



# State of Nevada

Department of Administration

# Peak Performance

## Risk Management Division

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## *Why Metabolic Syndrome Matters*

Metabolic syndrome may be diagnosed when a patient has a cluster of risk factors for cardiovascular disease and diabetes. Individuals with metabolic syndrome have an increased risk for cardiovascular disease and diabetes when compared with individuals who do not have metabolic syndrome. Risk increases when more components of metabolic syndrome are present.

Metabolic syndrome is also associated with a generalized metabolic disorder called insulin resistance, which prevents people from using insulin efficiently. Therefore, metabolic syndrome is also sometimes called insulin resistance syndrome.

People with metabolic syndrome are at increased risk for the following:

- Coronary heart disease and heart attack. When the arteries that supply blood to the heart become narrowed or blocked by fatty deposits called plaque, they decrease the amount of blood and oxygen reaching the heart, which can cause chest pain (angina) or a heart attack.
- Type 2 diabetes. Diabetes occurs when the body can no longer make enough insulin or is unable to use insulin properly. This causes sugars to build up in the blood and increases risks for kidney failure and cardiovascular disease.

About 23% of U.S. adults have metabolic syndrome. Although these risks are significant, there is good news. Metabolic syndrome can be treated and you can reduce your risks for cardiovascular events by maintaining a healthy weight, eating a heart-healthy diet, getting adequate physical activity, and following your health care providers' instructions.

[www.heart.org](http://www.heart.org) August 2016

### The numbers needed to maintain the State of Nevada Heart/Lung Benefits

Blood pressure under 140/90 - Total Cholesterol - under 200 LDL Cholesterol - under 130 Glucose under 100 HDL - over 40 for men, over 50 for women BMI - under 30 with waist circumference of under 40 for men, BMI - under 30 with waist circumference of under 35 for women.

Numbers per the American Heart Association and the National Heart Lung and Blood institute.

# Avoiding winter heart attacks

*Minimize risks with simple solutions such as preventing overexertion and preparing for cold temperatures*

As temperatures start to fall, your risk of a heart attack begins to climb. “Cold weather sometimes creates a perfect storm of risk factors for cardiovascular problems,” says Dr. Randall Zusman, a cardiologist with Harvard-affiliated Massachusetts General Hospital.

Many of these risks stem from a “mismatch between supply and demand.” Cold weather can decrease the supply of oxygen-rich blood to your heart muscle. And it can put you in situations that force your heart to work harder; as a result, your heart demands more oxygen-rich blood. Such a mismatch—a smaller supply of oxygen to the heart coupled with a greater demand for oxygen by the heart—sets you up for a heart attack. Below, we summarize some of the many situations that can lead to heart attacks during the colder months—and how to minimize them.

## ***Risk: Overexertion***

Winter sometimes causes us to overexert. We walk briskly against a strong wind, shovel the walk, push a car out of the snow. Exertion increases the heart’s demand for oxygen. If there’s a blockage in the heart artery that reduces blood flow to the heart muscle, supply may not be sufficient to meet the demand. Many of us have blockages we don’t know about.

**Solution:** Be especially careful about exerting yourself outdoors in winter. Pushing an inch of snow is one thing, but shoveling heavy, wet, deep snowfall is very risky. Avoid doing these activities especially if you have risk factors for heart disease which include smoking, high blood pressure, high cholesterol, diabetes, family history and obesity. Have someone else shovel snow for you.

## ***Risk: Cold exposure***

When your body is suddenly exposed to icy temperatures, your blood vessels clamp down.

**Solution:** Don’t head out the door half-dressed. Put on your coat, hat, and gloves in advance.

## ***Risk: Overheating***

While it’s important to dress warmly in cold weather, it’s also important to avoid getting overheated—for example, from physical activity. If you get overheated, your body will need to release the heat. Too much warm clothing may prevent that, causing blood vessels to dilate, which can dramatically lower blood pressure. When blood pressure drops, it can reduce the heart’s blood supply, possibly leading to a heart attack.

**Solution:** Dress in layers. If you start to sweat, remove a layer until you cool down, then replace the layer. Better yet, go inside and take a break.

## ***Risk: Influenza***

A bout of seasonal flu can trigger a heart attack in people at risk for heart disease. Flu causes a fever, which makes your heart beat faster (raising its demand for oxygen). The flu can cause dehydration, which can reduce your blood pressure (lowering the heart’s supply of oxygen). Again, when demand exceeds supply, it may lead to a heart attack.

**Solution:** Try to avoid getting the flu by washing your hands often with soap and water and getting a flu shot. If you do get flu symptoms, call your doctor and take antiviral medication. Avoid dehydration by drinking plenty of fluids or eating water-rich foods such as fruit or soup.

