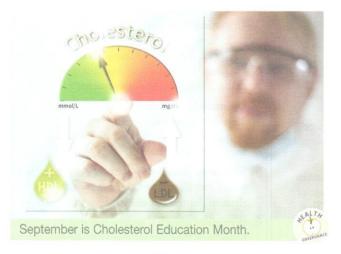


The Health Promotion and Wellness Newsletter.



4 Ways to Raise Good Cholesterol

Healthy high-density lipoprotein (HDL) cholesterol can help strengthen your heart. *The good news?* You may be able to raise it with lifestyle habits.

Exercise more. Cardio exercise is best for boosting HDL. Aim for 5, 30-minute sessions of moderate-intensity activity per week, such as brisk walking. Or do 3, 25-minute segments of vigorous-intensity activity, such as aerobics. Any activity that raises your heart rate is beneficial.

Lose excess weight. Losing 5% to 10% of your current weight can raise HDL and improve your blood pressure and blood sugar levels.

If you smoke, quit. This will raise your HDL levels and help your heart significantly. Your health care provider can help you decide if cessation aids are best for you.

Avoid trans fats. They lower HDL and are in some processed foods and fried fast foods. Unsaturated fats in vegetable oils as well as foods containing omega-3 fatty acids (such as salmon) are heart friendly.

If you don't know your HDL level, ask your provider for a baseline cholesterol test.

HDL Levels	POOR	BETTER	BEST
Men	Below 40mg/dL	40-49mg/dL	60mg/dL and above
Women	Below 50mg/dL	50-59mg/dL	60mg/dL and above

Medical Warning Signs

By Diane McReynolds, Founder, Personal Best Healthlines

Your body sends you signals every day that warn you of potential health problems.

Being able to recognize potentially serious symptoms – such as unexplained weight loss or lingering depression – can mitigate problems and even save

vour life.

Could they be related to serious conditions? Learn to spot warning signs and get them checked by your health care provider without delay.



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"Health and cheerfulness naturally beget each other." – Joseph Addison

Fitness Breaks for At-Home Workers



Working from your home offers you a distinct fitness advantage. To start with, you can use the time saved by not commuting for a regular exercise routine. Morning, noon or night, take your pick.

And why not fit in a few physical activity breaks during your workday? Exercise offers so many benefits: It increases your stamina, reduces stress and muscle tension, and improves concentration.

Leave your work area when you take a break. Don't sit at your desk and check email or social media. Standing up and walking around increases blood circulation and improves your comfort level throughout the day.

If possible, schedule a 3-minute time-out from sitting every 30 minutes. Prolonged sitting stresses your spine. Give your eyes, neck, hips, wrists and shoulders a break – get up and move around.



Walk outside for 10- to 30-minute breaks to refresh your mood, boost energy and raise productivity.

Carbohydrates: **Highs and Lows**

By Cara Rosenbloom, RD

From low-carb diets to gluten-free living, carbohydrates are a muchmaligned nutrient. That's too bad, since carbs are the brain's main source of energy, and the Institute of Medicine recommends a minimum intake of 130 grams a day. That's why it's vital to learn which carbs are the healthiest.





The best carbs come from high-fiber, unprocessed foods. Whole grains, such as brown rice, quinoa (keen-wa) and oats, are better than refined white rice and white flour. Great choices also include fruits, vegetables and legumes.

Fiber-rich carbs are vital because fiber helps sustain normal cholesterol levels. Plus, fiber slows the rate at which the small intestine absorbs carbohydrates. This prevents major highs and lows in your blood sugar levels, and helps reduce your risk for type 2 diabetes.

Choose less:

Yes, foods made from refined sugars and grains taste good, but they contain carbs that are less filling than their fiber-rich cousins. The body absorbs refined carbs relatively quickly, increasing blood sugar and triggering a release of insulin. An hour or 2 after eating, hunger returns and you crave more carbs. It's a vicious cycle.

Good to know: Overeating refined carbs can lead to weight gain a precursor to heart disease, diabetes and some types of cancer. So, swap your apple juice for a whole apple, skip the soft drinks and opt for whole grains most often.



Did you know? September is Whole Grains Month. OBSERVANCE Celebrate by trying a new whole grain every week.

Just for Guys: Prostate Health

More than 230,000 new cases of prostate cancer are diagnosed each year in the U.S. Scientists have yet to learn how to prevent prostate cancer – other than to protect your health in general:

- 1. Eat a wide variety of fruits and vegetables each day. Get at least 2½ cups of vegetables and 2 cups of fruit per day. Tip: Eating cruciferous vegetables, such as cabbage, broccoli and radishes, has been shown in studies to reduce prostate cancer risk.
- 2. Adopt a low-fat diet. Select leaner cuts and small servings of meat (1 serving equals 3 ounces, about the size of a card deck), avoid fatty snacks and choose low-fat dairy foods.
- 3. Lose excess weight. Being obese increases your risk.
- 4. Exercise aerobically most days of the week. Check with your health care provider first if you have high blood pressure or other health complications.

Medical Warning Signs

>> Continued from other side.

Eight common medical warnings:

- 1. High fever 103°F or higher requires urgent care. Persistent fever can signal a hidden infection.
- 2. Bowel changes such as persistent diarrhea, constipation or bloody or black stools. Possible causes: bacterial infection, irritable bowel syndrome or colon cancer.
- 3. Urination changes blood in the urine can be caused by kidney stones, bladder or prostate infection, or cancer of the kidney, ureter, bladder or prostate. Frequent urination may indicate a bladder infection, diabetes or prostate enlargement.
- **4.** Unintentional weight loss such as losing up to 10% of your weight in 3 to 6 months. Possible causes: overactive thyroid, diabetes, depression, liver disease or cancer.
- 5. Emotional changes such as new or prolonged feelings of isolation, sadness, anger, fear and hopelessness are signs of depression and anxiety that are often treatable.
- **6. Persistent cough** sometimes due to viruses or bronchitis that can irritate your airways for weeks. Other causes include allergies, acid reflux and sleep apnea.
- 7. Shortness of breath other than from physical exertion may be caused by underlying problems including asthma and chronic obstructive pulmonary disease, heart problems and panic attacks. Gasping for air requires emergency care.
- 8. Persistent joint pain swelling, achiness and increasing disability of your knees, lower back or hips indicate osteoarthritis. Seek help to control further damage.

What to do if someone needs help? Remain calm. Call 9-1-1 or go to a hospital emergency room.



September is Prostate Cancer Awareness Month.

The American Cancer Society (ACS) advises normal-risk men to consult their health care provider about prostate cancer screening by age 50. If you are African American or you have a first-degree relative with prostate cancer, see your provider at age 45.

The ACS recommends age 40 for men at highest risk - those who have more than 1 first-degree relative who had prostate cancer at an early age.

Discuss the uncertainties, risks and potential benefits of screening with your provider before you decide to get screened for prostate cancer. And ask about other steps you can take to reduce your risk in addition to the ones listed above.





Smart Moves toolkit is at www.personalbest.com/extras/Sept14tools.

Next Month: Food Habits Everyone Needs