



Wellness Newsletter

Augusta Technical College

Better Sleep = Better Health

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It refreshes us like nothing else. It can be occasionally elusive, almost always comforting, and definitely essential to our survival. And although we spend 33% of our lives asleep, we barely give it a moment's notice....until we *can't* sleep. Then we think about it to the point of obsession.

For millions of people, the consequences of a poor night's sleep – higher stress, increased mistakes, difficulty concentrating – are every day occurrences. But it doesn't have to be this way.

We all have too much to do, so take time out and recharge yourself by getting a good night's sleep. The quality and quantity of your sleep can make all the difference in how productive you'll be the next day. Here are ten tips to help you get the sleep you need and deserve.

- Maintain a regular bed and wake time schedule, including weekends.
- Establish a regular, relaxing bedtime routine such as soaking in a hot bath or hot tub and then reading a book or listening to soothing music.
- Create a sleep-conducive environment that is dark, quiet, comfortable and cool.

- Sleep on a comfortable mattress and pillows.



- Use your bedroom only for sleep and sex. It is best to take work materials, computers and televisions out of the sleeping environment.
- Finish eating at least two to three hours before your regular bedtime.
- Exercise regularly. It is best to complete your workout at least a few hours before bedtime.
- Avoid nicotine (e.g., cigarettes, tobacco products). Used close to bedtime, it can lead to poor sleep.
- Avoid caffeine (e.g., coffee, tea, soft drinks, chocolate) close to bedtime. It can keep you awake.
- Avoid alcohol close to bedtime. It can lead to disrupted sleep later in the night.

Find out more about how sleep can impact your health:

<http://www.bettersleep.org>

National Health Observances

- Asthma & Allergy Awareness Month
- Better Sleep Month
- National Arthritis Month
- National Bike Month
- National High Blood Pressure Education Month
- National Physical Fitness & Sports Month
- National Skin Cancer Awareness Month
- National Stroke Awareness Month
- Older Americans Month
- World Red Cross Day (8th)

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Healthy Recipe

Turkey Avocado Wrap

- 1/4 cup low-fat ranch dressing
- 2 tablespoons chipotle salsa
- 1/4 teaspoon finely grated orange zest
- 4 (8-inch) flour tortillas
- 12 ounces sliced oven-roasted turkey breast
- 1 ripe avocado, pitted, peeled, and sliced
- 2 cups mesclun lettuce or sprigs of cilantro

- 2 scallions (white and green parts), thinly sliced
- Kosher salt and freshly ground black pepper

- 1 1/2 cups grated jicama
- 1 tomato, thinly sliced

In a small bowl, combine the ranch dressing with the salsa and orange zest. Lay the tortillas on a cutting board, and spread the ranch mixture evenly over each one, leaving about a 1-inch border on all sides. Layer the turkey, avocado, lettuce, jicama, tomato, and scallions evenly over each tortilla, still leaving a border. Season with salt and pepper. Roll up like a pinwheel. Halve, and serve.

Recipe from: <http://www.foodtv.com>

Breaking Barriers to a Healthy Home

Healthy indoor air comes at a price greater than the elbow grease expended such as the initial costs to purchase dust-mite-proof encasings and replace aging upholstered furniture and carpeting, the lack of family support for the changes needed and the emotional and physical impact of making lifestyle changes such as quitting smoking or restricting pets.

However, changing your environment is not an all-or-nothing proposition. You have a pretty good chance of success if you prioritize your allergy proofing steps according to the allergens most responsible for causing symptoms, available finances and the level of cooperation required of each family member in creating a healthy home environment.

Tackle the allergens and irritants most responsible for symptoms starting in the bedroom - where you and your kids will spend more than half your life! From there, search and destroy allergens and irritants in the kitchen and bathrooms where mold, moisture, and ventilation issues reign. Don't overlook basements, crawl spaces, and attached garages - out of sight and out of mind for mold, dust, off-gassing from stored chemicals, and carbon monoxide (garage).

Family rooms host a variety of allergens and irritants, all of which are better dealt with as a family. It's often been said that allergy and irritant proofing a house exposes cracks in the family structure. Negotiating, listening, and problem-solving skills will be put to the test. Budget planning, keeping a positive atti-

tude, and prioritizing tasks can be challenging. However, successful achievement yields rewards both in health and happiness.



