State of Nevada

Department of Administration

Peak Performance

Risk Management Division

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In this issue:

Traveling With Heart Disease

Traveling to a faraway place doesn't need to be off limits because you have heart disease. A few simple precautions can help make your trip a smooth one. An obvious step is to be as equipped for your vacation or business trip as you would be at home. Make sure when you travel that you have your medicine. Bring a list of your medications and your cardiologist's phone number. Do a little research. Be aware of a medical facility at your destination and understand what your health insurance covers.

High Altitudes, Exotic Spots

Traveling to higher altitudes shouldn't necessarily worry you, especially if your medical condition is well controlled. But be mindful of your fluid consumption and sodium (salt) intake if you have cardiomyopathy or a history of heart failure. A balanced fluid intake is important with these conditions . High altitudes can make you more symptomatic if you have coronary artery disease because of the thin air and how oxygen is carried in your blood. It's like a train that's transporting smaller loads and making more trips. The engine — or in this case, your heart — has to work harder, especially if you already have blockage. Watch out for shortness of breath or other symptoms that could indicate you're tipping from a stable to an unstable state. If you're traveling to a developing country where certain vaccines are needed to guard against disease, it's not likely the immunization will affect your heart. The biggest concern is that an exotic place may have less access to good medical care.

Plane Precautions

Sitting immobile on long plane flights can slightly increase a normal person's risk of blood clots in the legs, but associated medical issues usually contribute to it. If someone has peripheral artery disease (PAD) also called vascular disease or a history of heart failure, the clot risk increases. Getting up and walking around when possible is recommended for long flights, just be sure the seatbelt light is not on when you do so. Tell your doctor about your travel plans to get the best advice on what precautions, if any, you may need to take. For example, some people might need compression stockings or additional oxygen. Others might need to watch fluids closely or avoid alcohol. And some may not be able to fly.

PEAK PERFORMERS

EMPLOYEE	AGENCY	MET LEVEL
Tanner, Andres	NHP	17
Stewart, James	NHP	16.9
Page, Adam	P&P	16.9
Wood, Natalie	P&P	16.9
Gresock, John	P&P	16.9
Minoletti, Giovanni	NHP	19.2
Gamberg, Michael A.	NHP	17
Gusmerotti, Damien	NDF	19.1
Brittingham, Steve	NDF	16.9
Grayson, James	NHP	21
Plowman, Donald	NHP	16.9
Vela, Laurie	P&P	17.1
Penn, Anthony	DMV	17
Jackson, Wesley	P&P	16.9
Papke, Ed	DOC	16.1
Angres, Julian	NDF	16.9
Rangel, Daniel	NDF	16.9
Stewart, Kyle	P&P	16.9
Marco, Russell	NHP	16.9
Stroud, Bruce	DOC	16.9
Rivera, Carlos	NHP	19.2
Fluhrer, Shawn	DOC	16.1
Wintersteen, Andrew	P&P	16.1
Marin, Cruz	NHP	17
Sanborn, Slade	NDF	19.2
Tait, Solomon	NDF	16.1
Bolton, Benjamin	NDF	17.2
Knudsen, Richard	NDF	19.2
Evans, Aaron	NDF	16.9
Klug, Carl	NDF	16.1
Geralds, Kevin	NDF	16.9
Boyce, Aaron	NDF	16.1

KUDOS to David Wright, Human Resource Analyst, with DPS for completing the EKG Stress test with 18.2 METS!!!

Surprising Heart Attack Triggers

Roughly half of all people who have a heart attack blame an event—such as a fight with their boss or heavy exercise. Reality is more complicated. Heart attack patients usually have an underlying condition that causes the attack. For example, snow shoveling or anger just unmasks the condition.

Surprising, Silent Causes of Heart Attacks

Heart attacks occur when a piece of plaque lining an artery wall ruptures and blocks the flow of blood to the heart. A trigger might contribute to that rupture, but the heart attack was probably inevitable—unless the person was receiving preventive treatment.

Triggers To Watch Out For

For people at risk for a heart attack, stress and anger are common triggers, especially within two hours after the outburst. Stress hormones cause blood vessels to constrict and slow blood flow to the heart. Taking asprin can mitigate this effect.

Gluttony may be another risk factor. In a study of 2,000 heart attack survivors, researchers found that more than 150 reported eating a heavy meal up to 26 hours before the attack. Of those patients, a significant number ate that meal in the two hours leading up to the attack. One explanation is that eating raises levels of the hormone norepinephrine, which can spike blood pressure and heart rate.

Exercise and Heart Attacks

Compared with women, studies show that men are up to 19 times more likely to have a heart attack following a heavy workout than during other times of day. That increase sounds scary, but the odds that a man will have a heart attack after any particular round of exercise are still low. And the more often he works out, the less likely it is that exercise will ever set off an attack. Men and women who try to make up for months of inactivity with a session of intense exercise are at greater risk for sudden heart attack than those who exercise on a regular basis.

What's A Normal Resting Heart Rate?

A normal resting heart rate for adults ranges from 60 to 100 beats a minute.

Generally, a lower heart rate at rest implies more efficient heart function and better cardiovascular fitness. For example, a well-trained athlete might have a normal resting heart rate closer to 40 beats a minute.

To measure your heart rate, simply check your pulse. Place your index and third fingers on your neck to the side of your windpipe. To check your pulse at your wrist, place two fingers between the bone and the tendon over your radial artery — which is located on the thumb side of your wrist.

