total HEALTH &wellness

For Members of United Service Association For Health Care

SPRING 2018

Don't Be So Quick to Skip Screenings

Tips for Adding Years to Your Life

Eva Longoria

An Unconquerable Energy and Spirit

United Service Association For Health Care

[cover story]

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TOTAL HEALTH & WELLNESS

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4 Pointers for **More Confidence**

Confidence. Sure, you'd like more of it—at work and in life. But how do you cultivate it? Isn't confidence something you're born with?

→ **Not exactly.** Experts from the American Management Association say that confidence can be learned. Here are four quick hacks that, when regularly practiced, can catapult your confidence.

1 Own your "success story." If you're nervous before a big meeting, presentation, interview, or proposal, think of a time you performed really well. Let the memory of that success fuel a confident entrance and powerful performance. Keep a notebook of your professional successes so that you're always ready with fresh material, too.

2 Get clear on your strengths. People tend to focus on their weaknesses at work rather than on their strengths. Sure, nobody's perfect, but being overly self-critical can weaken your confidence. So, whenever you're feeling down on yourself, take five minutes to jot down what you do well and your best personality traits.

3 Accentuate the positive. A positive outlook is a cornerstone of confidence. Not naturally "glass half-full"? Limit the amount of time you spend on potential pitfalls. Choose to focus on the opportunity before you rather than on what could go wrong.

4 Strike a pose. Confidence doesn't just exist in your mind. Your body language and positioning can play a role as well. In fact, research shows that holding power poses for as little as two minutes led to hormonal shifts in men and women. Want to try a power pose? Stand up, hold your head up and your chest high, move your legs apart, and place your hands on your hips. +

Getting a Grip on Arthritis of the Hand

Recent research from the Centers for Disease Control and Prevention suggests that about 40 percent of adults will develop osteoarthritis (OA) of the hand at some point in their lives.

→ **OA OF THE HAND IS A COMMON CONDITION THAT CAUSES DISABILITY IN HAND STRENGTH AND FUNCTION.** The study also found that OA of the hand is more common among women. For women, it typically develops after menopause because of declining estrogen levels.

Symptoms

Remember, women are not the only people at risk for OA of the hand. Talk with your doctor if you experience these symptoms:

- Pain that feels dull or burning and often occurs after joint use, such as heavy gripping or grasping
- Swelling when the joint is subject to greater stress
- A joint that is warm to the touch, due to your body's inflammatory response
- Looseness or grinding sensation in the affected joint
- Cysts that cause ridging or dents in the nail plate of the affected fingers

Treatment and Care

If you have OA of the hand, you can take steps to relieve pain and inflammation. Common treatments include:

- Nonsteroidal anti-inflammatory drugs (NSAIDs) to help ease pain and inflammation
- Corticosteroids to control inflammation
- Analgesics to relieve pain, particularly in people who cannot take NSAIDs due to allergies or stomach problems
- Surgery for arthritis that leads to deformity or interferes with function +

WHAT ARE YOUR NAILS TELLING YOU?

Your fingernails can be a window to your overall health. Here are four health conditions your nails might be pointing to, and what to do if you notice the signs:

1 **Psoriasis:** If your nails are crumbling or falling off, it could mean you have a form of psoriasis. **What to do:** Ask your dermatologist to examine your skin, nails, and scalp for signs of psoriasis.

2 **Anemia:** Brittle nails or indented grooves are symptoms of iron deficiency, which can lead to anemia. **What to do:** Talk with your doctor about performing a complete blood count to check your hemoglobin levels.

3 **Liver disease:** Double white lines on **your nails may indicate liver disease. What to do:** Ask your doctor about a liver function test to check your liver's health.

4 **Diabetes:** While a variety of nail changes are possible, you might have onycholysis, or Terry's nails, which have normal coloring on half the nail and white on the other half. **What to do:** Tell your doctor about these symptoms and discuss potential diabetes tests.

Surprising Signs You're **Not Getting Enough Sleep**

Feeling like you need a nap an hour after downing a venti latte is a pretty clear clue that you're not getting enough sleep.

→ **HOWEVER, THERE ARE SOME MORE SUBTLE SIGNS THAT YOU'RE LACKING Z'S.** Here are three to watch for:

1 You're hungrier than usual.
Skimping on sleep increases levels of a hunger-related hormone and decreases levels of a hormone that helps control how much you consume. What's more, a lack of sleep also causes you to crave higher-calorie foods.

2 You feel down.
Just a few nights of insufficient sleep can take a toll on your mood. You may feel irritable or even sad. Over time, sleeplessness can raise your risk for depression.

3 You keep getting sick.
Sleeping just five or six hours per night significantly increases your chances of coming down with a cold compared with sleeping seven or more hours per night, research shows. Too little time in bed chips away at important immune cells that help fend off illnesses.

Sleep deprived? Try to go to bed and wake up at the same time every single day. This helps adjust your body's clock so that you fall asleep more easily and stay asleep all night long. +

HOW TO GET RELIEF FROM NIGHT SWEATS

You toss and turn all night long and wake up drenched in sweat. Night sweats, or excessive sweating during sleep, is making you tired during the day, causing sleep problems, and potentially leading to more serious health issues.

So how do you get relief? That depends on what is causing your night sweats.

Your night sweats could be caused by something as simple as wearing heavy pajamas, sleeping with too many blankets, or sleeping in a stuffy bedroom. They can also be caused by eating spicy foods or exercising right before bedtime.

Start by sleeping in lighter clothes, sleeping in a cool room with a fan, or using fewer blankets. Avoid spicy foods and exercise earlier in the day.

If you're still waking up sweaty regularly, visit your doctor. Night sweats may be a sign of a deeper health problem, such as:

- Sleep apnea
- Heart issues
- Menopause
- Hormone disorders
- Bacterial infections
- Cancer

What to Say to Someone Who Has Cancer

When a family member, friend, or coworker is diagnosed with cancer, it might feel like something has shifted in your relationship.

→ **IT'S NORMAL TO FEEL AS IF YOU SUDDENLY DON'T KNOW HOW TO ACT OR WHAT TO SAY TO THIS PERSON.** You might also be overwhelmed with your own feelings about what's happening.

Positive Communication

No matter what, communication is key. He or she is still the person you've always known. Continue to treat your loved one like you normally would. You don't have to talk about cancer every time you're together.

However, the most important thing you can do is be genuine. Here are some heartfelt things you could say:

- "I'm really sorry you're going through this."
- "How are you feeling?"
- "I'm here for you any time you want to talk."
- "I just want you to know that I care about you and am thinking about you."

