



Health@News

Your Guide to a Healthier Lifestyle

VOLUME 8 ♦ ISSUE #2

There's No Place Like (a Safe and Healthy) Home

According to the National Safety Council, preventable injuries and deaths are on the rise in homes and communities across the United States, and Americans are 11 times safer at work than they are at home. To keep yourself and your family safe and healthy, it is important to be aware of various household hazards and to take the appropriate steps to eliminate or minimize them.

SAFETY FIRST

In many cases, accidents that occur in and around the home could be prevented by following some important safety guidelines. Consider the following suggestions from the National Safety Council.

- Keep floors clean and clear. Reduce clutter and safety tuck telephone and electrical cords out of walkways.
- Be aware that climbing and reaching high places will increase your chance of a fall. Use a sturdy step stool with hand rails when these tasks are necessary.
- Equip your home with smoke detectors on every level, particularly outside of sleeping areas. The U.S. Fire Administration reports that having a working smoke detector more than doubles one's chances of surviving a fire.

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ALL IN A DAY'S WORK

Making healthy choices throughout the workday can add up to major health benefits over time. By incorporating nutritious meals and other healthy habits into the work week, you can significantly improve your health, increase energy and safeguard your well-being.

EAT BREAKFAST

By eating a nutritious breakfast, you can set yourself up for healthy eating all day. A healthy and well-balanced breakfast generally includes whole grains, low-fat protein, low-fat dairy, and fruits and vegetables. Together, these foods provide important health benefits and can satisfy hunger for hours. If you find that you are short on time in the mornings, get up fifteen minutes early to eat breakfast or pack a meal to go the night before.

STRETCH

Sitting at a desk or work station for hours at a time may cause muscular tension in one or more areas of the body, especially

the shoulders and back. By taking several minutes to stretch every few hours, you may relieve tension in your muscles, reduce distracting pain and experience an extra boost of energy.

INCORPORATE PHYSICAL ACTIVITY

In addition to participating in an adequate amount of physical activity outside of the workplace, try to incorporate some calorie-burning activities into the workday. If possible, walk or bike to work; park farther away from the entrance and walk the extra distance; or take the bus part of the way and walk the remainder of the distance.

PRACTICE SAFETY AT WORK

Be aware of things you can do to ensure your health and safety in the workplace. Always use the safety equipment provided and point out any safety hazards that you recognize to your supervisor or manager. Learning to identify the hazards in your

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workplace and the proper way of working with or around each one will help assure that you stay healthy and injury-free.

MAKE HEALTHY CHOICES FOR LUNCH AND SNACKS

Like breakfast, lunch should be well-balanced and provide important elements of nutrition. Strive to eat a variety of fruits, vegetables, lean proteins and whole grains. Limit foods and drinks high in salt, sugar, fat and calories. Drink plenty of water throughout the day.

MANAGE STRESS

Effective stress management is a vital part of overall health and well-being. To manage stress, the Centers for Disease Control and Prevention recommend seeking support from family and friends, staying positive, talking time to relax, and getting 7-9 hours of sleep each night. In addition, it is important to get counseling if stress becomes unmanageable or overwhelming.

For additional information on health and safety at work, consult your physician.

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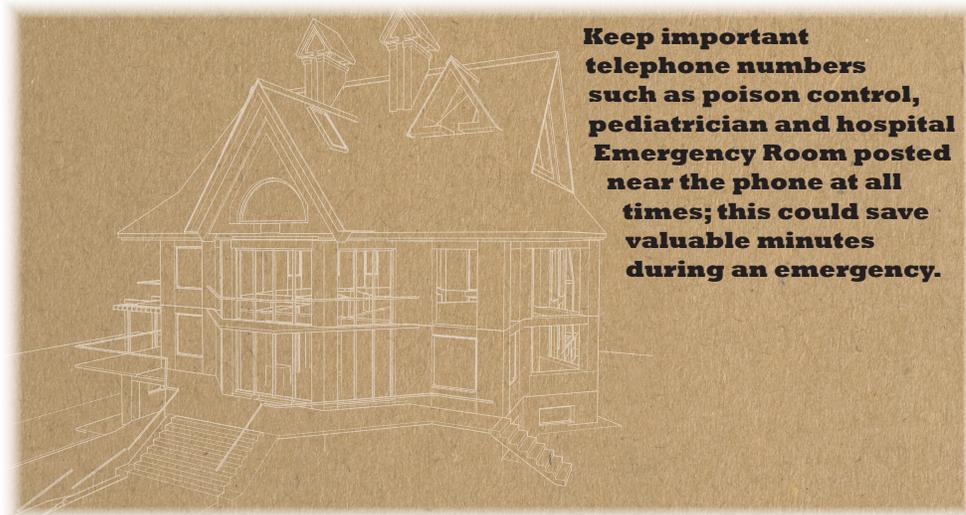
- Keep an all-purpose fire extinguisher (one rated for grease fires and electrical fires) in the kitchen. Also keep fire extinguishers near the furnace and garage.
- If young children live in or visit your home, use a medicine cabinet with a child-proof latch and keep it secured, even if the cabinet is raised.

