

Be Well !

## The Buzz

### Be Flu Savvy! (tips from the CDC)

Do you know the flu? This is the season for cold & flu, and it is easy to get them confused. Although the respiratory etiquette & many of the prevention tips apply to both, the seasonal flu can be prevented or lessened with an annual flu shot. Symptoms of the flu include headache, chills and a high fever that can last up to 4 days.

#### Respiratory Etiquette

- ▶ Cough and sneeze into your sleeve (or shirt, or jacket)
- ▶ If you use a tissue for a cough or sneeze, throw it away immediately and wash or sanitize your hands
- ▶ Do whatever is necessary to reduce the 'spray' (but your hands should be a last resort & wash them immediately!)



#### Prevention

Get the flu shot: This year the flu shot is approved for most individuals older than 6 months of age. Ask your health care provider about getting a flu shot.

Frequent hand washing: Your mouth and nose are both a carrier of germs to other surfaces and a way for germs to enter your body.... THINK about where your hands have been & where they are going. Don't spread germs with your hands.

Healthy lifestyle: consume nutritious foods & fluids, manage stress, stay active, get 7-8 hours of sleep each night

Avoid close contact when possible with those who are sick; avoid sharing drinks & food; wash your hands after being in contact with others who are ill. Don't go to school or work if you have a fever.



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#### Is it the Flu or a Cold?

This time of year it can be difficult to know if it is a cold or flu when you feel sick. Here are a few easy ways to tell the difference:

Fever: usual for a flu (100° - 102°); rare with a cold

Headache: common with a flu; rare with a cold

Achy Body: often severe and normal for a flu; slight if any with a cold

Fatigue/weakness: usual with a flu; only sometimes with a cold

Extreme exhaustion: usual with a flu; never with a cold

Cough: common with a flu; mild to moderate with a cold

#### Feed a Cold; Starve a Fever?

Duke medical experts caution against following either side of this old wives' tale. According to the doctors at Duke, it is more important to keep yourself hydrated, rested, and well nourished (and practice good hand hygiene!) From Dukehealth.org

### October: Breast Cancer Awareness

From the National Cancer Institute

October is a good time for a refresher on factors that impact the risk for breast cancer. Two ways of looking at these factors are that some are risk factors, while others are protective factors.

Risk factors include things you cannot change like being over 40 and being female. Protective factors are things that each of us can do to improve our ability to avoid or survive breast cancer.

Protective factors are those that can be controlled or modified by lifestyle changes.

For example:

- **Healthy Weight:** studies have linked being overweight to breast (and other) cancer risk
- **Healthy Eating:** eating a balanced diet rich in fruits and vegetables increases overall health
- **Physical Activity:** women who are not physically active on a regular basis are more likely to develop breast cancer
- **Breastfeeding:** women who breast feed their children have some protection

#### Breast Cancer — The Hard Facts:

Breast cancer is the #2 leading cause of cancer deaths among women.

#### Health Tip!

Reduce stress in your life with natural techniques. Below are a few ideas; try a few of these to see what works best for you:

- Calming music
- Hot bath
- Aromatherapy oils
- Walking
- Deep breathing
- Herbal tea
- Yoga
- Stretching

## Be Well !

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## DEPRESSION TAKES A TOLL ON SICK DAYS

According to a recent report, depression accounts for almost four million sick days a year in the United States. The Mayo Clinic notes that physical symptoms such as headache, chronic pain and digestive disorders can be attributed to depression. If depression is getting you down, take action or tell someone who can help you take that first step!

If you or someone you care about is experiencing symptoms of depression, contact your health care provider or check with your worksite Human Resources Department to see if they have an Employee Assistance Program.

Be Well is an employee wellness program provided through the Eastern Highlands Health District, and offered at your worksite through a grant from the CT Department of Public Health. The goal of this program is to improve the overall health and wellness of employees through wellness initiatives that target risk factors and wellness issues that influence health.

## Broccoli-Potato Soup

8 servings

2 pounds fresh or frozen broccoli,  
4 medium potatoes  
2 large onions  
8 cups water  
3 cloves garlic, quartered



Nutrition Facts per serving:

Calories: 102  
Total fat: 0 g  
Saturated fat: 0 g  
Cholesterol: 0 mg  
Sodium: 36 mg  
Fiber: 6 g  
Protein: 6 g  
Carbohydrate: 32 g

Home made soups can be a healthy & provide a quick meal, what a simple way to add vegetables to your diet!

Prep the vegetables: cut up broccoli to bite size pieces; wash and slice potatoes, and slice the onions.

Place all ingredients in a large pot and bring to a boil. Simmer until vegetables are tender. Cool for 20 minutes. Mash or blend mixture lightly, so vegetables are partly chunky. Season with salt and pepper as desired. Top individual servings with grated cheese if desired.

*Serve with whole grain bread, corn bread, or whole grain crackers and fresh fruit*

## Active Living Tip:

When walking or jogging on the treadmill, it is a good idea to elevate the deck to about 3.0.

This elevation more closely simulates the natural wind and ground resistance experienced when running or walking outdoors.