

# Live Well, Work Well

## Quarterly Newsletter

3rd Quarter 2019

In the News

NHO

Health and  
Wellness

Recipes







## In the News

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





## This Year's Measles Outbreak Is the Worst U.S. Has Seen Since 1994

More than 880 people have been infected by the measles in the United States this year, making the ongoing 2019 outbreak the worst the U.S. has seen since the disease was declared eliminated in 2000. This current outbreak has affected 24 different states, and the majority of those who have become sick were not vaccinated. With the number of confirmed measles cases continuing to climb and spread to 24 states, health officials are urging the public to get vaccinated and to take precautions to protect themselves.

### *What is measles?*

Measles is a highly contagious illness caused by a virus called rubeola. In fact, the Centers for Disease Control and Prevention (CDC) states that if one person has it, up to 90% of

the people around him or her will also become infected if they are not protected. People are most susceptible to contracting this illness in early childhood. 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% 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% effective at preventing the disease, while just getting one dose is 93% 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.

***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.







## The FDA Wants to Clear the Confusion Surrounding Food Expiration Dates

On Thursday, May 23, 2019, the Food and Drug Administration (FDA) issued guidance urging the food industry to streamline food labels into one standard one. Specifically, they pushed for the industry to abandon confusing expiration dates and adopt a standardized “best if used by” label.

### *Why is the FDA getting involved?*

The FDA estimates that households waste 20%—or \$161 billion—of food products each year due to confusion over various expiration labels. Many consumers are understandably confused by the differing labels used on perishable products, including “sell by,” “use by,” and “best if used by.” The FDA suggests that these labels lead consumers to believe that their food is expired, even when that might not be the case.

To change this, the FDA is promoting the sole usage of the “best if used by” label on food products. This label means that the products will be the highest quality until a certain date. The “best if used by” date shows consumers that the products are still safe by the date indicated, but doesn’t lead them to think they have to immediately toss the milk or eggs in the trash after the date.

### *What’s next?*

With the exception of infant formula, which is subject to different expiration date regulations, the FDA is working with food manufacturers to have them adopt the expiration label initiative. While the label change is voluntary, many manufacturers have already begun making the switch. Consumers should check their food perishables for color or texture changes, or odor, to evaluate if their food is safe to eat after the “best if used by” date.





## The Dangerous Bugs That May Be in Your Home

A recent report from the CDC shines new light on the dangers that kissing bugs present. While their name may seem harmless, triatomines (their insect name) earned their cutesy nickname because they tend to bite people on the face. What's more, these bugs carry a parasite in their intestines called *Trypanosoma cruzi* that can cause Chagas' disease if the bug's infected feces gets into your body. An estimated 300,000 people in the United States have Chagas' disease.

### *What is Chagas' disease?*

Chagas' disease is a severe complication of a kissing bug's bite. Not all people bitten by kissing bugs get Chagas' disease, because you only get the disease if infected feces from the parasite gets into your body. This can happen with the bite itself, or if you scratch or touch the bug bite and accidentally transfer the feces.

Chagas' disease has two phases, an acute phase and a chronic phase. The acute phase is during the first few weeks of the infection, when most people experience very mild flu-like symptoms, if they experience any symptoms at all. When the infection is in the acute phase, it is responsive to antiparasitic medication. That's why it's so important to seek out treatment if you believe you've been bitten by a kissing bug.

As the number of parasites in an infected individual's bloodstream decreases, symptoms typically subside without treatment. Once this happens, the infection is considered to be in its chronic phase and it can no longer be treated. According to the CDC, an estimated 20% to 30% of people with Chagas' disease experience symptoms 10 to 25 years later. The symptoms are severe and can be life threatening. They can include:

- Enlarged heart (cardiomyopathy)
- Dilation of the esophagus (megaesophagus) and colon (megacolon)
- Irregular heart rhythms

If treated early, the chronic phase can be avoided. It's important to seek treatment early if you think a kissing bug has bitten you, because there's no cure for Chagas' disease once it becomes chronic.