What to Avoid

At the same time, you may want to avoid saying certain things because they can be upsetting for someone who has been recently diagnosed with cancer or is facing a recurrence. For example, try not to say:

- "I know how you feel." While you may have been through difficult experiences before, you can't know exactly how the person feels.
- "Stay positive." It's great to be supportive and encouraging. However, sometimes people with cancer experience fear and sadness. You don't want to make them feel like those feelings don't matter.
- "You look pale today." During cancer treatment, a person's appearance will most likely change. The person is probably very aware of it, and pointing those changes out can be embarrassing.
- "So-and-so told me you have cancer." Unless the person has told you directly or you know for a fact that the diagnosis is public information, it's probably best not to say anything. If you confirm that it is public information, then you could say something such as, "I heard what you're going through. I'm really sorry."
- "You're so strong." Even if it's true, it can put extra pressure on the person to always act that way. Sometimes he or she might not feel very strong or brave, and that's OK, too.

Above all, let them know that you care about them and continue to show up in their lives. Talking is important, but one of the very best things you can do is listen. +

Skipping Screenings? Not So Fast

When it comes to putting off health screenings, it's easier to make excuses than it is to make appointments. Don't let them get in the way of your health.

→ **THERE ARE ANSWERS TO YOUR EVERY CONCERN.** Do any of these sound familiar?

I've heard the test is difficult and painful. It's true that some tests are more uncomfortable than others, or they can require preparation beforehand. That said, no test is more difficult or painful than suffering from the condition it is screening for.

I don't have a family history. While having a relative with a disease often increases your chances of getting it, many conditions may still occur without any family history.

I believe ignorance is bliss. Maybe you've heard of cases where people found out they had a condition and it was too late to treat. What if now is the perfect time to stop a disease from getting worse? Instead of falling into hopelessness, take control of your health.

I feel fine. Just because you don't have any symptoms doesn't mean screening isn't necessary. A variety of conditions have no symptoms at the outset.

I don't have the time. Finding time for a screening can be difficult, especially if it requires taking time off work or traveling. But a little time spent now could prevent a lot of time spent later treating a disease that has advanced.

I'm embarrassed! Health issues can be embarrassing. Remember that your doctor is a professional who has seen and heard everything.

Acknowledge the barriers to getting screened, but then do something about them. After all, your health is in your hands. ✚

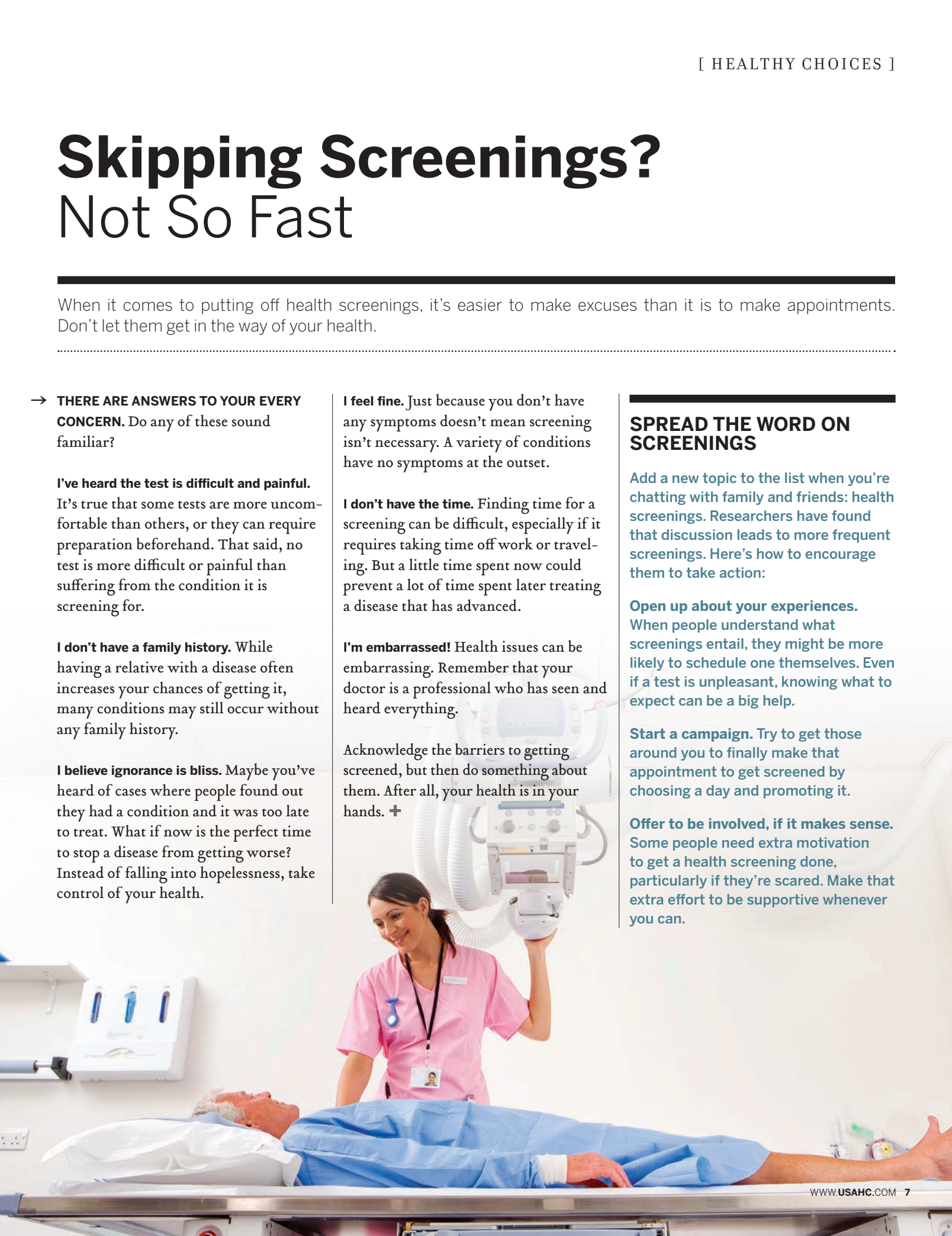
SPREAD THE WORD ON SCREENINGS

Add a new topic to the list when you're chatting with family and friends: health screenings. Researchers have found that discussion leads to more frequent screenings. Here's how to encourage them to take action:

Open up about your experiences. When people understand what screenings entail, they might be more likely to schedule one themselves. Even if a test is unpleasant, knowing what to expect can be a big help.

