

Live Well, Work Well

Quarterly Newsletter

2nd Quarter 2019



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In the News

Catch up on the latest developments of the biggest health care news that happened in the past three months.



The Recall of Blood Pressure Medications Continues to Expand

The recall of medications that contain valsartan—popular drug used to treat heart failure and high blood pressure (HBP)—began in July 2018 and is still ongoing. The recall was issued after a probable carcinogen (a substance that could cause cancer) was found in the recalled medications. Since the initial discovery, several developments and recall expansions have been made. Here's a timeline of the recall developments:

- August 2018: The Food and Drug Administration (FDA) expanded the reach of the recall after their investigation found that additional manufacturers and products could be contaminated. Many companies recalled their medications.
- October 2018: FDA officials announced they added RemedyRepack's medications to the recall list.
- December 2018: Companies including Teva Pharmaceuticals, Mylan and Aurobindo Pharma USA Inc. removed contaminated medications from store shelves.
- January 2019: Solco Healthcare LLC initiated a voluntary recall of contaminated medications.

As an increasing number of drug manufacturers found the probable carcinogen in their medications, the recall is now worldwide. In February, a Japanese subsidiary of Pfizer Inc. revealed in an interview that it would be removing



763,000 tablets of a drug containing valsartan from store shelves in India, following suit with the actions of other companies who manufacture this type of drug.

What exactly was found in the recalled medications?

According to the FDA, the recalled medications unexpectedly contained N-nitrosodimethylamine (NDMA), a known impurity and probable carcinogen. Zhejiang HuaHai Pharmaceuticals, a manufacturer located in Linhai, China, produced the contaminated medications.

Are all HBP and heart failure medications affected?

It's important to note that the FDA has not recalled all medications containing valsartan. However, as the list of recalled medications expands, it's important to periodically review the FDA's updated list to ensure that your medication is not affected.

What should I do if my medication has been recalled?

You should call your doctor to see what your next treatment steps should be. Do not stop taking your medication without speaking to your doctor.



Measles Outbreak: What You Need to Know

More than 50 people, mostly children, have been infected by the measles in the United States this year. This particular outbreak concerns southwest Washington and northwest Oregon. Nationwide, though, the Centers for Disease Control and Prevention (CDC) states that eight other states (California, Colorado, Connecticut, Georgia, Illinois, New Jersey, New York and Texas) have reported cases of measles in 2019, bringing the total of reported cases to 79.

What is measles?

Measles is a highly contagious illness caused by a virus called rubeola. People are most susceptible to contracting this illness in early childhood. In the current outbreak in Washington and Oregon, the majority of the cases involve children between 1 to 10 years old. Measles usually causes fatigue, runny nose, cough, slight fever, and head and back pains. In later stages, it can cause a high fever, Koplik's spots (small white dots) inside the mouth and a rash that starts around the hairline and spreads downward.

Measles has a 25 percent hospitalization rate, is not treatable and has no cure. The virus can lead to serious complications, such as encephalitis, or inflammation of the brain. In some extremely severe cases, measles and its complications can be fatal.

How can the measles be prevented?

Measles can be prevented with the measles, mumps and rubella (MMR) vaccine. This vaccine is typically given in two different doses, the first being administered between 12 to 15 months of age and the second being administered between 4 to 6 years of age. The CDC reports that the two doses together are 97 percent effective at preventing the disease, while just getting one dose is 93 percent effective at preventing the disease.

Without being vaccinated, you're at risk of contracting measles, especially because it is a highly contagious illness. If you live in an area that's experiencing a measles outbreak, call your doctor for recommendations on what to do. Your doctor may recommend staying in your house until the outbreak subsides.

Drinking Two or More of These Drinks May Increase Your Risk of Stroke

A recent study published in *Stroke*, an American Heart Association (AHA) journal, found that women over the age of 50 who consume two or more diet drinks that include artificial sweeteners were significantly more likely to have a stroke, heart attack or early death. Compared to women who consumed less than one diet drink per day, these women were:

- Twenty-three percent more likely to have a stroke
- Thirty-one percent more likely to have a stroke caused by a blocked artery
- Twenty-nine percent more likely to have a heart attack
- 2.44 times more likely to have a stroke caused by a blood clot

What does this mean for you?

