



# State of Nevada

Department of Administration

# Peak Performance

Risk Management Division

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## Selecting a Blood Pressure Monitor

Many people have high blood pressure (HBP) for years without knowing it. Generally, there are no symptoms, but when HBP goes untreated, it damages arteries and vital organs throughout your body. That’s why it is often called the “silent killer.”

People often make the mistake of assuming symptoms will alert them to their high blood pressure. However, HBP can only be diagnosed by using a device to measure your blood pressure. Not that long ago, this meant going to your doctor or a clinic and having a reading taken by a nurse or other healthcare professional. But today there are accurate

BP monitors at your local pharmacy and there are monitors you can buy to measure your blood pressure at home.

### Choosing a Monitor.

The American Heart Association recommends an automatic, cuff-style, bicep (upper arm) monitor. Ask your healthcare professional for advice in selecting and using one at home. Wrist or finger monitors are not recommended because they yield less reliable readings.

### Make sure it’s approved.

Make sure the monitor has been tested, validated and approved by the Association for the Advancement of Medical Instrumentation, the British Hypertension Society and the International Protocol for the Validation of Automated BP Measuring Devices.

### Make sure the cuff fits.

Children and adults with smaller or larger than average-sized arms may need special sized cuffs. They are available in some pharmacies, from medical supply companies and by direct order from companies that sell BP cuffs. Measure around your upper arm and choose a monitor that comes with the correct size cuff.

### Get it checked.

Also have the device checked by your healthcare provider when it’s new and once a year to make sure the readings are accurate.

### Keep a record.

Create an account at Heart 360, [www.heart360.org](http://www.heart360.org), and record your BP readings online. This is a private and confidential website, but you can share it with your physician as a part of your treatment. If the Internet isn’t your thing, there are printable trackers that you can find online.

# Hiking Is Good for the Mind and Body

*Get outside and put one foot in front of the other—connect with nature and enjoy the physical and mental health benefits hiking has to offer.*

An invigorating hike is a wonderful way to spend a couple of hours or an afternoon. But hiking offers much more than picturesque views. Hiking relaxes your mind, exercises your body and provides an opportunity to connect with nature.

It's a powerful cardiovascular workout that burns an average of 250 calories per hour and exercises nearly every muscle group in your body. Hiking on a regular basis can also help you maintain a healthy weight and improve your heart and lung health, balance, bone density and quality of sleep.

And hiking is good for your soul. It offers reprieve from the daily grind; you can relax and even meditate as you walk. Hiking eases stress and anxiety and helps allay symptoms of depression. Connecting with nature can elicit feelings of peace, well-being and even happiness.

Living in Nevada provides ample opportunity to immerse yourself in nature with a variety of hiking trails. Now is the perfect time to head outside and explore our beautiful surroundings and get that physical and mental boost we all need.

## **Starting Off Fresh; Nutrition Tips When You Are On the Go**

Changing your eating habits can be very challenging, especially if you are constantly on the go. Read on for suggestions on how to cut calories and fat when eating out is your only option.

### **Consider your drink**

Beverages with added sugar can cause an otherwise healthy meal to go downhill quickly. Instead, choose water, fat-free or low-fat milk, or unsweetened tea.

### **Go for the Greens**

Start your meal with a salad packed with vegetables to help you feel satisfied sooner. Ask for dressing that is vinegar based, or choose your favorite flavor and ask for it on the side. Only use about half of the serving to cut down on calories and fat.

### **Go with an appetizer**

Many entrée sized portions can also be ordered as an appetizer. They are typically served in smaller portions, so you won't be tempted to finish your plate and over eat.

### **Avoid the Buffet Line**

Avoid the buffet table as often as possible. This will only encourage overeating and the deep fried, cheese laden options may get the better of you. If you have no other choice, select from items that are steamed, or grilled, or boiled. These dishes will have fewer calories and will offer more nutritional value.

# Why Quit Smoking?

## ***You can reduce your risks.***

Smoking is the most preventable cause of premature death in the United States. Smokers have a higher risk of developing many chronic disorders, including atherosclerosis—the buildup of fatty substances in the arteries—which can lead to coronary heart disease and stroke. Controlling or reversing atherosclerosis is an important part of preventing a future heart attack or stroke.

You can modify or control seven major independent risk factors for coronary heart disease:

- Cigarette and tobacco smoke
- High blood cholesterol
- High blood pressure
- Physical inactivity
- Overweight or obesity
- Diabetes
- Healthy Diet

## ***Smoking by itself increases the risk of coronary heart disease.***

When it acts with other factors, it greatly increases your risk from those factors, too. Smoking decreases your tolerance for physical activity and increases the tendency for blood to clot. It decreases HDL (good) cholesterol. Your risks increase greatly if you smoke and have a family history of heart disease. Smoking also creates a higher risk for peripheral artery disease and aortic aneurysm. It increases the risk of recurrent coronary heart disease after bypass surgery too.