Getting started:

House Dust Mites - *microscopic critters that feast on shed flakes of human skin; found wherever a food source is available (pillows, bedding, upholstered furniture, carpet, stuffed toys)*

It's their lighter-than-air fecal matter and decaying body parts that we breathe all night long that provoke allergy symptoms and asthma.

Cockroaches - *insects found wherever food and water sources exist (kitchens, bathrooms, bedrooms, under the couch)*

Cockroaches are prolific creatures commonly found in apartment buildings or homes in woodland, urban, suburban, and rural areas. It's their decaying body parts and waste products that produce nasal (rhinitis) and asthma symptoms as they become airborne.

Pet Allergens - *dander, urine, and saliva proteins produced by cats, dogs, bunnies, hamsters, gerbils, guinea pigs, etc. cause nasal and respiratory symptoms*

Symptoms may linger long after the animal has moved out of the home. Thorough cleaning with allergen-neutralizing solutions and HEPA filtering vacuums is required.

Irritants - *building materials, new carpets, furniture, and cabinetry often contain formaldehyde and other volatile organic compounds (VOC) known to provoke nasal and lower respiratory symptoms*

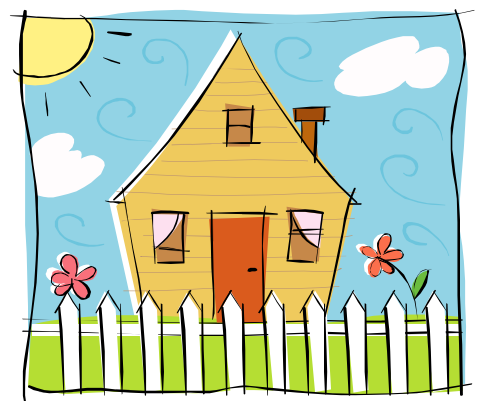
Carpets laid on top of concrete floors create a reservoir for mold and fungal allergens.

Tobacco smoke lingers on walls, carpets, and clothing and forms a film inside the ductwork lining central heating and air conditioning systems, causing dust particles to cling, encouraging the growth of bacteria and fungus, and reducing HVAC performance and efficiency.

Attached garages, poorly vented kitchen stoves and clothes dryers, laundry rooms, and bathrooms harbor a virtual cocktail of allergens and irritants.

To learn more about how you can protect yourself and your family from allergens and irritants in your home check out this website:

<http://www.aanma.org>



World Red Cross and Red Crescent Day Highlights Global Humanitarianism

On May 8th, the American Red Cross will join its sister societies, the International Committee of the Red Cross and the International Federation of Red Cross and Red Crescent Societies in celebrating World Red Cross and Red Crescent Day, remembering the enduring efforts of the International Movement to alleviate human suffering worldwide, whether from disease, famine, disaster or war.



Henry Dunant, founder of the Red Cross Movement

World Red Cross and Red Crescent Day is commemorated each year on the birthday of Henry Dunant, the Swiss citizen who founded the International Red Cross and Red Crescent Movement in 1863 to help ease the suffering of war victims. In 1859, Dunant witnessed firsthand the painful plight of wounded soldiers during the Battle of Solferino and became a tireless advocate for humane treatment of the sick and wounded during wartime.

The Red Cross and Red Crescent

Movement Dunant founded has since become the largest humanitarian aid network in the world, along with the Magen David Adom society in Israel. Red Cross and Red Crescent societies are active in 181 nations. With almost 100 million volunteers, the Red Cross and Red Crescent Movement brings assistance and relief to some 233 million beneficiaries each year.

World Red Cross and Red Crescent Day began in 1922, just after World War I, when the Red Cross National Society in the Czech Republic proclaimed a three-day truce at Easter to promote peace. The idea soon evolved into recognizing one day each year to promote a call for the worldwide relief of human suffering due to disease and the tragedies of war.

Dunant campaigned tirelessly for the right of every wounded soldier to receive medical care, promoting a cause still relevant today. Underscored by a lasting commitment to impartiality, neutrality and the other Fundamental Principles of the Movement and international humanitarian law, Red Cross and Red Crescent societies worldwide persist in their mission to protect human dignity.

As a partner in both international relief efforts and health campaigns, the American Red Cross endeavors to make a global impact through life-saving programs like the Measles Initiative.

The Measles Initiative began with the same ideals of the 1922 truce advocating for relief of human suffering and is a long-term program resulting from the cooperative efforts of the American

Red Cross, its sister Red Cross and Red Crescent societies, the International Federation of Red Cross and Red Crescent Societies and other international health leaders including the UN Foundation (UNF), Centers for Disease Control and Prevention (CDC), World Health Organization (WHO) and UNICEF.

