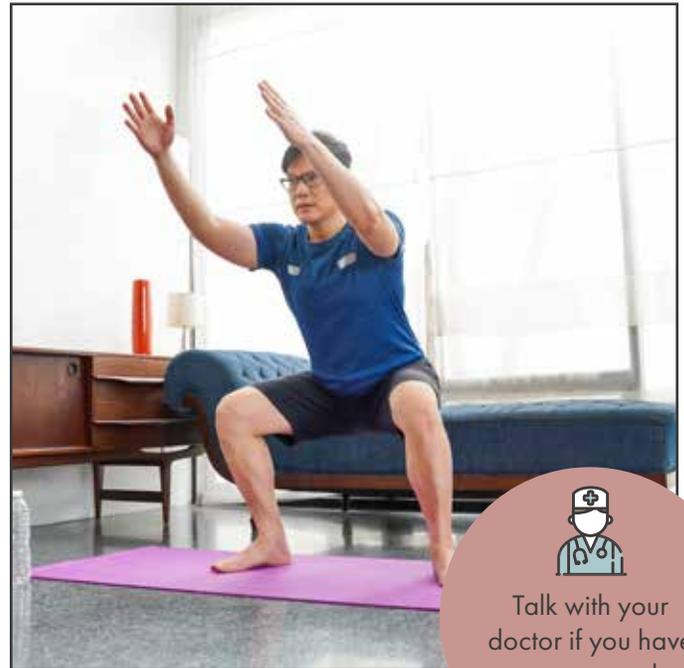
5 TIPS FOR HOME WORKOUTS:

- 1. The YouTube app rules:** Watch tons of fitness videos for free. You can get your hands-on tutorials on dancing, home boxing workouts, ab workouts, and a lot more. You can even watch them while you're busy doing house chores.
- 2. Click start with exercise videos online:** Whether you enjoy yoga, cardio kickboxing, Pilates, strength training, barre, dance, or another type of workout, chances are you can find a service that offers online videos. Additionally, many exercise studios and other community organizations are now providing on-demand virtual fitness content.
- 3. Take a virtual class:** Local fitness studio or personal trainer are going online and make it easy to sign up for online fitness classes or training sessions. Plus, having a class or training session on your calendar allows you to interact with other people in a fun way, which may be just the motivation you need to keep up with your fitness regime.

4. **Set goals:** Set an exercise goal — such as doing yoga or cycling — and make a plan to work towards setting additional goals as you continue with your home workout journey.
5. **Share workouts with family:** Exercise is an excellent opportunity for family fun. Walks, bike rides, dance parties, living-room yoga sessions, or backyard soccer games are just a few examples of how you and your household members can exercise together.

DON'T FORGET

When pairing a workout with a mindfulness exercise in the cool down phase, there is an additional positive effect on the mental state. Regular post-workout meditation or other mindfulness exercises can also help tremendously in promoting positive overall mental health and well-being.



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

TOP EXERCISES TRIED DURING QUARANTINE

There are a number of ways you can get in a full-body workout while exercising at home. Here are the most popular workouts.

1. Meditation
2. Running
3. Walking
4. Yoga
5. Pilates
6. Hiking
7. Outdoor biking
8. Spinning