### *How can I prevent Chagas' disease?*

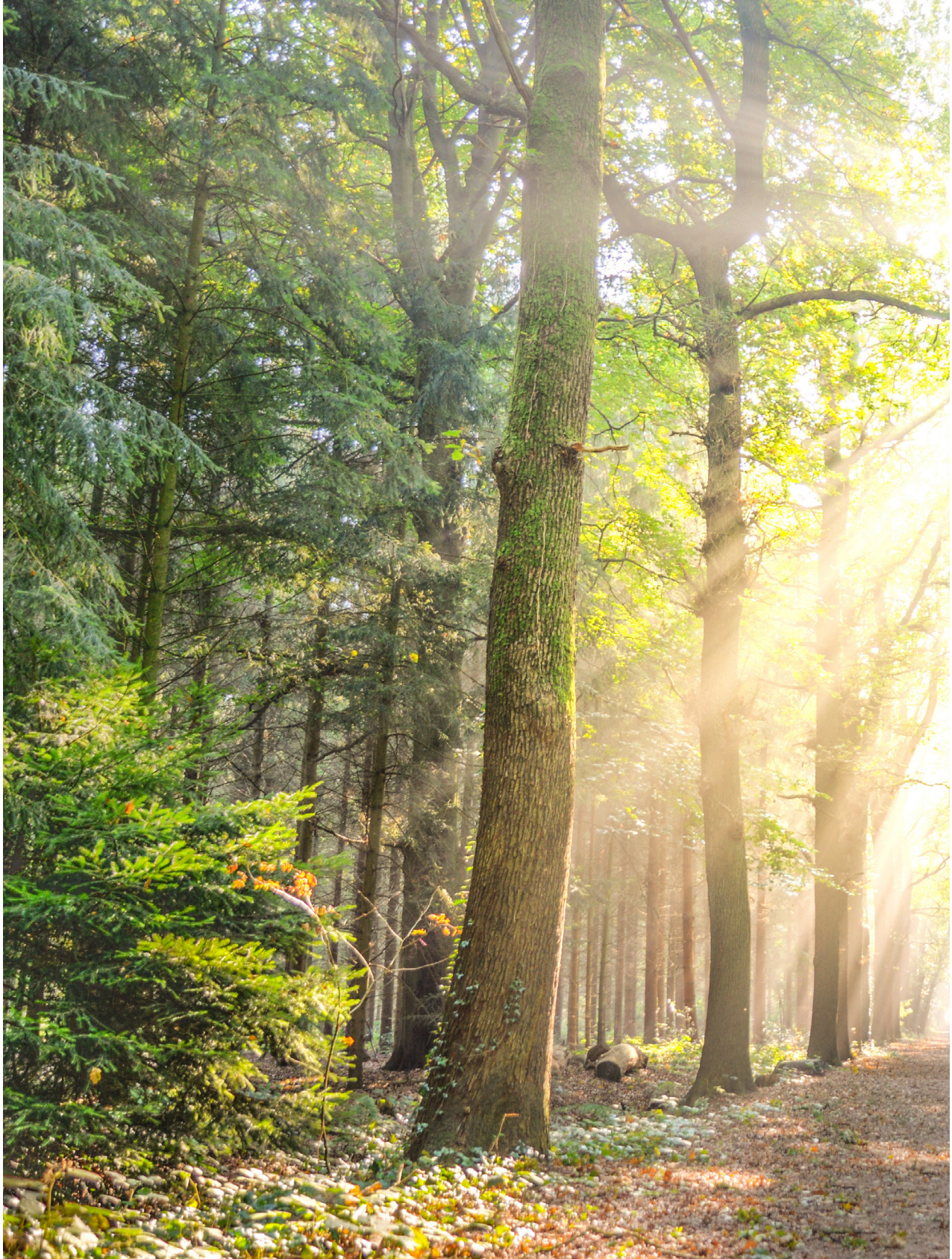
Kissing bugs are nocturnal. Usually the person bitten is sleeping, and the bite doesn't hurt, which means that you may not know if you've been bitten. If you've been infected with the *Trypanosoma cruzi* parasite, a small area of redness and swelling that feels hard may form where you were bitten a week or two later. Kissing bug bites look like any other bug bite, but there are usually a cluster of bites together in one spot.

