

Did You Know . . .

July 2013

Are You Safe in the Sun?

Skin cancer attacks more than one million Americans every year, and exposure to the sun causes over 90 percent of skin cancers in the United States.

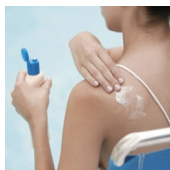
Sun Damage

Any type of suntan is the result of sun damage caused by exposure to ultraviolet (UV) radiation from the sun. Other types of sun damage include wrinkles, age spots, freckles, tough or leathery skin, dilated blood vessels, sunburn and skin cancer.

Preventing Sun Damage

The easiest way to prevent skin damage and lessen your chances of getting skin cancer is to avoid getting sunburn. Here are a few tips to help keep you safe in the sun:

- Stay out of the sun between 10 a.m. and 4 p.m. when it is strongest.
- Wear clothes with tightly woven fabric and a hat that shades your face, neck and ears.
- Wear sunglasses whenever you are outside to avoid developing cataracts and damaging your retinas.
- Use sunscreen that has at least 15 SPF every day, especially on your lips, ears and nose. For extended outdoor activities 30 SPF is suggested.
- Avoid tanning beds; they are just as damaging as the sun.
- Protect children from sun damage. Most damage from sun exposure occurs before age 18.



It's a Delicate Balance

Personal problems can affect the lives of employees both at home and at work. When life's events become challenging, McWane provides a resource that can help.

The McWane Employee Assistance Program (EAP) is a confidential assessment, counseling and referral service for employees of all divisions and their dependents that need help in any of the following areas: marital and family issues, alcohol and other drug dependency assessment, stress related issues, financial/legal referrals and emotional problems. The EAP counselor can help identify problems and assist in working through them. The counselors can also determine the best alternatives and, if necessary

Did you know...?

Knowing your numbers can reduce your risk of developing some preventable conditions. By taking control of your health, you will reduce your risk of developing illnesses, and will increase your chances of living a long, healthy life.



make appropriate referrals to other professionals who specialize in particular areas. The EAP through American Behavioral includes the following at no cost to you:

Counseling Services

- Up to four (4) face-to-face counseling sessions per member per year.
- Confidential - all information is kept strictly between the individual and the counselor. No one has to know.

Work/Life Services

- Eldercare Support Services - referrals for elder care; resources and materials on retirement, housing concerns, grief and loss, disaster support, Medicare/Medicaid and respite.
- Legal Counseling Services - a free 60 minute comprehensive legal consultation with access to discounted rates for future service.
- Financial Counseling - a free 60 minute session with a financial professional and/or local community referrals to other financial advisement resources.
- Community Support Resources - access to referrals to thousands of community resources including 12-step groups, community mental health agencies, support groups and more.
- Telephonic Counseling - scheduled telephonic counseling sessions are available in addition to face-to-face visits.

For more information
call American
Behavioral at 1-800-
925-5EAP(5327).



For Generations

Do You Know Your Numbers? (Health Numbers You Need to Know)

Knowing your blood pressure, cholesterol, blood sugar and body mass index (BMI) are extremely vital in determining whether you are at risk for developing major illnesses, such as heart disease and diabetes. If you know your numbers are out of the healthy range, you can take measures to get yourself back into good health.

Cholesterol

An unexpected heart attack may be caused by years of living with high cholesterol and extra fat stored in the body. **Total cholesterol should be 200 or less.** You should also ask your doctor what your HDL cholesterol (good) and LDL cholesterol (bad) levels are. Having high total cholesterol, high LDL or low HDL can put you at risk for a heart attack or stroke. Since there are no symptoms of high cholesterol, it is important to take advantage of screening opportunities and know your numbers.

Blood Pressure

Blood pressure is the amount of force that it takes for your heart to pump blood through your body. High blood pressure, known as hypertension, increases your risk of heart attack, stroke and kidney disease. It can also cause damage to your brain, eyes and arteries. **Blood pressure should be less than 120 over 80.** Much like cholesterol, there are no symptoms of high blood pressure, so knowing your numbers is key to good health.

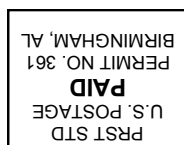
Blood Sugar

Glucose is sugar that is stored in the blood as your main source of energy. If your glucose levels are too high or too low, you can develop diabetes. **Normal blood sugar level is under 100 when using the FPG (fasting plasma glucose) test.** Since diabetes can strike anyone of any age, it is essential that you know your blood sugar number. This is especially true if you experience any of the following symptoms of diabetes: frequent urination, extreme hunger, thirst, unusual weight loss, increased fatigue or blurry vision. If diabetes is left untreated, it can lead to heart disease, blindness, amputation of the arms or legs and/or kidney disease.

Body Mass Index

BMI measures your weight in relation to your height. This measurement indicates whether your weight falls within a normal, healthy range. **Your BMI should be less than 25. A BMI over 25 indicates that you are overweight and a BMI over 30 indicates that you are obese.**

Carrying extra weight can lead to high cholesterol, heart disease, diabetes and other chronic conditions. To figure out your BMI, use the calculator at www.nhlbisupport.com/bmi.



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