Start a campaign. Try to get those around you to finally make that appointment to get screened by choosing a day and promoting it.

Offer to be involved, if it makes sense. Some people need extra motivation to get a health screening done, particularly if they're scared. Make that extra effort to be supportive whenever you can.



Make Your Grocery List **Even Healthier**

Looking to take your diet to the next nutritional level? These five powerhouse foods pack just as much of a healthy punch—if not more—than the superfoods you are used to hearing about.

→ **LEARN ABOUT THEIR HEALTH BENEFITS BELOW** and add them to your next grocery list and upcoming weekly meal plan as the star ingredients.

Artichokes

This Mediterranean treat is low in calories and sodium, and free of fat and cholesterol. Better yet, artichokes are a good source of fiber to help with digestive issues, plus vitamin C, folate, and magnesium. Artichokes are also chock-full of antioxidants that help keep your liver strong.

Cauliflower

Don't let its pale shade fool you. Cauliflower is a good source of vitamin C and folate. It is also fat-free, very low in sodium, and cholesterol-free. If you like to eat from a colorful plate, though, purple or orange cauliflower are options.

Beets

Beets are celebrated for their powerful anti-inflammatory and vascular-protective effects.

Kefir

This fermented dairy product is associated with a range of health benefits, such as lowering cholesterol, preventing tumors, increasing the speed of wound healing, and helping relieve allergies and asthma. It also contains probiotics, which help with digestion.

Lentils

Lentils offer a high level of protein, fiber, folate, and iron, and are also an important source of other essential vitamins and minerals. Tannins, also found in lentils, act as an antioxidant, may reduce blood pressure and cholesterol, and help regulate the immune system.

NEW NUTRITION LABEL COMING THIS YEAR

Nutrition labels, also seen on packaging as Nutrition Facts, are about to become easier to read.

New nutrition labels will be on many products by July 2018. Here's a peek at some of the coming changes.

- **Larger fonts:** A larger, bolder font size will be used for easier reading.
- **More info on added sugars:** Sugars will be listed in both grams and as a percentage of the daily value.
- **More nutrients included:** Vitamin D and potassium have been added. And the daily values for sodium, dietary fiber, and vitamin D will be updated to reflect how much to consume for a healthy diet.
- **Serving size changes:** Serving sizes will reflect how people actually eat and drink. You'll also find dual column labels on products that are larger than a single serving but can be consumed in one or multiple sittings. These labels will display the calories and nutrients per serving, as well as per package.
- **Change in fat content:** Calories from fat will no longer appear on the label.

Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving	
Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Original label

Nutrition Facts
8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving	
Calories	**230**
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

New label

Rainbow Chopped Salad

Ingredients

Salad:

6 oz. (about 1 cup) blackberries
6 oz. (about 1 cup) blueberries
1 cup sliced strawberries
1 medium beet, peeled and shredded (about 1 cup)
1 medium yellow squash, chopped (about 1 cup)
2 medium purple carrots, peeled and shredded (about 1 cup)
2 medium carrots, peeled and shredded (about 1 cup)
1 medium red bell pepper, chopped (about 1 cup)
1 medium yellow bell pepper, chopped (about 1 cup)
1 medium orange bell pepper, chopped (about 1 cup)
1 medium cucumber, chopped (about 1 cup)
1 cup sliced green onions
4 cups finely chopped kale, stems removed

Dressing:

¼ cup extra virgin olive oil
¼ cup white balsamic vinegar
2 tbsp. maple syrup
¼ tsp. sea salt