- Use child-resistant caps on medications and keep them tightly closed. Child-resistant caps are meaningless if not properly fastened after each use.

KEEP GERMS AT BAY

Maintaining healthy habits goes a long way toward keeping your home germ-free. Consider the following suggestions to minimize the spread of germs, and consequently germ-related illness, in and around the home:

- The Centers for Disease Control and Prevention state that clean hands prevent infection and keeping hands clean prevents illness at home, as well as at school and at work. Wash your hands frequently to remove dirt and germs from other people, contaminated surfaces and animals.
- Cleaning surfaces with soap and water usually removes dirt and germs, while disinfecting with a bleach solution or other disinfectant kills bacteria and other germs.
- It is important to clean and disinfect your kitchen frequently since germs tend to linger in kitchens. Some raw foods contain dangerous bacteria, and because food is stored and prepared in the kitchen, the infectious bacteria can be easily spread to people.
- Be careful when preparing and cooking food. Always remember to wash raw fruits and vegetables and use separate utensils for raw and cooked foods.
- Bathrooms are also a popular place for germs and should be cleaned and disinfected regularly.
- Take your pets to a veterinarian regularly for vaccinations and treatment for worms to decrease the chance that a pet will pass an infection to a family member.



Keep important telephone numbers such as poison control, pediatrician and hospital Emergency Room posted near the phone at all times; this could save valuable minutes during an emergency.

Spirit of Women[®]

ST. LUKE'S HOSPITAL

Guys, Grills & Good Health

Thursday, June 16 • 6 to 7:30 p.m.

Mungenast Lexus of St. Louis

13700 Manchester Road

Have a date night that really sizzles! Couples and singles are invited to roll up their sleeves and dig in to some great BBQ sampling from the Grillin' Fools (grillinfools.com) and interact with St. Luke's physicians (orthopedics, GI and dermatology) and other health experts. The menu that night also offers important health screenings including PSA for prostate cancer and blood pressure among others. Enjoy beer and wine tastings and delicious food from Villa Farotto Restaurant.

Fee: \$25 per couple (\$15 per person). Event updates available at www.stlukes-stl.com. Pre-registration required.

Conversations for Women: The Hoopla about Pelvic Health

Thursday, April 28 • 6:30 to 8 p.m.

Bring your mother, sister and friends to this special women's event to learn what you can do to improve pelvic health at any age – from periods and perimenopause to fibroids, incontinence, sexual health and more.

- Get the latest information and answers to your questions from a physician panel of experts in obstetrics, urogynecology and gastrointestinal health.
- Have fun learning the benefit of core muscle exercises using the Wii Fit.
- Enjoy "Dessert with the Docs"
- Fabulous mini-makeovers courtesy of Macy's

Registration is required for this free event.

Total Control Introductory Class

Free class available Wednesday, April 13 from 6 to 7 p.m. or Saturday, June 18 from 9 to 10 a.m.

Do you find yourself always running to the bathroom? Bladder control problems (including incontinence and overactive bladder) are common and often life-limiting conditions. Strengthen your pelvic core for improved bladder control, better sexual health and flatter abs with this fitness and educational pelvic health program.

To register, visit www.stlukesstl.com or call 314-542-4848.



Our specialty is you.

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