

HealthSTAT focus

Health & Wellness Information
to Improve Your Condition

April is Physical Wellness Month

April is Physical Wellness Month. Wellness encompasses the active, lifelong process of educating ourselves and making choices that will lead to optimal health and a more successful and balanced existence. Wellness is about embracing a way of life; an individual lifestyle based on one's abilities in striving for the highest potential for well being. Wellness encompasses choices about our lives, our work, our families and our priorities that influence our lifestyles. Wellness is about forming positive connections with others and fostering positive acceptance of one. Wellness is multidimensional and is based on the premise that our minds, bodies, spirits and sense of community are all important and interrelated.

Your Physical Wellness Objectives might be:

Get in shape for summer; shed those winter clothes and extra pounds; and/ or rejuvenate your body with healthy eating, restful sleep, vigorous exercise and a new look.



To do this, you need to “get physical”!

- Jog, swim, bike, roller-skate, play tennis, go hiking and back packing.
- Spend time daily outdoors breathing in fresh air.
- Do yard work, walk the dog and take time to relax.
- Retire to bed early for restful sleep and wake up early refreshed and energized



To reach any physical wellness goals, be sure to pick physical activities you enjoy, and don't try to do too much in too little time. This way, you are more likely to keep up the physical activity! Many people lose interest in their physical well being when they jump into physical activity too vigorously and end up with sore bodies. Take it slow at first and build up to the correct intensity level for your goals.



You always had it. You always had the power.
Glenda the Good Witch, *The Wizard of Oz*

Men & Hair Loss

Hair Loss is a big concern for men. Read on for information about causes of hair loss.

Is hair loss normal?

Everyone has some hair loss every day. In fact, it is normal to lose up to 100 hairs a day. However, some people lose a lot of hair early in life because it runs in their family (inherited) or because of disease, medications, stress, injury, or damage to the hair.

What causes hair loss?

The most common cause of hair loss is genetics-you inherit the tendency to lose hair from either or both of your parents. This is called male-pattern or female-pattern hair loss, or androgenetic alopecia. (Alopecia is the medical term for hair loss.) About half of all people have this type of hair loss by about 50 years of age.

Other common causes of hair loss include:

- Ringworm of the scalp (tinea capitis), which is common in children.
- Mental stress or physical stress, such as recent surgery, illness, or high fever.
- Chemotherapy, the use of medication to destroy cancer cells.
- Pulling your hair back too tightly, wearing tight braids or ponytails, or using curling irons or dyes.
- Age. As you age, you grow less hair. It is also thinner and tends to break more easily.

What are the symptoms?

Hair loss can occur as thinning (you may not notice hairs falling out) or as shedding, with clumps of hair falling out. It can be general-you lose hair all over your scalp-or focal, which means you lose it in one area only. In inherited hair loss, men generally develop bald spots on the forehead area or on the top of the head, while women have an overall thinning of the hair throughout the scalp. Because hair is an important part of appearance, hair loss can result in loss of self-esteem and feeling unattractive, especially in women and teens.

How is hair loss diagnosed?

Hair loss is diagnosed through a medical history and physical examination. Your health professional will ask you questions about your hair loss, such as whether your parents have hair loss, when your hair loss started, and how much hair you are losing. He or she will also look at the pattern of your hair loss, examine your scalp, and may tug gently on a few hairs or pull some out. If the reason for your hair loss is not clear, your health professional may take a sample of your hair or scalp to examine under a microscope, or do a blood test to identify a disease source.

How is it treated?

Some people choose to treat hair loss with medications or surgery, such as hair transplantation. Others choose to wear hairpieces (wigs or toupees) or use different methods of hair styling (dyeing or combing). The approach you use depends on the cause of your hair loss and how you feel about it. Some people feel they need treatment, while others are not as concerned about thinning hair or baldness. Hair loss that is caused by a controllable factor, such as stress or a medication, is treated by eliminating the cause.

Will my hair grow back?

Whether your hair grows back depends on the cause of your hair loss. If you have inherited hair loss, you would need treatment to regrow your hair. It will not grow back naturally. However, treatment to re-grow hair does not work for everyone. If your hair loss is caused by medication, stress, or damage, hair often grows back after the cause is removed, although sometimes treatment may be needed.

Source: aol.com – male health

"The greatest mistake in the treatment of disease is that there are physicians for the body and physicians for the soul, although the two cannot be separated." - Plato

"A healthy body is a guest-chamber for the soul; a sick body is a prison." - Sir Francis Bacon



Important Wellness Date in History

April 1, 1970 – Cigarette advertising banned from TV & Radio because of the public health impact of smoking

focus on Kids Health**PARENTS: Share these clean hand tips with your kids to keep them healthy. You can use them too!****The First Line of Defense Against Germs**

Think about all of the things that you touched today - from the telephone to the toilet. Maybe you blew your nose and played with your dog. Whatever you did, you came into contact with germs. So it's easy for germs on your hands to end up in your mouth (maybe when you "scarfed" that handful of popcorn with your teammates right after ball practice). By frequently

washing your hands the right way, you'll wash away germs - such as bacteria and viruses - that you have picked up from other people, through contaminated water and food, from tainted surfaces, or from animals and animal waste.

Defensive Hand Washing

Did you know that an estimated 1 out of 5 people don't wash their hands after using the restroom? In 2005 the American Society for Microbiology did a survey of hand washing. They asked people questions about their hand-washing habits and also watched people in public restrooms. The results were kind of gross.

When should you wash your hands?