Although the study involves women over the age of 50, the study was conducted over a period of just under 12 years, and those who consume more than two diet drinks a day may be at risk. And, while the authors warn that their study doesn't demonstrate a cause-and-effect correlation, they say that their study demonstrates an association between these health risks and high consumption of diet and artificially sweetened beverages. This study is in line with July 2018 recommendations from the AHA, which advised against regular and long-term consumption of these types of drinks.

What can you do?

If you are concerned about your consumption of artificially sweetened and diet beverages, try opting for water as your beverage choice whenever possible. If you're using diet beverages as a means to wean off your consumption of high-sugar drinks, you should do so for as short of a time as possible until you're able to transition to drinking water instead.





NHO

Learn more about national health observances (NHOs) from the past three months in this section.



January—National Radon Awareness Month

Radon, a naturally occurring radioactive gas found in some homes, is the second-leading cause of lung cancer in the United States, according to the National Cancer Institute. Due to its high prevalence, National Radon Awareness Month is celebrated every January in hopes of raising awareness about radon and its harmful effects.

In fact, one in every 15 homes has an elevated radon level, so it's important for you to test and eliminate radon dangers at your residence. Ensure that your family is breathing easy by testing for radon and installing a radon mitigation system if the gas levels in your home are too high.

If a radon test reveals that your home's level is dangerous, you can install a radon mitigation system. A qualified radon reduction contractor can install a system in typically less than a day. If your home's water source has high levels of radon, too, a point-of-entry treatment device can be installed to reduce emissions.



March—National Nutrition Month

National Nutrition Month is celebrated every March and focuses on spreading the importance of making informed food choices and developing healthy eating habits. Many Americans think that eating healthy means they have to empty their wallets, which isn't necessarily the truth. In honor of National Nutrition Month, keep the following money-saving tips in mind next time you're grocery shopping:

- **Make a weekly meal plan.** Before you go to the store, think about what meals and snacks you want for the week. Read recipes thoroughly so you can make an accurate list of everything you need, reducing the risk that you'll have to run back to the store later in the week.
- **Create a list**—and stick to it. Make a detailed list of what you need to buy before you go to the store. When you get to the store, don't buy anything besides what's on the list.
- **Plan where you're going to shop.** Many grocery stores run sales or offer coupons on various healthy foods. Check out the ads and plan your grocery list around what's on sale.

Looking Ahead...

April—National Distracted Driving Awareness Month

May—National Stroke Awareness Month

June—Fireworks Safety Month

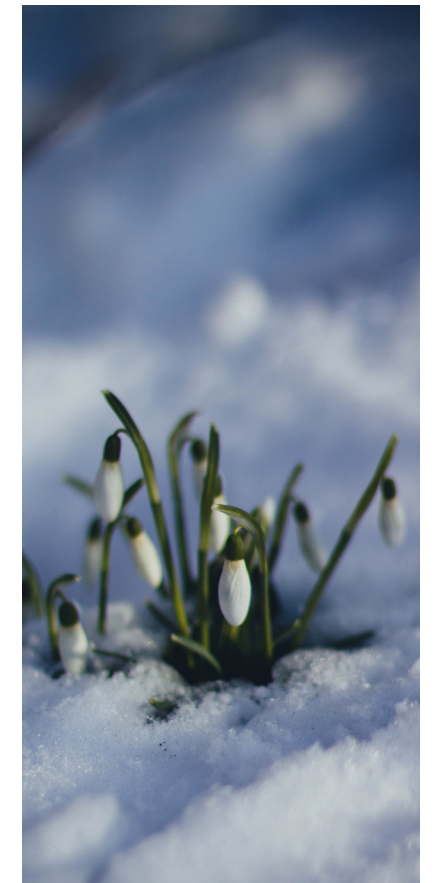
February—American Heart Month

Everyone knows how important the heart is to the body's overall health. What some people don't know is how factors like poor diet and limited exercise can lead to serious heart conditions, putting your whole body at risk. Diet and exercise are the best ways to reduce your risk for heart complications. Some of these complications include cardiac arrest, heart attacks, diabetes, high blood pressure, strokes and high cholesterol.

