

May Is Arthritis Awareness Month

Did you know that arthritis is the most common cause of disability in the US today? There are more than 100 forms of this crippling disease. The most common types are osteoarthritis, rheumatoid arthritis, gout, systemic lupus and fibromyalgia. According to the CDC, arthritis affects about one in four adults — that is over 54 million men and women. Arthritis makes it harder to manage heart disease, diabetes and obesity.

- About half of adults with heart disease (49%) or diabetes (47%) have arthritis, as do one-third (31%) of those who are obese.
- Physical activity helps manage all these conditions.
- Increased pain, fear of pain and lack of knowing safe forms of physical activity can make it harder for people with arthritis to be physically active.

Keep Moving

Walking has been shown to improve arthritis pain, fatigue, function and quality of life. There is no better time to begin a walking program or commit yourself to a walking routine than during Arthritis Awareness Month. All adults should get 2 hours and 30 minutes (150 minutes) of moderate intensity aerobic activity (brisk walking) per week and do muscle-strengthening activities two or more days a week.

These are a few common myths related to Arthritis:

Myth 1: Arthritis only affects the elderly.

Arthritis does not discriminate - it can happen at any age. Osteoarthritis is a common condition caused by wear and tear on the joints over time.

Myth 2: You should avoid exercise if you have arthritis.

Regular exercise increases strength and flexibility, reduces joint pain and helps combat fatigue.

Myth 3: There is no treatment for arthritis.

Diet, exercise, natural remedies and medications can all help to ease the symptoms and pain of arthritis.

Myth 4: All joint pain is arthritis.

Several other conditions that cause joint pain include tendonitis, bursitis and other soft-tissue injuries.

If you are having joint pain and symptoms, you owe it to your joints and your overall health to find out if you have arthritis. With so many types of arthritis and conditions that affect the joints, you should consult your healthcare provider. If you need assistance scheduling, please contact Service Coordination at (888) 977-3319.

Are you experiencing joint pain?

For assistance with scheduling an appointment call Service Coordination at

(888) 977-3319

For the full article , visit : <https://www.cdc.gov/features/arthritisawareness/index.html>



SAFETY TIPS

MAY 2018

Head Protection

Exposure to the hazards of falling objects requires protection from the risk of head injuries. Construction workers, loggers, tree trimmers, shipbuilders, miners and electrical utility workers are all required to wear protective headgear.

Two types of headgear include:

- Type 1 — full brim at least 1.25 inches wide.
- Type 2 — no brim but may include a peak that extends forward from the crown.

Three classes of headgear include:

- Class A — general service with limited voltage protection.
- Class B — utility service with high voltage protection.
- Class C — special service with no voltage protection.

Hard hats must meet ANSI Z89.1-Safety Requirements for Industrial Workers

What must an employer do?

Employers must train employees on head protection including:

- Information on when PPE is needed
- An explanation on what protective headgear is required and where to obtain it
- How to put on, take off, adjust and wear protective headgear
- The limitations of the PPE
- The proper care, maintenance, useful life and disposal of the PPE.

What must I do?

Keep your hard hat in good condition. Inspect your hard hat every day for:

- Cracks, dents and wear — discard hats that are damaged or chalky looking.
- The condition of the suspension system — look for torn and stretched straps, broken sewing lines, loose rivets, defective lugs and other defects.
- Wash your hard hat monthly in warm, soapy water. Dry thoroughly.
- Never paint your helmet or get solvents on it — this can weaken the integrity of the unit.

Safety is as simple as *ABC*:

Always
Be
Careful

Call Service
Coordination
today to schedule
a safety talk!

(888) 977-3319

For full article, visit:
<https://www.cdc.gov/niosh/ppe/>



Recipe



Homemade Frozen Yogurt Peach Pops

Ingredients (6 servings)

- 16 oz packaged, plain, no-sugar-added, frozen, sliced, thawed peaches (divided, no sauce added)
- 1 cup fat-free, plain yogurt
- 1 Tbsp honey

Directions

1. In a food processor bowl add 1½ cups thawed peaches, yogurt and honey.
2. Process about 1 minute until mixture turns into a puree.
3. Transfer puree to a bowl or large liquid measuring cup.
4. Chop remaining peaches into bite-sized pieces. Add peach pieces and liquid to the bowl.
5. Divide mixture among popsicle molds. Fill each one almost to the top.
6. Place in the freezer overnight.
7. To remove from molds, hold under warm water until popsicle can be easily be pulled free.

NUTRITION FACTS

Calories 66
 Total Fat 0.5g
 Cholesterol 1mg
 Sodium 32mg
 Total Carbohydrates 13g
 Protein 3g

For full recipe and nutritional facts, go to:
<https://recipes.heart.org/recipes/1309/homemade-frozen-yogurt-pops-with-peaches>