The program aspires to control measles deaths in Africa by vaccinating 200 million children by 2006, thus preventing 1.2 million deaths from the disease.



Additionally, the American Red Cross is working with other Red Cross and Red Crescent societies worldwide in a variety of efforts to help meet the needs of the world's most vulnerable people. World Red Cross and Red Crescent Day serves as annual reminder of that lasting work and commitment.

Written by Bonnie Gillespie, Staff Writer and Photographer

To learn more about how you can become involved in World Red Cross Day go to:

<http://www.redcross.org>

High Blood Pressure: A Force To Be Reckoned With

Blood pressure is the force of blood against the walls of arteries. When that force stays too high, it becomes a life-threatening condition—high blood pressure (also called hypertension). It makes the heart work too hard, hardens the walls of arteries, and can cause the brain to hemorrhage or the kidneys to function poorly or not at all.

Who does high Blood Pressure impact?

- More than 65 million American adults -1 in 3- have high Blood Pressure.
- Nearly 60 million Americans are over age 55 which means they have a 90 percent likelihood of developing high Blood Pressure in their lifetimes.
- African Americans are more likely to develop high Blood Pressure than any other racial or ethnic group and tend to develop it earlier than others.
- 18 million Americans have dia-

betes which increases their chances of developing high Blood Pressure.

- 122 million American adults are overweight or obese which increases their chances of developing high Blood Pressure.

Risky business

Anyone can develop high Blood Pressure. But these factors increase the risk: being overweight or obese, being physically inactive, high salt and sodium intake, low potassium intake (due to not eating enough fruits and vegetables), excessive alcohol consumption, and diabetes.

Why should you care about high Blood Pressure?

- High Blood Pressure can lead to other life-threatening conditions, including heart disease, stroke, and kidney failure.
- High Blood Pressure is a factor in 67 percent of heart attacks in

the U.S.

- High Blood Pressure is a factor in 77 percent of strokes.
- High Blood Pressure precedes 74 percent of cases of heart failure in the U.S.
- High Blood Pressure is the second leading cause of chronic kidney failure in the U.S.
- High Blood Pressure causes more visits to doctors than any other condition—just a 10 percent decline in the number of visits would save \$478 million each year.
- High Blood Pressure affects circulation—creating a higher risk for mental deterioration and Alzheimer's.
- High Blood Pressure and its complications cost the U.S. economy more than \$100 billion each year.

To learn more check out:

<http://nhlbi.nih.gov>

May is National Stroke Awareness Month

Fewer than one in five Americans can identify even one stroke symptom. Stroke or brain attack is the leading cause of adult disability and the third leading cause of death in America. Recognizing when a stroke is occurring and reacting **F.A.S.T.** to get lifesaving treatment can save the lives of the men and women in your life.

"If you understand the warning signs (of stroke) and get to the hospital quickly, it is possible to even reverse the stroke itself," says Dr. Dawn Kleindorfer, assistant professor of neurology at University of Cincinnati School of Medicine.

In a recent poll conducted by National Stroke Association, one-third of men could not recognize even one stroke symptom. That is not good news for men, or the women in their lives, who are uniquely impacted by stroke. National Stroke Association's "Women in Your Life" campaign is working to change these statistics by educating Americans about stroke prevention and recognizing stroke symptoms.

Research also shows that women take longer than men to get to the hospital after experiencing stroke symptoms. They wait longer to be treated in the emergency room. Women are also more likely to be the caregiver

for a stroke survivor.

Many stroke patients have no idea they are having a stroke because brain cells are dying which can effect judgment. Learning to recognize a stroke is important and easy, just think **F.A.S.T.**

Face – Ask the person to smile. Does one side of the face droop?

Arms – Ask the person to hold both arms up evenly. Does one arm drift downward?

Speech – Ask the person to repeat a simple sentence. Are their words slurred or mixed up?

Time – If the person shows any of these symptoms, call 9-1-1 immediately. Brain cells are dying.

The good news is up to 80 percent of strokes are preventable. Stop smoking, keep blood pressure, cholesterol and diabetes under control, and manage atrial fibrillation (a condition where the heart beats irregularly) to reduce stroke risk.

Contact National Stroke Association to order a free Women in Your Life book, visit <http://www.stroke.org> or call 1-800-STROKES.