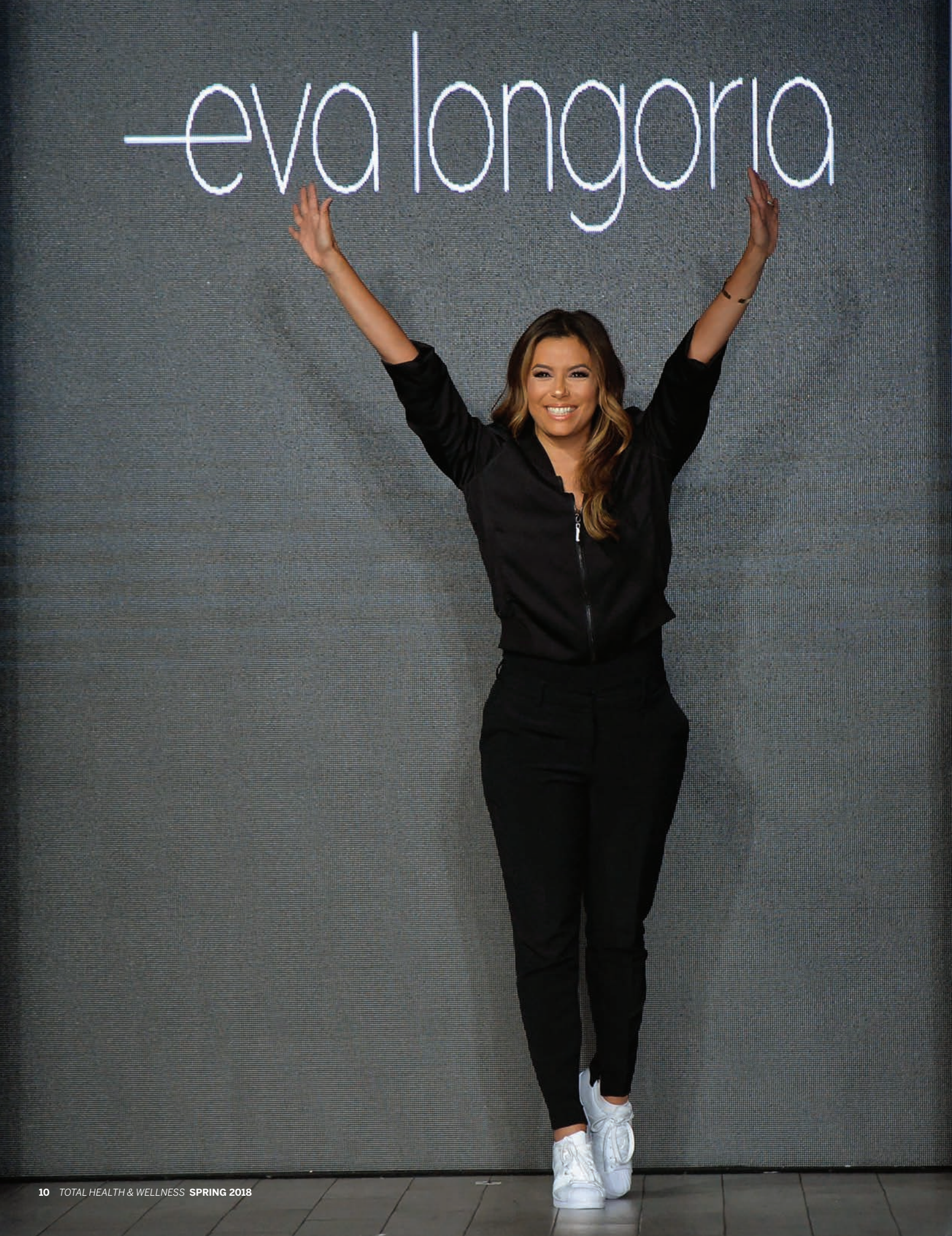
Directions

Toss vegetables and fruit in a large bowl. In a small bowl, whisk together olive oil, white balsamic vinegar, maple syrup, and sea salt. Pour over salad and toss again.

Makes eight 2-cup servings.

Per Serving

167 calories, 8 g total fat (1 g saturated fat, 0 g trans fat), 0 mg cholesterol, 130 mg sodium, 24 g carbohydrates, 5 g fiber, 14 g sugar, 3 g protein


eva longoria

An Unconquerable *Energy and Spirit*

When you see Eva Longoria grace the pages of a magazine or walk the red carpet, she exudes an undeniable positive energy. It's a trait that the actress, producer, director, and businesswoman has seemed to carry throughout her life. It's also one that shines through her extensive philanthropy efforts.

Determination and Flexibility

Longoria was born in 1975 in Corpus Christi, Texas, to ninth-generation Mexican-American parents. As the youngest of four daughters—one with special needs—Longoria became independent and self-aware early on. "I remember watching my sister take 20 minutes to tie her shoes in the morning. I saw what she had to overcome every day to brush her teeth, to put on her clothes. And I'd go, 'I'm so lucky,'" Longoria said to *Los Angeles Magazine*.

At the time, Longoria wasn't focused on being an actress. In fact, it wasn't even on her radar. Longoria received a Bachelor of Science degree from Texas A&M University—Kingsville in kinesiology and was planning to get her master's degree in exercise science and sports medicine when she won a beauty pageant. As a prize for her win, she went to Los Angeles to compete in a modeling and talent competition and ended up catching the eye of agents. The discovery prompted her to move to Los Angeles and pursue acting, taking her future in a very different direction.

Optimist at Heart

While continuing to audition, Longoria worked as a headhunter. It wasn't easy, but she persevered in her acting goal, telling *Los Angeles Magazine* she was "born with optimism."

That optimism and hard work paid off. After several television series guest appearances, Longoria won a role on the soap opera *The Young and the Restless*. A few years later, she became a household name as Gabrielle Solis on the hit show *Desperate Housewives*, which ran from 2004 to 2012. The role catapulted Longoria to worldwide fame and gave her a platform to help others.

A Passion for Others

Even as a teenager, Longoria was active in social issues, helping to campaign for politicians and causes she believed in. And when she had the money and recognition to pour into charitable efforts on a more visible level, she did so deliberately. After thinking about where she most wanted to make a difference, Longoria focused her efforts on women's and children's issues, particularly within the Hispanic population.

In 2006, Longoria founded Eva's Heroes, a charity that helps children with developmental disabilities and their families.

> **"We do have a lot of pressure when people are telling us what we should look like. And I think you have to find your own truth."**

Then, in 2012, she created the Eva Longoria Foundation to promote education and opportunity among Hispanic women. The foundation supports programs that help Hispanics excel in school and provides career training, mentorship, and financial capital to help Hispanic entrepreneurs achieve their dreams.

To better understand the Hispanic population and the struggles they face, Longoria even received her master's degree in Chicano studies from California State University, Northridge in 2013.

Longoria has also taken on many other philanthropic roles, from serving as the national spokesperson for PADRES Contra El Cáncer—an organization focused on improving the quality

Photo by Noam Galai / Stringer / Getty Images

Actress Eva Longoria Parker arrives at the Padres Contra El Cancer's 25th Annual Gala at The Hollywood Palladium in Hollywood, California. (Photo by Frazer Harrison/ Getty Images)

of life for Hispanic children with cancer—to working as an executive producer of the documentary *The Harvest*, which highlights the plight of child migrant farmworkers. Longoria also supports numerous other organizations, from the Make-A-Wish-Foundation and St. Jude Children's Research Hospital to the National Center for Missing and Exploited Children.

These and other charitable efforts have earned her numerous awards and recognition, from the National Hispana Leadership Institute and Hispanic Women's Corporation to the Cesar Chavez Foundation and more.

Healthy Beauty

But Longoria has long been noticed for more than her acting skills and admirable service to others. She's breathtakingly beautiful and, at age 43, incredibly fit. But she takes a realistic approach to her beauty routine, focusing on its health benefits.

"We do have a lot of pressure when people are telling us what we should look like. And I think you have to find your own truth. I don't feel like we should go by these rules and social constructs of society, where you have to be a certain size to be pretty," said Longoria to *Health* magazine. "But I've had friends who don't work out or take care of themselves, and all of a sudden, there's a health issue."

Longoria further explained to *Parade* magazine, "Your body is a vehicle of your emotions and a vehicle of feelings and a vehicle of whatever you need to get done in life. And you've got to take care of that vehicle."

To keep her body healthy, Longoria focuses on eating lots of fruits and vegetables and keeps meat to a minimum. And she exercises most days of the week, mixing up her routine with running, SoulCycle, Pilates, yoga, and weight training.

"Not only is [exercise] great for your physical body, but it gives me more energy during the day if I've worked out. I feel better. I look better," Longoria said to *Parade*. "I'm not saying I wake up every day and go, 'Yea, let's go work out.' I dread it, and I hate it. And I'm absolutely normal like everybody else, but it's part of my lifestyle, so it's kind of just natural."

And she says that consistency is the key. "Especially as you get older, people want to know the secret to looking good, and there is no secret. It's diet and exercise," explained Longoria to *Vogue Australia*. "People say they eat well but they don't exercise. Or they run 20 miles a day, but they can't lose weight. You have to do both."