Smoking is also an important risk factor for stroke. Inhaling cigarette smoke produces several effects that damage the cerebrovascular system. Women who take oral contraceptives and smoke increase their risk of stroke many times.

Cigars and pipes aren't a safer alternative to cigarettes. People who smoke cigars or pipes also have a higher risk of cardiovascular disease and death than non-smokers.

## ***Breathe clean air.***

It's also important to avoid other people's smoke. The link between secondhand smoke (also called environmental tobacco smoke) and disease is well known, and the connection to cardiovascular-related disability and death is also clear. Each year about 34,000 adults die from heart and blood vessel disease caused by other people's smoke. The risk of stroke for nonsmokers who are exposed to secondhand smoke is increased by an estimated 20-30 percent.

## ***Let healing begin today.***

If you already have heart disease, you may think, "What good will it do me to quit smoking now?" But don't be discouraged. Your lungs can begin to heal themselves as soon as you stop harming them with more smoke. Heart disease can be prevented and controlled, but you must follow your treatment plan—and quitting smoking is a big part.

American Heart Association Healthy Living

## THINK PREVENTION, PREVENTION, PREVENTION

Heart disease is the great equalizer. It doesn't respect our stations in life, our businesses, our major life events and certainly not the next game. The good news here is that the care for all forms of heart disease and stroke now borders on the amazing. We can do great things and change expectations. But even great care in the best hands is not guaranteed. Prevention remains the best therapy we have.

# Congratulations

## To the PEAK PERFORMERS

EMPLOYEES WHO ACHIEVED  
16 METS OR BETTER  
1/1/16 – 5/1/16

Last Name:	First Name:	Agency	METS
Donahue	Sean	DOC	17
Muse	Alexander	DOC	16.9
Kelley	Russell	DOC	17
Antonov	Andrei	DOC	16.9
Cessford	John	DPS-I	17
Prestipino	Gregory	DPS-I	16.1
Wadsworth	Glen	NDF	17
Lucey	Michael	NDF	18.4
Mena	Chad	NDF	17
Goldston	Denny	NDF	17
Hughes	Jason	NDF	16.9
Edgell	Michael	NHP	16.1
Prenzel	Jared	NHP	17
Lee	Erik	NHP	16.9
Brown	Chris	NHP	16.9
Grayson	James	NHP	21
Hildebrand	Douglas	NHP	17
Page	Adam	NHP	16.9
Marin	Cruz	NHP	21
Zolyniak	Michael	NHP	17
Pineau	Daniel	NHP	16.9
Stewart	John	NHP	21
Stuehling	Kelly	NHP	17
Jackson	Wesley	P&P	16.9
Evans	Aaron	P&P	21

## SODIUM AND YOUR HEALTH

Sodium is an essential mineral for health. But the average American is eating almost twice the amount that our bodies need. Too much sodium can lead to serious health issues, including high blood pressure.

Here's the scoop on high blood pressure, also known as the "silent killer" because its symptoms are not always obvious:

- It's one of the major risk factors for heart disease, the No. 1 killer worldwide.
- It's the leading risk factor of women's deaths in the U.S., and the second leading risk factor for death for men.
- One-third of American adults have high blood pressure. And 90 percent of American adults are expected to develop high blood pressure over their lifetimes.
- More than 40 percent of non-Hispanic black adults have high blood pressure. Not only is high blood pressure more prevalent in blacks than in whites, but it also develops earlier in life.

Even if you don't have high blood pressure, eating less sodium can help blunt the rise in blood pressure that occurs with age, and reduce your risk of heart attack, heart failure, stroke, kidney disease, osteoporosis, stomach cancer and even headaches. The extra water in your body can also lead to bloating and weight gain.

How much sodium is in salt? Table salt is a combination of two minerals-sodium and chloride. By weight, table salt is approximately 40% sodium and 60% chloride. About 90% of Americans' sodium intake comes from sodium chloride.

We will continue to keep you informed on topics ranging from the Heart-Lung Program, to diet, exercise and nutritional advice. We are always looking for guest contributors to relate personal accomplishments and success stories. We encourage you to drop Risk Management a note at 201 S. Roop St, Ste 201, Carson City, NV 89701, or call Marlene Foley at (775) 687-3194 or contact her by e-mail at [mfoley@admin.nv.gov](mailto:mfoley@admin.nv.gov) You can also contact the State Health and Wellness Coordinator, Laura Streeper, at (775) 323-1656 extension 23, or by email at [LauraStreeper@WillisTowersWatson.com](mailto:LauraStreeper@WillisTowersWatson.com) for a free individualized consultation in regard to addressing your risk factor(s) or request information on wellness and a heart-healthy lifestyle.