Can Melanoma Skin Cancer Be Prevented?

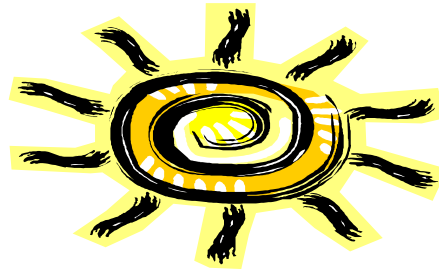
Cancer of the skin is the most common of all cancers. Melanoma accounts for about 4% of skin cancer cases, but it causes most skin cancer deaths. The number of new cases of melanoma in the United States is on the rise. The American Cancer Society estimates that in 2006 there will be 62,190 new cases of melanoma in this country. About 7,910 people will die of this disease.

Melanoma is a cancer that begins in the melanocytes. Because most of these cells keep on making melanin, melanoma tumors are often brown or black, but this is not always the case. Melanoma most often appears on the trunk of fair-skinned men and on the lower legs of fair-skinned women, but it can appear other places as well. While having dark skin lowers the risk of melanoma, it does not mean that a person with dark skin will never develop melanoma.

Melanoma is almost always curable in its early stages. But it is also likely to spread to other parts of the body. Melanoma is much less common than basal cell and squamous cell skin cancers, but it is far more serious.

The best way to lower the risk of

melanoma is to avoid too much exposure to the sun and other sources of UV light. The ideas below can help you prevent skin cancer:



Avoid being outdoors in sunlight too long, especially in the middle of the day when UV light is most intense.

Protect your skin with clothing, including a shirt with long sleeves and a hat with a broad brim.

Use sunscreen and lip balm. They should have an SPF factor of 15 or more. Apply the sunscreen correctly. Many people do not use enough – a palm full is best. Put it on about 20 to 30 minutes before you go outside so your skin can absorb it. And you should put it on again every two hours. Use it even on hazy days or days with light or broken cloud cover. Don't stay out in the sun longer just because you're using sunscreen as that defeats the purpose.

Wear sunglasses. Wrap-around sunglasses with at least 99% UV absorption give the best protection.

Avoid other sources of UV light such as tanning beds and sun lamps.

Be especially careful about sun protection for children. Teach your children to protect themselves from the sun as they get older. People who suffer severe, blistering sunburns, particularly in childhood or teenage years, are at increased risk of melanoma.

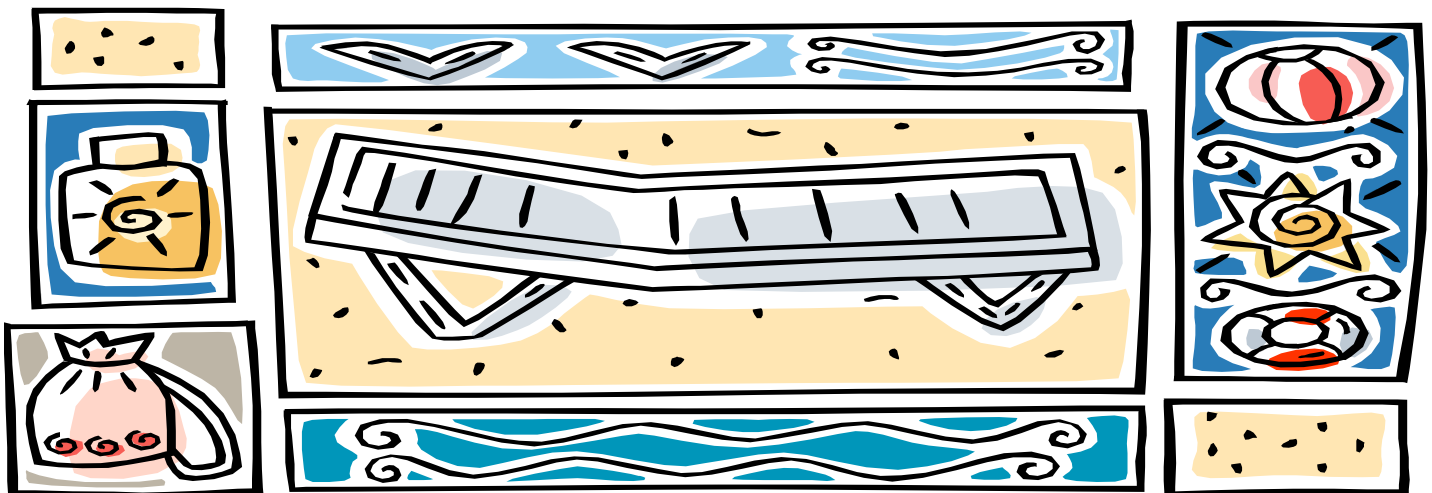
Check suspicious moles with your doctor and have them removed if needed.

