



# To Your HEALTH



WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

## Numbers That Scare...



### At Home:

- 40,000,000 Americans suffer debilitating sleep disorders that affect the quality and quantity of their sleep
- Only 35% of adults sleep the recommended 8 hours or more per night during the workweek
- 56% of adults report symptoms of insomnia a few nights a week



### At Work:

- 19% of adults report having dozed off at work
- 18% of adults indicated that they have called in sick due to a poor night's sleep
- 29% of adults indicated that they do not feel well-rested when they get up for work



### On The Road:

- 27% of adults have dozed off at the wheel of an automobile in the last year
- 1,500 fatalities are caused by drowsy drivers every year
- \$12.5 billion is the estimated annual monetary losses from drowsy driving

## Tips to Avoid Fatigue @Work and @Home



### Our environments play a large role in determining our level of fatigue.

The wrong environment, filled with negative people, dreary surroundings or just plain monotonous activity, can leave us feeling fatigued. Whether you're at work or at home there are things you can do to liven up your surroundings and renew your energy level. Here are some suggestions.

#### Fighting Fatigue@Work

- ⇒ Establish good relationships with people at work. Friends keep the workplace energetic.
- ⇒ Mix up your tasks so you don't do the same thing all day.
- ⇒ Open a window and let in some fresh air.
- ⇒ Turn on some music, if possible.
- ⇒ Don't skip breaks, even try to get up and walk around.
- ⇒ Ensure proper lighting and air ventilation.

#### Fighting Fatigue@Home

- ⇒ Don't plop down on the couch the instant you get home.
- ⇒ Engage in meaningful dialogue with your family and friends.
- ⇒ Get into a routine of doing something in the evenings, like a hobby.
- ⇒ Make house tasks fun and involve everyone.
- ⇒ Get out of the house and go for a drive or neighborhood walk.
- ⇒ Spend time with your kids by reading a book, playing a game, anything to raise the level of fun and energy in the house.





# To Your HEALTH



WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

## LOVE The Skin You're In

By Fern Carness, MPH, RN

**C**all it your hide, call it your epidermis, call it your birthday suit. No matter what you call it, love the skin you're in. Your skin is your body's largest organ. With its delicate tissues, thin layer of fat, and healthy color, your skin is a reflection of your health and well-being. When you take care of yourself your skin glows; when you are ill your skin is lack luster.

### Stay Healthy

The first step in a skin care program is staying healthy and fit. Good circulation promoted by regular physical activity keeps the skin glowing and well-nourished. Skin needs moisture from the inside out. Stay well-hydrated and drink plenty of water. Take a multivitamin every day.

### Skin Treatments

Time writes a tale on your skin. As we age, we lose the layer of fat that gives contour, and we produce less collagen which gives the skin its resiliency. Common sense can help you keep your skin healthy. Cleanse your skin daily and use a moisturizer. Limit exposure to harsh, dry conditions and wear sunscreen at all times.

### Moles, Skin Tabs and Liver Spots, Oh My!

As we age, we notice many changes in our skin. You may have more freckles or moles. You may notice little skin tabs around your neck or underarms. Mostly these changes are harmless, but you'll want to check your skin regularly and monitor any changes that occur. When in doubt, ask your healthcare provider to examine your skin.

**Remember, your skin is your first line of defense against germs and injury. Handle with care!**

### Skin Cancer ABCD's

Skin cancer is common but need not be fatal. Self-care is your key to early detection. The American Cancer Society recommends the ABCD method of skin cancer screening that you can do yourself. Take a look at the ABCD method outlined below.

**A****symmetry.** Check with your doctor if one side of a mole doesn't match the other.

**B****order.** Any mole with edges that are irregular, ragged, or notched should be checked.

**C****olor.** Note if your moles change color and report it to your doctor.

**D****iameter.** If your mole is getting larger in diameter or is larger than the end of an eraser, have it checked.

### Limit Exposure to the Sun:

- ✦ Avoid exposure when the sun is at its hottest between the hours of 10:00 AM to 4:00 PM.
- ✦ Always wear sun block.
- ✦ Apply sun block 30 minutes before going out in the sun.
- ✦ Reapply sun block frequently—especially after going in the water.
- ✦ Choose a sunscreen that protects against both "UVA" and "UVB" radiation.
- ✦ Keep babies and children well protected. A sunburn in childhood is a major risk factor for skin cancers.
- ✦ Never use a sun lamp or tanning bed.