- After using the bathroom
- After blowing your nose
- Before eating, serving or preparing food
- After touching pets or other animals
- After outdoor activities
- After visiting anyone who's sick
- When your hands are dirty
- After changing a diaper

People don't always wash their hands after using the bathroom – 91% of adults say they always wash their hands after using public restrooms, but just 83% were seen doing so. People wash their hands less at home - 83% say they wash their hands after using the bathroom at home. Germs are germs, and a bathroom is a bathroom. Only 32% of people in the survey said they wash their hands after coughing or sneezing. So it's nice that you protect the people around you by covering your mouth with your hand when you cough. But if you then reach for your friend's pizza, you might as well not have bothered. Just 21% wash their hands after handling money. Only 42% of the people in the survey washed up after petting a dog or cat. You've seen your dog roll in that mystery smell in the park or your cat rub against you after using the litter pan. Fido and Fluffy are dirtier than you think. And even if you're a good hand-washer, your friends may be harboring some dirty little secrets: Students don't wash their hands often or well. In one study, only 58% of female and 48% of male middle and high-school students washed their hands after using the bathroom.

Yuck!**How to Wash Your Hands Correctly**

There's a right way to wash your hands. A splash of water and a drop or two of soap won't do the trick. Follow these simple steps to keep your hands clean:

Use warm water (not cold or hot). Use whatever soap you like. Antibacterial soaps are popular but regular soap works fine. If you

suspect that your hands have come into contact with someone with an infection, think about using an alcohol hand sanitizer. Rub your hands together vigorously and scrub all surfaces: Lather up on both sides of your hands, your wrists, between your fingers, and around your nails. Wash for 15 seconds - about how long it takes to sing "Happy Birthday." Rinse well under warm running water and pat dry with a clean towel. In public restrooms, consider using a paper towel to flush the toilet and open the door because toilet and door handles harbor germs. Throw the towel away after you leave. To prevent chapping or dry skin, use a mild soap with warm water, pat rather than rub hands dry, and apply a moisturizing lotion liberally afterwards. When there is no soap or water available, waterless hand soaps or scrubs are a good alternative. They're usually available as a liquid, wipes, or towelettes, and often come in small travel sizes that are perfect for keeping in your book bag, car, locker, purse, or sports bag. Remember, proper and frequent hand washing is the key to preventing the spread of many common infections. So hum a few verses of "Happy Birthday" and lather up!



Aging Well, Living Well



Because people are living longer, more Americans are dying of diseases associated with old age.

Chronic conditions, physical limitations, and the risk of cancer and heart disease all increase as women age, making preventive screening and care a key part of health care for older women.

Some of the diseases older women commonly develop include:



- Alzheimer's** – The risk of Alzheimer's disease increases as you get older, and many more women than men survive to the ages where Alzheimer's disease is most common.
- Arthritis**— Rheumatoid arthritis (RA) usually strikes women between the ages of 25 to 50. More than 2 million American adults have RA, with women outnumbering men three to one.
- Asthma**— Asthma rates are higher among women than men until about age 50, when the asthma rates among men and women become about equal. **Taking hormone therapy to help symptoms of menopause may increase the risk of asthma among postmenopausal women.**
- Cancer (Breast Cancer, Lung Cancer)** — Cancer is the second leading cause of death for women ages 65 or older.
- Depression and Anxiety disorders**— Twice as many women as men are diagnosed with clinical depression and anxiety disorders, which can be linked to other chronic illnesses common in later life such as diabetes, stroke, heart disease, cancer, chronic lung disease, Alzheimer's disease, Parkinson's disease, and arthritis.
- Diabetes**— Women ages 65 and older reporting a history of diabetes were more likely than those without the disease to report a major disability, urinary incontinence, and impairments in hearing or vision.
- Emphysema**— Heavy cigarette smoking causes most emphysema cases. Most of the people diagnosed with emphysema are older men, but the condition is increasing among women.
- Heart disease**— Cardiovascular disease is the leading cause of death in women 50+ in the US.
- High blood pressure**— Loneliness may boost high blood pressure in older adults.
- Incontinence**— Urinary incontinence is common among older women. There are treatments that can help reduce or even cure urinary incontinence.
- Influenza** – People age 65+ are at high risk of developing complications from influenza or "the flu." You also are at increased risk of influenza or its complications if you live in a nursing home or other chronic-care facility.
- Hip fractures** – Falls are the leading cause of injury deaths and disabilities among older adults. Hip fractures are the most common injury related to falls.
- Kidney disease**— Chronic kidney disease is on the rise. Kidney failure is a particular concern for African-American women who are age 50+
- Osteoporosis**— Lower estrogen levels brought on by menopause cause the body to lose more bone than it can replace, which can lead to osteoporosis (extreme bone loss). Women are four times more likely than men to develop osteoporosis.
- Pneumonia**— Pneumonia is a particular concern for older adults and people with chronic illnesses or weak immune systems.
- Stroke**— Since women are generally older when they have strokes, they are more likely to die as a result.
- Vision**— Cataracts, a clouding of the lens of the eye, are a leading cause of visual impairment in the elderly and are more common in women than men.

This newsletter is a monthly publication of HealthSTAT, Inc., for its clients and their employees. It is for informational purposes only, and is not intended to replace medical advice.

HealthSTAT

4601 Charlotte Park Drive
Suite 390
Charlotte, NC 28217
(704) 529-6161

Prepared & Reviewed by:
Eric Hart, MD
Chief Medical Officer
&
Lisa McDaniel,
VP Business Development

If you have comments questions or suggestions for the newsletter, please send them to:
lisa.mcdaniel@healthstatinc.com