Ongoing Drive

Clearly, Longoria is a busy woman. In addition to staying healthy, working on ongoing film and television roles, and continuously pursuing philanthropy goals, Longoria has begun directing, continues to be the face of L'Oréal cosmetics, wrote a best-selling cookbook, and has immersed herself in other business opportunities, such as launching a new clothing line. Longoria also married José "Pepe" Antonio Bastón, president of the Latin American media brand Televisa in 2016 and they're currently expecting their first child.

Although Longoria's life seems as full as possible, it's also focused on all the things that give us energy instead of taking it away. Perhaps respecting yourself and your health, pursuing your joy and dreams, and focusing on the needs of others is part of the secret to that positive energy and glow. It's definitely worth a try. ✚

You Can **Say 'No' at Work**

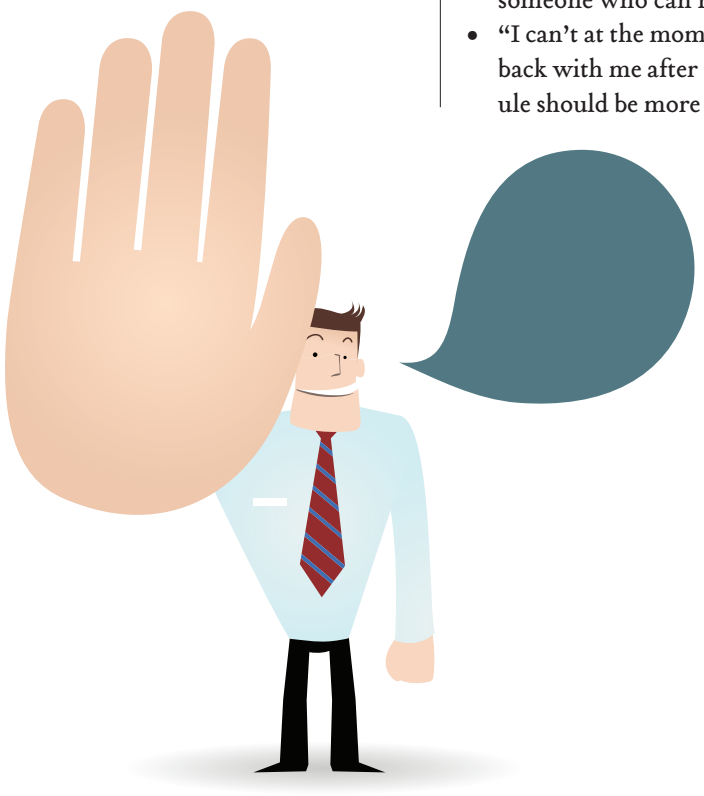
In a perfect world, you would be able to handle every work task that comes your way. But there are times you should say "no" for the good of your organization—and your own health and sanity.

→ **HOW DO YOU KNOW WHEN IT'S TIME TO SAY NO? HERE ARE SOME COMMON SITUATIONS:**

- A new assignment puts too much on your plate. There really are only so many hours in a day. Making sure you can do your best—and stay healthy—is important for your company's success, and your own well-being.
- The request would be better served by a different team member. If you're being asked for something you don't normally handle, it may be best to find the person who does.
- A minor urgency may derail a major milestone. If a "quick favor" takes you away from larger project goals, check your priorities.
- The request is too costly or not feasible. Push back when you see risks to your organization. Better yet, brainstorm for options that will yield similar or even better results.

Saying no doesn't have to alienate others and can actually help build your credibility. Try "softening" the no, and never start your refusal with the word itself. Instead, try phrases such as:

- "I'd really like to help, but I'm committed to finishing other projects before I can take on anything else."
- "I'm so sorry. Right now I can't give that task the time and attention it needs."
- "Unfortunately, this isn't my strong suit. Let me connect you with someone who can help."
- "I can't at the moment, but check back with me after (date). My schedule should be more open then." +



SIMPLE STEPS TO A HEALTHIER WORKDAY

If you work long hours, it can be challenging to keep up a healthy, active lifestyle—but it's not impossible. The small steps below can have a big impact on your well-being.

- **Walk five minutes every hour.** You could make a lap around the building or go up and down several flights of stairs.
- **Take regular stretching breaks.** Stretching helps keep your muscles and joints healthy, and it can also give you an energy boost.
- **Relax with gentle yoga moves.** Some standing poses can be done in office attire.
- **Look for excuses to move more.** You might use the copy machine that's farthest away or walk down the hall to talk with a colleague rather than emailing.

A Closer Look at **Your Eye Health**

A survey commissioned by the American Optometric Association (AOA) suggests that many Americans may turn a blind eye to the dangers of poor vision care.

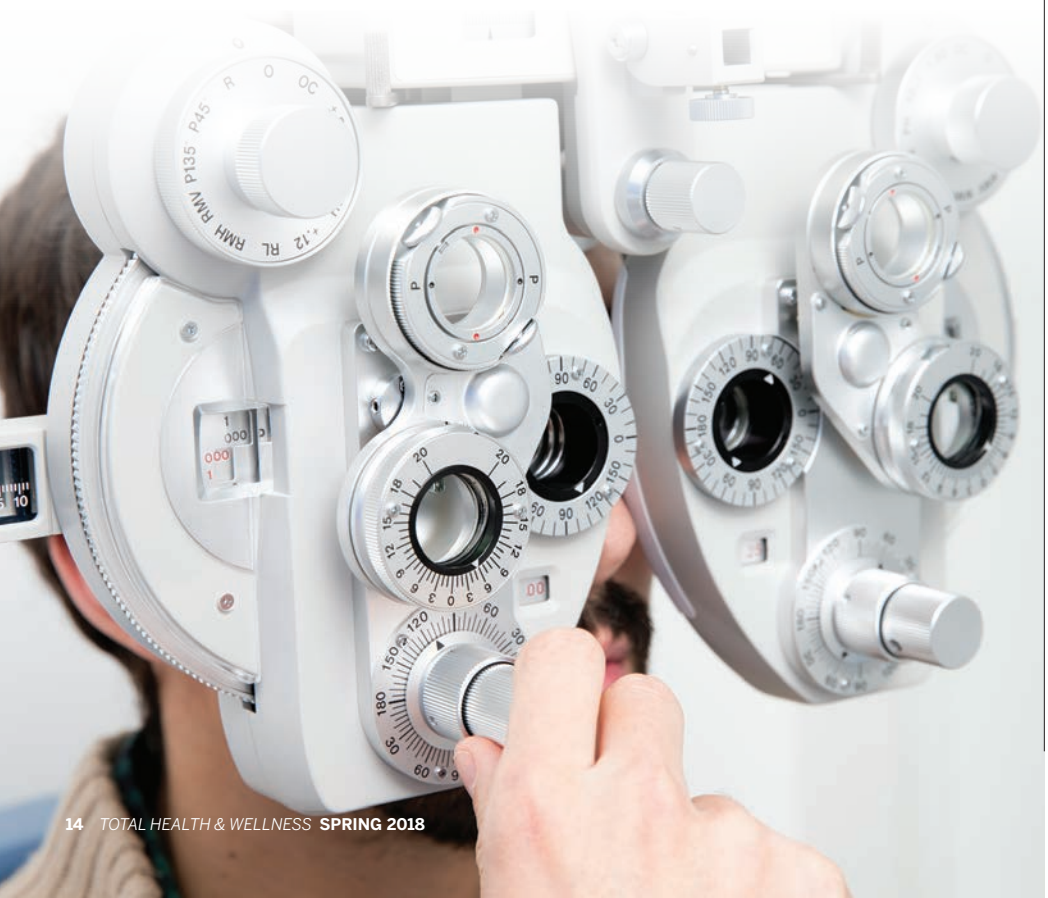
→ **ABOUT 80 PERCENT OF AMERICANS USE GLASSES, CONTACT LENSES, OR BOTH,** but more than a quarter have not visited an eye doctor or eye care specialist within the past two years, according to the AOA. The survey indicates that many Americans may not be paying enough attention to their eyesight and overall eye health.