Cardiac arrest, heart attacks and strokes are some of the most serious heart conditions, and their symptoms should be monitored closely. You should call 911 if you or someone you know starts experiencing the following signs:

- Chest discomfort lasting more than a few minutes
- Arm weakness or numbness
- Slurred speech
- Unresponsiveness when tapping on shoulders

For more information about heart health and early warning signs, visit [heart.org](https://www.heart.org).





Health and Wellness

Remain on top of the latest trends in health and wellness with the three articles in this section.



Eating Ultra-processed Foods Increases Your Risk of Early Death

Historically, one of the top New Year's According to a new study published in the JAMA Internal Medicine journal, eating ultra-processed foods increases your risk of developing chronic conditions that can lead to death. Ultra-processed foods are those that contain many added ingredients and go through multiple processes (e.g., extrusion, molding and milling). These foods are common in many Americans' diets and include soda, chips, candy, frozen meals and sugary cereals.

What can you do?

The study revealed that 61 percent of an adult's diet in the United States is made up of ultra-processed foods, which may be appealing to people with busy lifestyles. With that being said, here are three tips to help you avoid ultra-processed foods:

1. Read the ingredients label before buying anything. When reviewing, keep in mind that the best indicator of

how highly processed a food is found in the list of ingredients, not in the nutritional facts. If you don't recognize more than five of the ingredients on the list or you can't pronounce them, it's safe to assume that the product is processed or ultra-processed.

2. Make swaps for ultra-processed snacks. If you find yourself reaching for high-fat ultra-processed chips or sugary snacks, try to make a healthier choice. Choose something like air-popped popcorn or almonds to satisfy your snack craving.
3. Opt for the whole-grain choice, whenever possible. Sometimes, you can't avoid grabbing a processed meal or snack. Whenever this happens, choose the whole-grain option as it has more beneficial nutrients than the alternative options.

Ergonomics: The Way to a Pain-free Workday

The discomfort and pain from slouching at a desk all day is very common, with many office workers suffering pain at least once a week. If you are working at an ergonomically incorrect workstation or practice poor posture, you can suffer from neck, shoulder, wrist and elbow discomfort.

Avoid unnecessary discomfort at work by focusing on your posture and making your workstation ergonomically appropriate. When applied to your workstation, these helpful tips will help promote good posture and correct ergonomics:

- Chair position—Adjust the height of your chair so that your feet rest comfortably on the floor, with your knees about level with your hips, making sure your seat is not pressing against the back of your knees.
- Back support—Keep your backbone straight, shoulders back, abdomen and buttocks pulled in, and chin tucked. If your chair does not allow this, try placing a cushion between the curve of your lower back and the back of the chair.
- Computer monitor—Position your monitor 18 to 30 inches from your eyes. The top of your screen should be at eye level or below so you look slightly down at your work. If glare is a problem, turn off some or all overhead lights and close blinds if possible.
- Headsets—Use a headset if you frequently talk on the phone and type or write at the same time.
- Wrist rest—Keep your wrists in a straight, natural position when using your keyboard. Do not use your wrist rest while typing. Use it to take occasional breaks from typing.
- Mouse—Place your mouse to the side of your keyboard so you do not have to reach too far to use it.





Make Heart Disease Prevention a Priority

Heart disease deaths are on the rise again, according to the American Heart Association. Their new report revealed that nearly half of American adults have heart disease, including conditions like heart failure, stroke and high blood pressure. While there are risk factors that contribute to heart disease that you can't control, there are many things you can do to maintain your heart health.

You can follow a healthy lifestyle to help prevent heart disease:

- Get regular medical check-ups.
- Don't smoke.
- Maintain a healthy weight.
- Take medications as prescribed.
- If you are at a higher risk for heart disease, ask your doctor about low-dose aspirin therapy.
- Watch for signs of diabetes and see your doctor if you have any symptoms.
- Follow a diet low in saturated fats, trans fats and cholesterol.
- Limit sodium intake to 1,500 to 2,400 milligrams per day.
- Exercise regularly.
- Manage stress by practicing relaxation techniques.
- Drink alcohol in moderation. Check with your doctor to find out if and how much you should drink.





