



State of Nevada

Department of Administration

Peak Performance

Risk Management Division

Volume 2017 - 3

July/Aug/Sept

In this issue:

Cold Weather and Cardiovascular Disease	1
Talking to your Doctor	2
What to know about your heart rate	3
How to Eat Healthy without Dieting	3
Peak Performers	4
Adapt to Put Stress in It's Place	4
Fast facts on daily calorie intake	4

Cold Weather and Cardiovascular Disease

This winter season will bring cooler temperatures and ice and snow for some. For most people, shoveling snow may not lead to any health problems. It's important to know how cold weather can affect your heart, especially if you have cardiovascular disease. Some people who are outdoors in cold weather should avoid sudden exertion, like lifting a heavy shovel full of snow. Even walking through heavy, wet snow or snow drifts can strain some people's heart.

How does cold weather affect the heart?

Many people aren't conditioned to the physical stress of vigorous outdoor activities and don't know the potential dangers of being outdoors in cold weather. Winter sports enthusiasts who don't take certain precautions can suffer accidental hypothermia.

Besides cold temperatures, high winds, snow and rain also can steal body heat. Wind is especially dangerous because it removes the layer of heated air from around your body. At 30 degrees Fahrenheit in a 30-mile per hour wind, the cooling effect is equal to 15 degrees Fahrenheit. Similarly, dampness causes the body to lose heat faster than it would at the same temperature in drier conditions.

To keep warm, wear layers of clothing. This traps air between layers, forming a protective insulation. Also, wear a hat or head scarf. Heat can be lost through your head. And ears are especially prone to frostbite. Keep your hands and feet warm, too, as they tend to lose heat rapidly.

Talking to Your Doctor

Do you ever find it challenging to talk to your doctor? Maybe your doctor uses a lot of technical jargon, or races through your appointment so fast you don't really understand your own heart health.

The truth is, good communication is up to you! Here is your prescription on how to have a productive heart-to-heart talk with your doctor.

Rx

PATIENT NAME _____

ADDRESS _____

Prescription:

Be prepared

Rely on trusted sources like the American Heart Association and National Institutes of Health when investigating your own heart health issues and risk factors. Discuss what you've learned with your doctor.

Speak up

Learn to ask questions. Some people get nervous in a doctor-patient setting. Ask — even if it feels a bit uncomfortable. After all, it's your well-being on the line.

Follow up

Don't hesitate to contact your doctor immediately with any urgent questions.

SIGNATURE _____

DATE _____

What to know about your heart rate?

Even if you're not an athlete, knowledge about your heart rate can help you monitor your fitness level — and it might even help you spot developing health problems.

Your heart rate, or pulse, is the number of times your heart beats per minute. Normal heart rate varies from person to person. Knowing yours can be an important heart-health gauge.

Where is it and what is a normal heart rate?

The best places to find your pulse are the: wrists, inside of your elbow, side of your neck or the top of your foot. To get the most accurate reading, put your finger over your pulse and count the number of beats in 60 seconds.

Your **resting heart rate** is the heart pumping the lowest amount of blood you need because you're not exercising. If you're sitting or lying and you're calm, relaxed and aren't ill, your heart rate is normally between 60 beats per minute and 100 beats per minute.

A heart rate lower than 60 doesn't usually signal a medical problem. It could be the result of taking a drug such as a [beta blocker](#). A lower heart rate is also common for people who get a lot of physical activity or are very athletic. Active people often have lower heart rates because their heart muscle is in better condition and doesn't need to work as hard to maintain a steady beat. If your pulse is very low or if you have frequent episodes of unexplained fast heart rates, especially if they cause you to feel weak or dizzy or faint, tell your doctor, who can decide if it's an emergency. Your pulse is one tool to help get a picture of your health.

How to Eat Healthy without "Dieting"

Who isn't trying to eat healthy these days?

After all, it can help reduce your risk of heart disease, stroke and lots of other things you'd rather avoid. The good news is, eating right doesn't have to be hard or require you to give up things you love. It's all about making smart choices to build an overall healthy dietary pattern.

Here are some simple ways you and your family can eat healthier:

Include

Fruits and vegetables

Low-fat and fat-free dairy products

Nuts and seeds

Whole grains, beans and legumes

Healthier fats and not-tropical oils

Fish, skinless poultry and plant based alternatives

Limit

Sweets and added sugars, sugary drinks

Saturated fat

Sodium and salt

Fatty or processed meats, select leaner cuts

Avoid

Trans fat and partially hydrogenated oils

Tips

Choose mindfully, even with healthier foods. Ingredients and nutrient content can vary a lot.

Read labels. Compare nutrition information on package labels and select products with the lowest amounts of sodium, added sugars, saturated fat and trans fat, and no partially hydrogenated oils.

CONGRATULATIONS PEAK PERFORMERS

April 16 through September 30, 2017

Last Name:	First Name:	Agency	Mets
Beach	Kirt	NHP	17.0
Bennett	Travis	DOC	17.0
Bowers	Eddie	P&P	16.1
Brown	Chris	NHP	17.0
Callen	David	NHP	16.1
Draper	Logan	OFM	16.9
Forbes-Adrian	Jena	P&P	21.0
Gatlin	David	DOC	17.0
Granata	Andrew	NHP	20
Halsey	David	DOC	17.0
Herring	Cade	DOC	17.0
Knoch	Peter	NHP	17.5
Konrad	Tina	NHP	17.8
Misiti	Robert	NSP	20.0
Rasor	Andrew	NDI	21.0
Romero	Walter	DOC	17.0
Solow	Daniel	NHP	18.9
Timm	Michael	NHP	17.5
Wagner	Chris	OFM	21.0
Willard	Jessica	NHP	16.9

Adapt to Put Stress in Its Place

Adapting, or changing your standards or expectations, is one of the best ways to deal with stress. To work on adapting, adjust your expectations. For example, instead of feeling frustrated that you're home with a sick child, try to see it as an opportunity to relax and bond. Create a saying such as, "I can handle this," and mentally repeat it on tough days. And remember the big picture. Ask yourself if this will matter in a year or five years.

From MayoClinic.org

Flu Season is Upon Us



Remember to get your flu shot

Fast facts on daily calorie intake

Here are some key points about daily calorie intake:

- **Recommended calorie intake depends on factors such as age, size, height, sex, lifestyle and overall general health.**
- **The longer you chew your food, the more calories your body retains.**
- **Recommended daily calorie intakes in the US are 2,700 for men and 2,200 for women.**
- **Eating a big breakfast could help with weight reduction and maintenance.**
- **When food is eaten may matter as much as what and how many calories are eaten.**
- **Average calorie consumption in industrialized nations and a growing number of emerging economies is higher than it used to be.**
- **Approximately 20% of the energy used in the human body is for brain metabolism.**
- **Ideal body weight depends on several factors including age, bone density and muscle-fat ratio.**
- **The types of food that calories are acquired from are highly important in terms of nutrition.**
- **A 500-calorie meal consisting of fruits and vegetables is much better for your health and will keep you from being hungry for longer than a 500-calorie snack of popcorn.**

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 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 e-mail her at mfoley@admin.nv.gov. You can also contact the State Health and Wellness Coordinator, Laura Streeper, at (775) 323-1656 extension 23, or email Laura.Streeper@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.