The Importance of Regular Visits

Vision problems such as age-related macular degeneration (AMD) can develop with no obvious pain or symptoms, so people often are unaware that a problem exists. In fact, AMD can advance so slowly that people notice little change in their vision. Early diagnosis of such problems is important to maintain good vision.

The AOA recommends that every adult should have a comprehensive eye exam at least every two years. People older than age 60 should see their eye doctors every year. Regular visits are particularly important for people who need corrective lenses because these individuals may put off eye exams thinking that their vision problem is simply an indication they need a new lens prescription. While a vision problem may in fact indicate the need for a new lens prescription, it also can be a warning sign of more serious issues.

Regular visits to an eye doctor can help detect the signs of chronic conditions such as diabetes and hypertension, which can affect the eyes. A comprehensive eye exam will also help detect serious vision conditions such as glaucoma, cataracts, diabetic retinopathy, and AMD. Detecting problems early—and treating them promptly—may help avoid long-term complications and vision loss.



Good Nutrition May Help

Eating a healthy diet may help protect aging eyes, but many Americans don't know which types of foods may be beneficial. In the AOA survey, 48 percent of respondents incorrectly believed that carrots are best for eye health. In reality, some studies show that dark green leafy vegetables, such as spinach, broccoli, and kale—which provide the compounds lutein and zeaxanthin—may help protect the eyes against cataracts and AMD. Lutein and zeaxanthin are also available as nutritional supplements.

Other research suggests that omega-3 fatty acids, found in fish, might help prevent AMD. While more research is needed, nutrition shows promise as a means of protecting the eyes from conditions such as cataracts and AMD. +

An Easy Guide to Preplanning Your **Final Celebration**

Many who have undergone the emotional strain of arranging a funeral within hours of losing a loved one make the choice to preplan their own funerals.

→ **DOING SO LIFTS THE BURDEN FROM LOVED ONES** by relieving decision-making pressure at a time of grief and emotional stress.

Benefits of Preplanning

Taking charge of your final arrangements removes the guesswork family members will face regarding your last wishes. Planning your end-of-life celebration in advance—known as prearranging—allows you the time to plan your end-of-life celebration while lifting the financial burden from your family's shoulders. Also, most funeral homes and cemeteries allow you to lock in today's prices when you prearrange so that you get the added benefit of guarding against inflation.

Choosing a Funeral Provider

If you aren't certain where you will live in the future, look for a funeral provider that offers portability with funeral arrangements. Dignity Memorial has a network of more than 2,000 locations in the U.S. and Canada, and offers the National Transferability of Prearranged Services Program. Prearranged funeral services are fully transferable and honored at any Dignity Memorial provider throughout North America if you move more than 75 miles from where your original arrangements were made.

Dignity Memorial also offers grief management support tools, including access to a 24-hour Compassion Helpline staffed by grief counseling professionals at no charge for client families.

A Step-By-Step Guide to Preplanning

To guide you through the preplanning process, pick up the Dignity Memorial Personal Planning Guide at a Dignity Memorial provider near you. Record your final wishes, personal affairs, military history, estate information, and other vital end-of-life information in a single document. Get started with a convenient online tool—the Dignity Planner—to help you with these important decisions from the comfort of your home.

Being proactive, taking control, and getting your affairs organized ensures your personal wishes are documented and your emotional and financial burdens are eased. It most likely saves money, too. To learn more, visit **www.dignitymemorial.com**. +

How to **Add Years to Your Life**

The number of Americans who celebrate their 100th birthday is increasing. It jumped about 44 percent from 2000 to 2014.

→ **WANT TO AIM FOR THOSE TRIPLE DIGITS?** Take these key steps to boost your chances.

Quit Smoking

Smoking is the leading cause of preventable death in the U.S. Get support to quit with programs such as the American Lung Association Lung HelpLine, **800-LUNGUSA** (**800-586-4872**). Also, remove cigarettes and ashtrays from your house. Although quitting may be difficult at first, keep at it. The effort is worth the health benefits.

Beat Heart Disease

Heart disease is a major killer of both men and women in the U.S. Unfortunately, you can't tell by how you're feeling that your blood pressure or cholesterol is high, so get them checked. If your doctor prescribes medication, take it as directed. Doing so can help keep your heart healthy.

Reduce Portion Sizes

Weight is a big obstacle to living longer. More than one-third of Americans are obese. But even losing just a few pounds, if you need to, can prevent or delay type 2 diabetes, another potentially life-shortening condition. Losing weight by eating smaller portions and exercising can reduce your risk for heart disease, stroke, and certain types of cancer. +

5 HIDDEN HAZARDS OF SMOKING

Besides being the number one cause of preventable death, smoking can also raise your risk for major diseases, such as lung cancer, heart disease, and stroke. It can wreak havoc in other ways you may not know, too. Here are five surprising ways smoking can derail your health:

1. Smoking reduces fertility by damaging sperm DNA in men and affecting hormones in women. Smoking is also more likely to cause ectopic pregnancy and to result in miscarriage.
2. Smoking can lead to type 2 diabetes. Once you have diabetes, smoking increases the risk for complications, such as blindness, nerve damage, and heart and kidney disease.
3. Smoking weakens bones.
4. Smoking causes rheumatoid arthritis.
5. Smoking increases your risk for cataracts and age-related macular degeneration.

