

Irritable Bowel Syndrome Month

If you have irritable bowel syndrome (IBS), you are not alone. Although IBS is common, many people remain undiagnosed and unaware that their symptoms indicate a medically recognized disorder. In 1997, the International Foundation for Functional Gastrointestinal Disorders (IFFGD) designated April as IBS Awareness Month. They work to focus attention on important health messages about IBS diagnosis, treatment and quality of life issues.

10 Facts about IBS:

1. Irritable bowel syndrome (IBS) is a disorder characterized by abdominal pain or discomfort and altered bowel habits.
2. IBS affects between 25 and 45 million people in the United States. About 2 in 3 IBS sufferers are female. IBS affects people of all ages, even children.
3. Most persons with IBS are under the age of 50 but many older adults suffer as well.
4. The exact cause of IBS is not known. Symptoms may result from a disturbance in the way the gut, brain and nervous system interact. This can cause changes in normal bowel movement and sensation.
5. Stress does not cause IBS but because of the connection between the brain and the gut, stress can worsen or trigger symptoms.
6. The impact of IBS can range from mild inconvenience to severe debilitation. It can control many aspects of a person's emotional, social and professional life. Persons with moderate to severe IBS must struggle with symptoms that often impair their physical, emotional, economic, educational and social well-being.
7. IBS is unpredictable. Symptoms vary and are sometimes contradictory. Long-term symptoms can disrupt personal and professional activities, and limit individual potential.
8. Treatments are available for IBS to help manage symptoms but not all treatments work for everyone.
9. Approximately 20 to 40% of all visits to gastroenterologists are due to IBS symptoms.
10. An additional burden comes from living in a society where the word "bowel" may scarcely be spoken. Individuals must cope with multiple symptoms that affect every aspect of their lives. Those around them may be unaware of the disorder.

Do you suffer from stomach pain or issues and would like to consult with a healthcare provider? Be proactive with your health and contact Service Coordination to schedule an appointment at (888) 977-3319.

Do you have symptoms of IBS?

Call Service Coordination at (888) 977-3319 to schedule an appointment today!

For full article, visit:
<https://www.cdc.gov/features/inflammatory-bowel-disease/index.html>



SAFETY TIPS

APRIL 2018

Be Ready to Respond: First Aid

An injury or emergency can happen anywhere at any time. Your son might sprain his ankle at soccer practice. Your neighbor may suffer a heart attack while washing his car. You might be involved in a motor vehicle incident on the way to work. Do you know how to react? Taking appropriate action can help save a life.

Call 911 when you need help right away, if someone is seriously injured, stops breathing or if there is a fire. It's important to know what to say to a 911 dispatcher. Let the dispatcher know the nature of the injuries, remain calm and stay on the line. The dispatcher may provide instructions on how you can help.

Teach your children how to use 911

Everyone needs to know how to call 911 in an emergency. Kids need to know what an emergency consists of. Ask them questions such as, "What would you do if we had a fire in the house?" Role playing is a good way to teach your children about different emergency situations and how to handle them with confidence.

Take a First Aid and CPR class

A class can teach you how to give first aid and CPR (Cardio Pulmonary Resuscitation) correctly and help you respond quickly and safely in emergencies.

- Learn what to do for problems like burns, cuts, head injuries and broken bones.
- Know how to use CPR when someone's heart or breathing has stopped.
- Learn when to use the Heimlich maneuver and how to correctly perform it. Learn how to perform CPR on yourself if you should choke while alone.

Keep a First Aid kit at home and in your car

A first aid kit includes supplies like bandages, tape and scissors. Keep one kit in your home and one in your car so you are always prepared. Make sure each first aid kit has directions on how to treat basic injuries and when to get help. Remember to replace the supplies after using the kit.

Anyone, anywhere can be the one to make a difference in an emergency situation. Be Prepared and Take Action!

To schedule a safety talk, call Service Coordination today!

(888) 977-3319

For full article, visit:
<https://search.cdc.gov/search?query=first+aid&ut>

**SAFETY
FIRST!**



Recipe



Veggie Pizza with Cauliflower Crust

Ingredients (4 servings)

For the cauliflower crust:

- 1 large head cauliflower
- 4 egg whites
- 1/4 cup shredded, fat-free mozzarella cheese
- 1/4 cup reduced-fat Parmesan cheese
- 1/4 tsp garlic powder
- 1/4 tsp ground black pepper

For the sauce and toppings:

- 1/2 cup canned no-salt-added tomato puree
- 1 tsp dried basil
- 1 tsp dried oregano
- 1/2 tsp garlic powder
- 2 cups chopped mushrooms
- 1 cup chopped zucchini
- 1 cup chopped red or green bell pepper
- 1/2 cup finely chopped red onion
- 2 tsp canola oil
- 1/4 cup basil leaves
- 1/4 cup shredded fat-free mozzarella cheese

NUTRITION FACTS

Calories 190
 Total Fat 4.9g
 Cholesterol 7.0mg
 Sodium 351mg
 Total Carbohydrates 24.3g
 Protein 15.6g

Directions

For the cauliflower crust:

1. Preheat the oven to 450°F. Line 2 baking sheets with parchment paper and coat with cooking spray.
2. Trim cauliflower and discard leaves. Alternately combine 4 cups of cauliflower in a medium bowl with egg whites, mozzarella cheese, parmesan, garlic powder and black pepper.
3. Divide cauliflower mixture over the 2 prepared baking sheets. Spread each “pizza” into 7- to 8-inch ovals or circles.
4. Bake cauliflower crusts in the oven until edges are golden - about 30 minutes. Remove from oven.

For the sauce and toppings:

1. Reduce the oven to 425°F.
2. Combine tomato purée and spices in a small bowl. Reserve.
3. Heat oil in a small nonstick pan over medium-high heat. Add vegetables and stir constantly. Cook about 5 to 7 minutes until soft.
4. Divide tomato sauce and spread onto each pizza. Top with basil leaves, cooked vegetables and cheese.
5. Bake in oven until cheese melts about 5 to 7 minutes.
6. Remove pizzas from the oven.
7. Carefully remove pizza from parchment with spatula and transfer to each plate. Cut into quarters and serve.

For full recipe and nutritional facts, go to:
<https://recipes.heart.org/recipes/2074/summer-veggie-pizza-with-cauliflower-crust>