You should see a doctor if you:

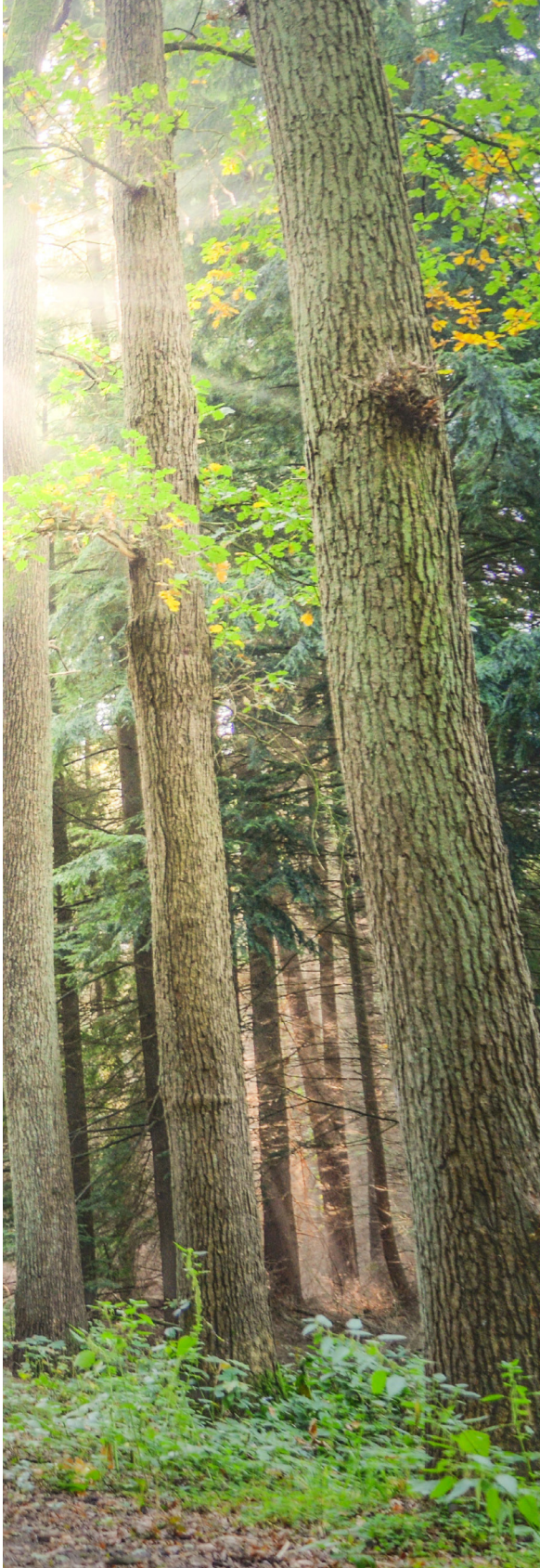
- Live in the southern half of the United States and have clustered insect bites on your body, especially your face
- Have seen kissing bugs in your home

For more information on Chagas' disease, click [here](#).





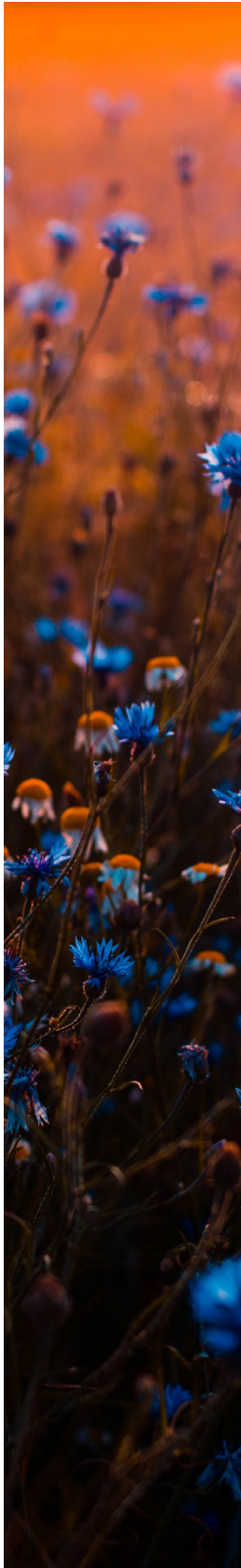




# NHO

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





## April—National Distracted Driving Awareness Month

According to the CDC, nine people are killed and over 1,000 are injured every day in the United States because of distracted driving. Distracted driving is driving while doing another activity that takes your attention away from the road, and it can greatly increase the chance of a motor vehicle crash.

There are three main types of distractions:

- Visual: Taking your eyes off the road
- Manual: Taking your hands off the wheel
- Cognitive: Taking your mind off of driving

While there is little you can do to control other people's driving, there is plenty you can do to reduce your own distractions. Do not engage in any of the following while driving:

- Touching up makeup or hair
- Talking with other passengers to the extent that you aren't watching the road
- Smoking
- Adjusting the radio or other audio devices
- Allowing your dog to sit on your lap
- Eating

## May—National Stroke Awareness Month

Every 40 seconds, someone in the United States has a stroke, making it the fourth leading cause of death for Americans. A stroke occurs when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. Strokes occur in people of all ages.