If you need help quitting, call **800-QUIT-NOW (800-784-8669)** to connect to your state's quitline. Trained counselors are ready to help you snuff out cigarettes for good.

Rev Up Your **Exercise Routine**

Is your same-old, same-old exercise routine becoming monotonous? Renew your interest with interval training.

→ **INTERVAL TRAINING CAN BE USED FOR ALL TYPES OF ACTIVITIES, FROM SWIMMING TO MOPPING FLOORS.** All you have to do is add some short sprints.

Bursts of Benefits

Interval training offers the same health benefits as exercise performed at a steady pace but with some added bonuses. For instance, interval training can help you:

- Build cardiovascular fitness with shorter workouts
- Improve your anaerobic fitness—or ability to perform short bursts of activity
- Keep your workouts fun

People with heart problems can benefit, too. A recent study shows that interval training—high-intensity interval training (HIIT) in particular—can safely improve the heart profiles of patients with coronary heart disease. In fact, researchers noted that HIIT showed equal or greater benefits as compared with continuous aerobic exercise training.

How Intervals Work

If you'd like to incorporate intervals into your workouts, all you have to do is pick up your speed every so often. If you normally walk for 30 minutes, several times a week, add periods of running.

For instance, run from one telephone pole to the next one. Then, walk at your normal pace for the length of two telephone poles. Repeat this sequence for all or part of your workout.

Do you get most of your exercise from housework or other chores? Then add bursts of fast activity, such as running up the stairs.

Interval training can also help inactive people ease into exercise. Here's one approach: Exercise for two minutes at a comfortable pace. Rest for a minute. Repeat until you have exercised for 10 minutes. Over the next several weeks, gradually increase the time you exercise. ✚

Don't Miss a Beat with These Heart Facts

Heart attack, heart failure, and heart disease sometimes go hand in hand, but they are very different conditions. It can feel daunting to learn the variations between the three.

→ **READ ON TO LEARN THE INDIVIDUAL SYMPTOMS AND RISK FACTORS OF THESE CONDITIONS AND HOW TO MANAGE EACH.**

Heart Attack

A heart attack occurs when the flow of oxygen-rich blood becomes blocked from a section of the heart. This is often the result of plaque buildup inside your coronary arteries.

- **Symptoms:** Pain or squeezing feeling in the center or left side of the chest that lasts more than a few minutes or goes away and comes back. Pain or discomfort in one or both arms, or the back, neck, or upper part of the stomach. Other symptoms include shortness of breath, cold sweat, unusual tiredness (especially for women), nausea, vomiting, light-headedness, or sudden dizziness.
- **Risk factors:** You are at risk from smoking, high blood pressure, high cholesterol, obesity, an unhealthy diet, diabetes, and a sedentary lifestyle.
- **Manage it well:** Act fast at the first sign of heart attack symptoms by calling **911**. Doing so can save your life and limit damage to your heart. Do not ignore symptoms.

Heart Failure

With heart failure, your heart does not pump blood as it should. Therefore, the body's need for blood and oxygen is not being met.

- **Symptoms:** Shortness of breath, especially when lying down; feeling tired and run-down; coughing or wheezing; swelling in feet, ankles, and legs; or weight gain from fluid buildup.
- **Risk factors:** A past heart attack, high blood pressure, heart valve disease, being overweight, diabetes, thyroid problems, and drug or alcohol abuse can put you at risk.
- **Manage it well:** Weigh yourself daily to check for weight gain caused by increased fluid. Track your daily fluid intake. Take medicines as prescribed, and monitor your blood pressure daily. Limit alcohol and caffeine, eat less salt, be physically active, get adequate rest, and quit smoking, if you smoke.

Heart Disease

Heart disease is a lifelong disorder of the blood vessels of the heart that can lead to heart attack. Your blood vessels can worsen unless you make healthy lifestyle changes.

- **Symptoms:** Angina, which men often experience as pressure or squeezing in the chest. Women also have angina symptoms but tend to describe a sharp, burning pain in the neck, jaw, throat, abdomen, or back.
- **Risk factors:** High cholesterol, high blood pressure, diabetes, smoking, obesity, sedentary lifestyle, age, and a family history of heart disease. If you have metabolic syndrome (when several of these risk factors occur together), you are twice as likely to develop heart disease.
- **Manage it well:** Eat a diet that is low in fat and salt. Fill up on fruits and veggies, whole grains, fish, fiber, and lean poultry, too. ✚