If any of the following apply to you, talk to your doctor about genetic counseling.

- ✦ You have had several melanomas already.
- ✦ Several people on one side of your family have had melanoma.
- ✦ You have had melanoma at a young age.
- ✦ You have a certain kind of mole known as dysplastic nevi.

For more information about skin cancer go to:

<http://www.cancer.org>



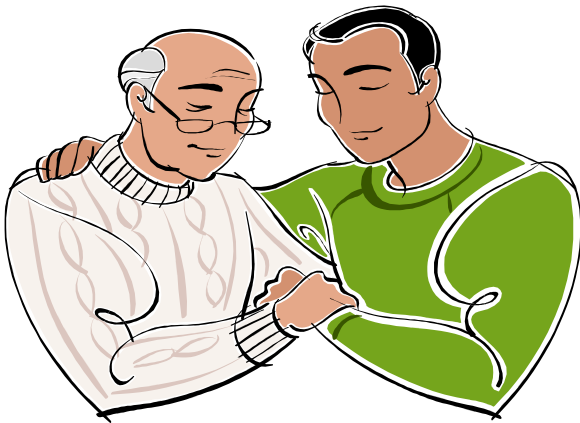
Oldest Baby Boomers Turn 60!

In 2006, the oldest of the baby boomers, the generation born between 1946 and 1964, will turn 60 years old. Among the Americans celebrating their 60th will be our two most recent presidents, George W. Bush and Bill Clinton. Other well-known celebrities reaching this milestone include Cher, Donald Trump, Sylvester Stallone and Dolly Parton.

To commemorate this occasion, the Census Bureau has compiled a collection of facts relating to, perhaps, our most celebrated generation.

78.2 million - Estimated number of baby boomers, as of July 1, 2005.

7,918 - Number of people turning 60 each day in 2006, according to projections. That amounts to 330 every hour.



James & Mary - The most popular baby names for boys and girls, respectively, in 1946. Today, the names Jacob and Emily lead the list; James ranks 17th among boys and Mary is 63rd among girls. (Source: Social Security Administration)

50.8% - Percentage of women baby boomers in 2005.

9.1 million - Estimated number of baby boomers in 2004 who were black.

32% - Proportion of Alaska's population that was part of the baby boom generation, as of the last census. Baby boomers also comprised 30 percent or more of the population in New Hampshire, Vermont and Maine. In contrast, Utah (23 percent) was the only state where baby boomers constituted less than 25 percent.

Then and Now

141.4 million - Estimated U.S. population in 1946. Today, the nation's population stands at 297.7 million.

33% and 5% - The proportions of adults age 25 and

older with at least a high school diploma and at least a bachelor's degree, respectively, in 1947. By 2004, the respective proportions had risen to 85 percent and 28 percent.

The Future

\$2,695 - Average annual expenditures on health care in 2004 for people ages 45 to 54 — the age group that is the heart of the baby boom generation. When budgeting medical expenses, baby boomers should expect increased health-care spending as they age; for instance, those age 55 to 64 spent \$3,262 and those 65 and over, \$3,899. (Source: Bureau of Labor Statistics)

57.8 million - Number of baby boomers living in 2030, according to projections; 54.9 percent would be female. That year, boomers would be between ages 66 and 84.

2.1 - The number of workers for each Social Security beneficiary in 2031, when all baby boomers will be over age 65. Currently, there are 3.3 workers for each Social Security beneficiary. (Source: Social Security Administration)

4,041 - Number of continuing care retirement facilities in 2003. Many boomers could have parents in need of such facilities or may have to move into such a facility themselves in the future.

Staying Young and Fit

27,813 - Number of fitness and recreation centers nationwide in 2003. These are good places to visit on a regular basis for boomers who are trying to become or stay physically fit.

11,938 - Number of cosmetics, beauty supply and perfume stores in 2003. These stores carry numerous anti-aging skin care products aimed at people in this age group.



For more about Older Americans Month go to:

<http://www.aoa.dhhs.gov>