The sooner a stroke patient receives medical treatment, the better. Call 911 immediately if you notice any of the following symptoms:

- Numbness or weakness of the face, arm or leg
- Confusion, trouble speaking or difficulty understanding
- Trouble seeing in one or both eyes
- Severe headache with no known cause
- Trouble walking, dizziness, loss of balance or loss of coordination

You can prevent a stroke by exercising regularly, quitting smoking, maintaining a healthy weight, keeping your blood pressure under control, limiting alcohol intake and eating a low-sodium healthy diet.



## June—Fireworks Safety Month

Fireworks are a staple at festivities for many Americans during the summer months. Unfortunately, many people do not realize just how dangerous fireworks and sparklers can be—which is a primary reason that injuries occur. Fireworks can not only injure the users, but can also cause harm to bystanders. All fireworks—including sparklers, bottle rockets and firecrackers—have the potential to cause burns, blindness and other injuries.

To ensure safety and avoid accidents when using fireworks, consider the following suggestions:

- Do not shoot fireworks off if you are under the influence of alcohol.
- Do not carry fireworks in your pocket or shoot them from metal or glass containers.
- Use fireworks and sparklers outdoors only.
- Always have a hose or water bucket handy.
- Keep spectators a safe distance away.
- Show children how to properly hold sparklers, how to stay far enough away from other children and what not to do.
- Never try to relight a firework that didn't properly ignite.
- Soak all firework debris in water before throwing it away.

### Looking Ahead...

- **July** – Cord Blood Awareness Month
- **August** – Psoriasis Awareness Month
- **September** – National Food Safety Awareness Month







# Health and Wellness

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





## Cut Back on the Caffeine

Classified as a psychoactive drug, caffeine is a bitter substance found in coffee, tea, soft drinks, chocolate, some nuts and certain medicines. It has many effects on the body's metabolism, including stimulation of the central nervous system. It can make you feel more alert and give you a boost of energy.

For most people, the amount of caffeine they consume each day isn't harmful. However, too much of it can make you feel restless, anxious and irritable. It may also prevent a good night's sleep and cause headaches and abnormal heart rhythms. Furthermore, if heavy caffeine use stops, it can cause withdrawal symptoms. Certain circumstances call for reducing the amount of caffeine you consume, including the following:

- You consume unhealthy amounts of caffeine each day, more than 500 to 600 milligrams. This is about four cups of coffee.

- You experience caffeine sensitivity symptoms, including anxiety, fatigue and headaches.
- You're not sleeping well.

Caffeine can be habit-forming, so any attempts to stop or lessen the amount you consume can be challenging. It's important to know how much caffeine is in the foods and beverages you consume and to gradually reduce the amount of caffeine you take in. Try replacing caffeinated coffee, tea and soft drinks with their decaffeinated counterparts.



## Simple Steps to Surviving the Summer Heat

Summer heat can be more than uncomfortable—it can be a threat to your health. Heat-related deaths and illnesses are preventable. Despite this fact, more than 600 people in the United States are killed by extreme heat every year, according to the CDC.

There are several heat-related illnesses, including heatstroke (the most severe), heat exhaustion and heat cramps. Those most at risk include:

- Infants and young children
- Elderly people
- Pets
- Individuals with heart or circulatory problems, or other long-term illnesses
- People who work outdoors
- Athletes and people who like to exercise—especially beginners

To avoid heat illnesses in summer temperatures, remember to drink lots of water—even if you are not thirsty. Additionally, wear light-colored, lightweight clothing made of natural fibers, and put on a well-ventilated hat. Lastly, avoid leaving air-conditioned areas in the middle of the day if you can. Instead, get things done outside in the early morning or evening when temperatures are cooler.

For more tips, [click here](#) to view the American Red Cross recommendations for summer safety.







## The EWG Released Its “Dirty Dozen” and “Clean Fifteen” Lists for 2019

Every year, the Environmental Working Group (EWG) releases a Shopper's Guide to Pesticides in Produce report that details which fruits and veggies are the least—and most—contaminated by pesticides. The guide is designed to help you make healthy and informed choices, and reduce your exposure to toxic pesticides.