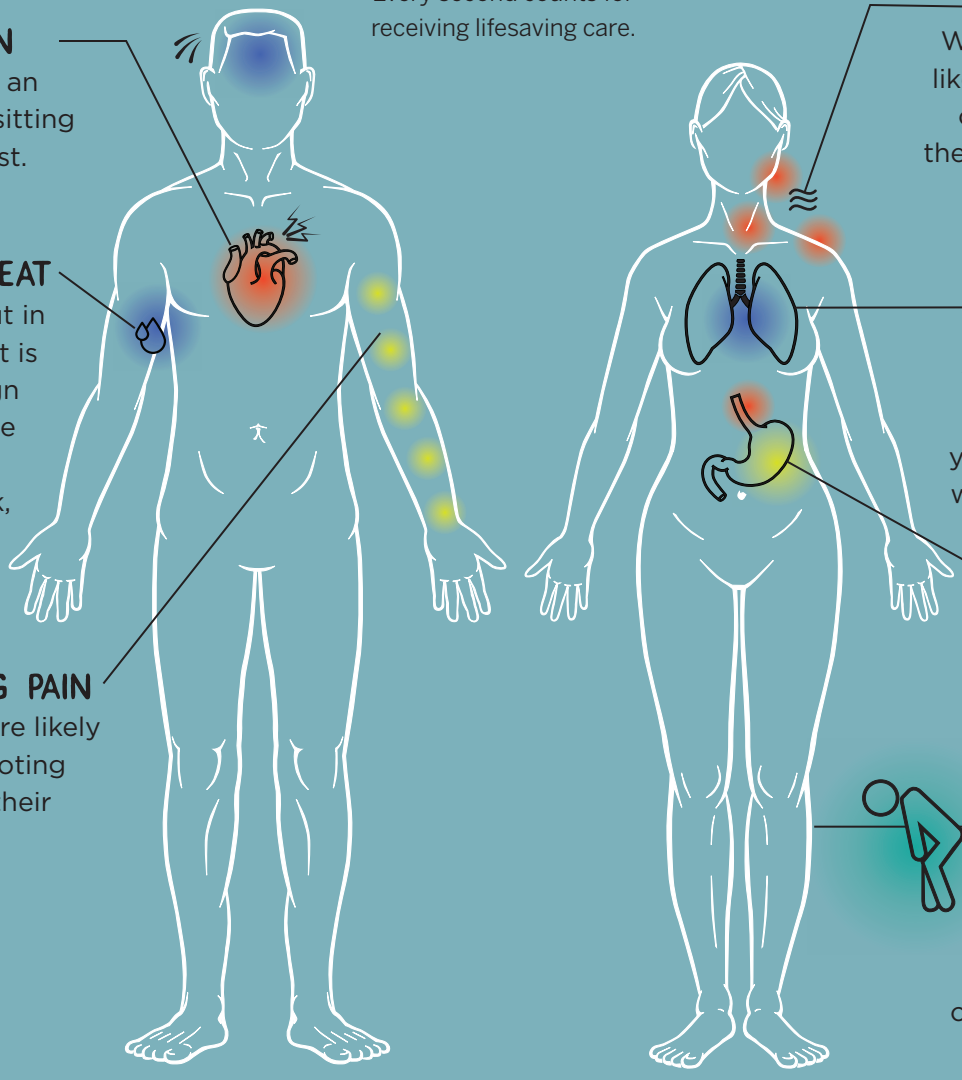
HEART ATTACK SYMPTOMS IN MEN AND WOMEN

Despite what you've seen in movies, people having a heart attack do not all experience excruciating chest pain that makes them fall to the ground. In fact, women are more likely to have much subtler, atypical symptoms during a heart attack. While chest pain is the most common sign for both men and women, here are some differences that can occur. No matter your symptoms, if you think you're having a heart attack, dial **911**. Every second counts for receiving lifesaving care.

SEVERE CHEST PAIN
You feel like an elephant is sitting on your chest.

COLD SWEAT
Breaking out in a cold sweat is a telltale sign you could be having a heart attack, especially for men.

SHOOTING PAIN
Men are more likely to have shooting pain down their left arm.



DULL PAIN
Women are more likely to have pain or discomfort in their stomach, jaw, neck, or back.

SHORTNESS OF BREATH
You have a hard time catching your breath even when sitting still.

NAUSEA
You feel sick to your stomach or are vomiting.

FATIGUE
You feel tired for no obvious reason; the exhaustion can last for days.

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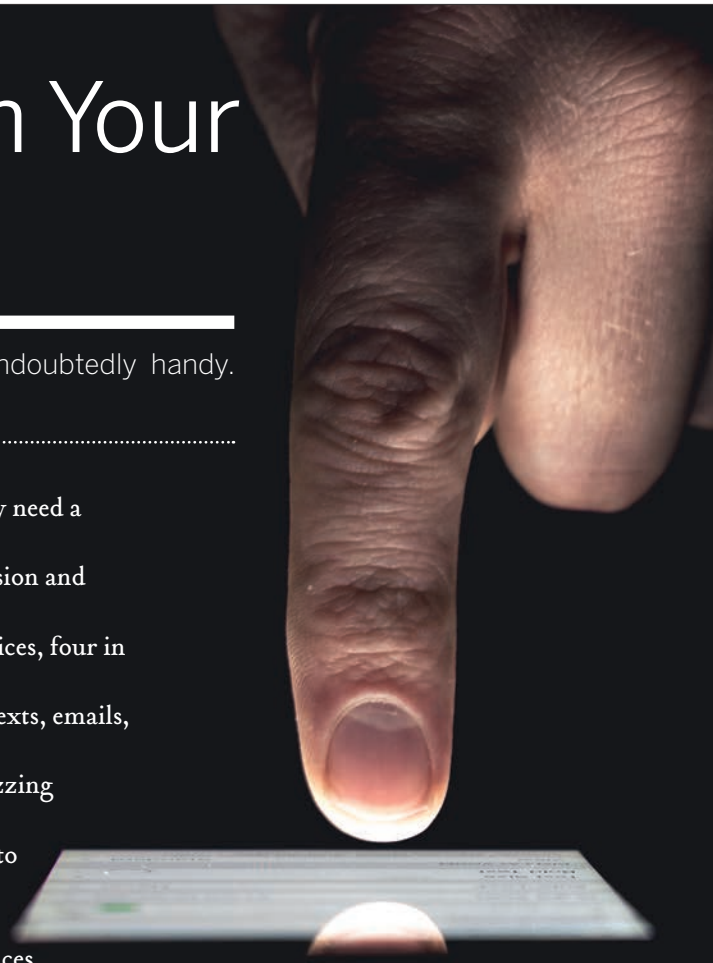
Take a Break from Your Digital Devices

Cellphones, tablets, laptops, and other digital devices are undoubtedly handy. But overuse can undermine your health and happiness.



→ **FROM TIME TO TIME, IT'S GOOD TO DETOX FROM YOUR GADGETS.** You may need a digital detox to avoid:

- **Depression.** Some research has tied frequent social media use to depression and decreased well-being.
- **Weakened bonds.** Among people who are constantly checking their devices, four in 10 say they often feel disconnected from their families.
- **Stress.** More than 80 percent of Americans say they frequently check texts, emails, and social media accounts, which can lead to stress.
- **Decreased concentration.** Frequent interruptions from beeping and buzzing devices make it difficult to focus.
- **Impaired sleep.** Researchers have found that using digital devices close to bedtime can interfere with getting a good night's sleep.

Fear not—it's easier than you think to temporarily ditch these digital devices. Here are five tips on how to do it:

1. **Pick your detox times.** Take breaks from your devices at meals, during outings with family and friends, and at least a half hour before bedtime.
2. **Turn off notifications for texts, emails, and social media.** Silence your phone during detox times, too.
3. **Put devices out of sight.** Research has shown that just seeing a cellphone sitting there can be distracting, even if you don't use it.
4. **Let others know.** Explain to family and friends that you unplug during specific times, but you'll respond to their messages later.
5. **Make it a family affair.** To create a family plan for the use of mobile devices and TV, go to **www.healthychildren.org/mediauseplan.** +