## ***Risk: Missed prescriptions***

Snowy or icy weather can keep you from following through on your doctor visits or getting your prescriptions filled on time.

**Solution:** In winter months, it’s best to have a supply of medication large enough so that you won’t run out if there’s rough weather. Not waiting until the last minute to fill prescriptions is another wise move, especially if weather can make transportation a problem.

Harvard Health Letter, October 2016

## High Intensity Interval Training

High-intensity interval training (HIIT) or burst training is key to getting the most out of your workouts. If you’re still doing steady-state workouts or not finishing out each set to fatigue, you’re leaving room for improvement. Including high-intensity work intervals with alternating periods of rest helps your body reach new levels of fitness. Tabata, HIIT and boot-camp classes tend to offer this type of training, or you can do it on your own. Focus on eight to 12 reps of each exercise followed by a controlled sprint set. For example, perform slow biceps curls followed by rope-cable curls for a timed set.

*-Courtesy of the American Council on Exercise*

## **Don't give in to risky winter health habits**

Wintertime can have a bad influence on your good health habits. The weather may prevent you from exercising regularly. Holiday parties may lead you to consume more calories, more "bad" fats, more salty food, and excessive alcohol.

Keep healthy habits intact with a few winter strategies:

Start an indoor exercise program at home, or walk at the local shopping mall.

Avoid overindulging at parties by eating a light, healthy meal before you go to reduce your appetite for unhealthy food; using smaller plates; limiting your alcohol intake; and not lingering at the table.

## **What Causes High Cholesterol? 4 Lifestyle Mistakes That Put You at Risk**

### **Take heart: Most cholesterol risk factors are avoidable.**

It's true: Your genes play a big factor in your risk for disease, including high cholesterol. If your mom or dad has high cholesterol, then there's a higher-than-average chance you will too.

Thing is, it's not just heredity that can cause high cholesterol. Several lifestyle factors also have a huge impact on your risk. The good news: You can change the choices you make. Here are four mistakes that put you at risk for high cholesterol.

#### **You eat poorly**

A diet high in saturated fat found in meats, butter, and dairy ups your risk of high cholesterol, as does consuming a lot of foods high in cholesterol, such as beef and full fat-milk products. Eating too many trans fats in packaged baked goods will also raise your risk, though it's becoming tougher to find them; in 2015, the FDA ordered food manufacturers to stop using trans fats within three years. Still, check food labels carefully and steer clear of any that still have "partially hydrogenated oil" listed as an ingredient.

#### **You're obese**

Having a body mass index (BMI) greater than 30 means you're more likely to have lower levels of good cholesterol (HDL) and higher levels of bad cholesterol (LDL).

#### **You don't exercise**

The more you move, the less likely you are to be overweight or obese-but that's not the only way exercise affects cholesterol. Working out also boosts your levels of HDL cholesterol while increasing the size of LDL particles, which makes them less harmful.

#### **You still smoke**

If you haven't quit smoking, what are you waiting for? Lighting up is the leading cause of preventable death in the United States. It's the cause of 90 % of all lung cancer deaths, and can even cause cancer in many other parts of the body. As if that weren't enough reason to stop using cigarettes, here's another: smoking lowers your levels of HDL cholesterol and damages blood vessel walls.

[www.health.com](http://www.health.com)

# Congratulations Peak Performers

Employees who Achieved 16 METS or Better  
September 2016 through November 2016

Last Name:	First Name:	Agency	METS
Aten	Arthur	NHP	17.0
Atherton	Richard	DOC	18.2
Ayala-Zapata	Luis	NHP	17.0
Barney	Kelly	NHP	17.0
Bass	Andrew	State Parks	19.2
Brewer	Chris	DPS – Investigation	17.0
Brown	Chris J.	NHP	17.0
Callen	David	NHP	17.0
Carey	Diana	DOC	16.3
Diamond	Michael	P&P	18.0
Dokiwari	Duncan	DOC	16.1
Dondero	Jonathan	P&P	17.0
Douglas	Robert	DOC	17.0
Halsey	David	DOC	17.0
Harkleroad	Blair	NHP	17.1
Lowell	Kenneth	NHP	17.0
Mejia	Arthur	DOC	17.0
Osterman	Michael	NHP	16.3
Radke	Teresa	DOC	18.2
Rest	Timothy E	Lakes Crossing	17.0
Schultheis	Randall	COR	19.2
Stapledon	Michael	NHP	17.0

We will continue to keep you informed on topics ranging from the Heart and 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 Street , Ste 201, Carson City, NV 89701, or call Marlene Foley at (775) 687-3194 or contact her by email 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.