### Dirty Dozen

For the fourth year in a row, strawberries top the “Dirty Dozen” list of the most pesticide-tainted produce. Here’s the complete Dirty Dozen:

1. Strawberries
2. Spinach
3. Kale
4. Nectarines
5. Apples
6. Grapes
7. Peaches
8. Cherries
9. Pears
10. Tomatoes
11. Celery
12. Potatoes

While pesticides boost crop yields, multiple studies have linked pesticides in produce to conditions like asthma, cancer, fertility issues and brain conditions. The Connecticut Agricultural Experiment Station recommends rinsing produce





under water for 30 seconds to get rid of pesticide residues.

#### Clean Fifteen

Here's the EWG's list of the cleanest produce you can purchase:

1. Avocados
2. Sweet corn
3. Pineapples
4. Sweet peas (frozen)
5. Onions
6. Papayas
7. Eggplants
8. Asparagus
9. Kiwis
10. Cabbage
11. Cauliflower
12. Cantaloupes
13. Broccoli
14. Mushrooms
15. Honeydew

Regardless of which list your favorite produce may be on, you should always properly clean your fruits and vegetables before enjoying them. For instructions, click [here](#).







# Breakfast Burritos With Salsa

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**Makes: 4 Servings**  
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## DIRECTIONS

- 1 In a large mixing bowl, blend eggs, corn, milk, green peppers, onions, mustard and garlic with a fork until the eggs are smooth, about one minute.
- 2 Heat a skillet over medium heat. Coat with nonstick cooking spray.
- 3 Cook egg mixture, stirring from time to time, until eggs are firm and cooked through.
- 4 Wrap tortillas in a paper towel and microwave for 20 seconds, or until warm. Be careful when unwrapping the tortillas, as they may be hot.
- 5 Spoon cooked egg mixture evenly into the tortillas. Roll up the tortillas.
- 6 Serve each burrito with 2 Tbsp. salsa. (Note: For an easy on-the-go breakfast, put salsa into burrito with egg mixture before rolling up the tortilla.)

## INGREDIENTS

4 large eggs  
⅓ cup low-sodium canned corn (drained) or 2 Tbsp. frozen corn  
1 Tbsp. 1% milk  
2 Tbsp. green bell pepper (chopped)  
¼ cup onion (chopped)  
1 tsp. mustard  
¼ tsp. garlic powder  
4 flour tortillas  
¼ low-sodium salsa  
Nonstick cooking spray

## NUTRITIONAL INFORMATION FOR 1 BURRITO AND 2 TBSP. SALSA:

Calories—260	Added Sugars Included—N/A
Total Fat—9 g	Protein—12 g
Saturated Fat—2 g	Vitamin D—N/A
Cholesterol—210 mg	Calcium—85 mg
Sodium—400 mg	Iron—3 mg
Total Carbohydrates—33 g	Potassium—N/A
Dietary Fiber—2 g	
Total Sugars—1 g	








# Spicy Southern Barbecued Chicken

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**Makes: 6 Servings**  
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## DIRECTIONS

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- 1 Combine all ingredients except chicken in saucepan.
  - 2 Simmer for 15 minutes. Remove from heat.
  - 3 Place chicken on large platter and brush with half the sauce mixture.
  - 4 Cover with plastic wrap and marinate in refrigerator for one hour.
  - 5 Remove plastic wrap from chicken. Place chicken on baking sheet lined with aluminum foil, and broil for 10 minutes on each side to seal in juices.
  - 6 Remove from broiler and add remaining sauce to chicken. Cover with aluminum foil and bake at 350 F for 30 minutes.

## INGREDIENTS

5 Tbsp. tomato paste  
1 tsp. ketchup  
2 tsp. honey  
1 tsp. molasses  
1 tsp. Worcestershire sauce  
4 tsp. white vinegar  
¾ tsp. cayenne pepper  
⅛ tsp. black pepper  
¼ tsp. onion powder  
2 cloves garlic (minced)  
⅛ tsp. ginger (grated)  
1 ½ pounds chicken (skinless breasts and drumsticks)  
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

## NUTRITIONAL INFORMATION FOR ½ CHICKEN BREAST OR 2 DRUMSTICKS:

Calories—102	Total Sugars—5 g
Total Fat—2 g	Added Sugars Included—3 g
Saturated Fat—0 g	Protein—14 g
Cholesterol—44 mg	
Sodium—83 mg	
Total Carbohydrate—6 g	
Dietary Fiber—1 g	