When you feel your pulse, count the number of beats in 15 seconds. Multiply this number by 4 to calculate your beats per minute.

Keep in mind that many factors can influence heart rate, including:

- Activity level
- Air temperature
- Body position (standing up or lying down, for example)
- Emotions
- Body size
- Medications

EMPLOYEES MAKING SUBSTANTIAL HEALTH IMPROVEMENTS

EMPLOYEE	AGENCY
Franklin, Jason	NDI
Williams, David	DOC
Kirste, William	DOC
Castillo, Rex	DOC
Vallaster, III	DOC
Carrillo, Jose	DOC
Davis, Burton	DOC
Cole, Claude	P&P
Wood, Natalie	P&P
Oakley, Wayne	DOC
Montoya, H.	DOC
Farnworth, Mike	DOC
Richardson, A.	DOC
Brittingham, S.	NDF
Rigney, Curtis	DOC
Edgell, Michael	NHP
Peterson, James	NHP
Grayson, James	NHP
Kester, David	NHP
Adams, Gerald	Lakes Crossing
Sackett, James	NDI
Delaney, Tony	NHP
Woolman,T.	P&P
Allen, Jason	DOC

EMPLOYEE	AGENCY
Armstead, Eric	DOC
Martinez, Mario	DOC
Fleming, Frederic	DOC
Lindberg, Terry	DOC
Clark, Stephen	DOC
Lawrence, Barry	DOC
Santos, Phillip	DOC
Urresti, James	NDF
Spohn, Ronald	NDF
Ames, Thomas	NHP
Bralower, Mark	DOC
Barnett, David	DOC
Sunday, Allen	DOC
Millar, Lloyd	DOC
Tolbert, Thomas	DOC
Clark, Dan	DOC
Fischer, Robert	DOC
Fry, Jeremy	NDF
Barry, Michael	NDF
Payton, Callan	NDF
Bolton, Benjamin	NDF
McVicars, Andrew	NDF
Harwood, Brian	NDF
Geralds, Kevin	NDF

WEIGHT LOSS CHALLENGE WINNERS

The 2013 Health & Wellness Weight Loss Challenge was another great opportunity to lose those extra pounds and win some fantastic prizes. A special thank you to all those who participated.

Congratulations to first place winner, coach Albert from Warm Springs Correctional facility and runner up, James Gurley from Parole and Probation, Reno.

Congratulations to all with your weight loss success.

SPRING IS HERE!

Thinking about starting a fitness program? Good for you! Starting a fitness program may be one of the best things you can do for your health. Physical activity can reduce your risk of chronic disease, improve your balance and coordination, help you lose weight and even improve your sleep habits and self-esteem. And there's more good news, designing a fitness program is easy.

Assessing and recording baseline fitness scores can give you benchmarks against which to measure your progress. To assess your aerobic and muscular fitness, flexibility and body composition, consider recording:

Your pulse rate before and after you walk 1 mile (1.6 kilometers)
How long it takes you to walk 1 mile (1.6 kilometers)
How many push-ups you can do at a time
How far you can reach forward while seated on the floor with your legs in front of you

Design Your Fitness Program
As you design your fitness program, you need to keep these points in mind. Consider your fitness goals. Are you starting a fitness program to help lose weight? Or do you have another motivation, such as preparing for a marathon? Having clear goals can help you gauge your progress.

Create a Balanced Routine
Most adults should aim for at least 150 minutes of moderate-intensity aerobic activity — or 75 minutes of vigorous aerobic activity-a week. Adults also need two or more days of strength training.

Go at Your Own Pace
If you're just beginning to exercise, start cautiously and progress slowly. If you have an injury or a medical condition, consult your doctor or a physical therapist for help designing a fitness program that gradually improves your range of motion, strength and endurance.

Build Activity Into Your Daily Routine
Finding time to exercise can be a challenge. To make it easier, schedule time to exercise as you would any other appointment. Plan to watch your favorite show while walking on the treadmill, or read a book or magazine while riding a stationary bike.

Plan to Include Different Activities
Different activities (cross-training) can keep exercise boredom at bay. Cross-training also reduces your chances of injuring or overusing one specific muscle or joint. Plan to alternate among activities that emphasize different parts of your body.

Allow Time for Recovery
Many people start exercising with frenzied zeal — working out too long or too intensely — and give up when their muscles and joints become sore or injured. Plan time between sessions for your body to rest and recover.

Put it on Paper
A written plan may encourage you to stay on track.

"Motivation is what gets you started. Habit is what keeps you going." -Jim Ryan

Assemble Equipment
Start with athletic shoes. Be sure to pick shoes designed for the activity you have in mind. If you're planning to invest in exercise equipment, choose something that's practical, enjoyable and easy to use.

Get Started
Start slowly and build up gradually. Give yourself plenty of time to warm up and cool down with easy walking or gentle stretching. Then speed up to a pace you can continue for five to 10 minutes without getting overly tired. As your stamina improves, gradually increase the amount of time you exercise. Work your way up to 60 minutes a day. Listen to your body, if you feel pain, shortness of breath, dizziness or nausea, take a break. Be flexible, if you're not feeling good give yourself permission to take a day or two off.

Monitor Your Progress
Retake your personal fitness assessment six weeks after you start your program and then again every three to six months. You may notice that you need to increase the amount of time you exercise in order to continue improving. Starting an exercise program is an important decision. But it doesn't have to be an overwhelming one. By planning carefully and pacing yourself, you can establish a healthy habit that lasts a lifetime.