Pan-roasted Tilapia with Tomatillo Salsa

Makes: 4 Servings

DIRECTIONS

- 1 Heat the oven to 450 F.
To prepare the tomatillos, peel back the husk from the smooth green tomatillo skin. Rinse the tomatillos with warm water and cut into quarters.
- 2
- 3 Place the husked tomatillos, onion, chiles, garlic and 1 tsp. oil in the baking pan, stir well and transfer to the oven. Roast about 20 minutes until the tomatillos are soft and dark green. Set aside to cool.
- 4 Transfer the mixture to the blender. Add the salt, lime juice and cilantro, and puree.
- 5 Place the skillet on the stove over high heat and when it is hot, carefully add 2 tsp. oil.
Put the tilapia fillets in the pan, waiting about 30 seconds between additions. Cook about 5-6 minutes, until golden brown on both sides.
- 6
- 7 Transfer the tilapia to the serving plate and top with generous amounts of salsa. Serve right away.

INGREDIENTS

1 pound tomatillos
½ cup yellow onion (peeled and finely chopped)
2 serrano or other chiles (finely chopped)
3 cloves garlic (peeled and minced)
3 tsp. vegetable oil
¼ tsp. Kosher salt
1 Tbsp. fresh lime juice
¼ cup fresh cilantro leaves (chopped)
4 tilapia fillets

NUTRITIONAL INFORMATION FOR 1 SERVING

Calories—181	Total Carbohydrates—9 g	Vitamin D—3 mcg
Total Fat—6 g	Dietary Fiber—2 g	Calcium—32 mg
Saturated Fat—1 g	Total Sugars—5 g	Iron—1 mg
Cholesterol—48 mg	Added Sugars Included—0 g	Potassium—595 mg
Sodium—196 mg	Protein—23 g	

Kickin' Colorful Bell Peppers Stuffed with Quinoa

Makes: 6 Servings

DIRECTIONS

- 1 In a blender or food processor, combine the cilantro, olive oil, pine nuts, garlic, lime juice, Parmesan and crushed red pepper, and blend until smooth. Season to taste with salt and pepper. If the pesto is too thick, add a couple more drops of olive oil.
- 2 In a large bowl, combine the quinoa, chickpeas, tomatoes, red onion, green bell pepper and zucchini. Add the pesto, season with salt and pepper, and stir to combine.
- 3 In a small bowl, stir together the Parmesan, bread crumbs and a little olive oil to lightly moisten the mixture.
- 4 Heat the oven to 375 F.
- 5 Arrange the peppers in a large baking dish and stuff each one with an equal amount of the quinoa-vegetable mixture.
- 6 Top each pepper with an equal amount of the Parmesan-bread crumb mixture.
- 7 Pour about ¼-inch of water into the bottom of the baking dish, cover it with foil and bake until the peppers are tender, about 20 minutes.
- 8 Remove the foil and place the peppers under the broiler, broiling just until the Parmesan-bread crumb mixture is light golden brown.

NUTRITIONAL INFORMATION FOR 1 SERVING

Calories—371	Total Sugars—7 g
Total Fat—27 g	Added Sugars Included—0 g
Saturated Fat—7 g	Protein—11 g
Cholesterol—7 mg	Vitamin D—0 mcg
Sodium—332 mg	Calcium—144 mg
Total Carbohydrates—44 g	Iron—3 mg
Dietary Fiber—7 g	Potassium—473 mg

INGREDIENTS

- 1 cup cilantro leaves (roughly chopped)
- ¼ cup olive oil
- ¼ cup pine nuts
- 2 cloves garlic
- 2 Tbsp. freshly squeezed lime juice
- 2 Tbsp. freshly grated Parmesan
- ½ tsp. crushed red pepper
- Salt and freshly ground black pepper
- 1 cup cooked quinoa
- 1 can (16-ounce) can chickpeas (drained, rinsed)
- ¼ cup tomatoes (diced)
- ¼ cup red onion (diced)
- ¼ cup green bell pepper (diced)
- ¼ cup zucchini (diced)
- ½ cup freshly grated Parmesan
- 3 Tbsp. panko or plain bread crumbs
- Olive oil
- 1 green bell pepper
- 1 red bell pepper
- 1 orange bell pepper

