

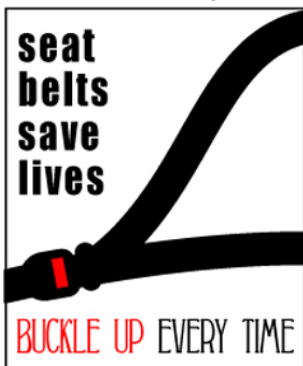
## June is National Safety Month

According to the National Safety Commission ([www.nsc.org](http://www.nsc.org)) the number of injuries at the workplace are declining, but the number of unintentional injuries off the job are on the rise. We can prevent this rise by being prepared not only at work, but in our community and our homes as well. Use the tips below to help you become more prepared for dangerous or emergency situations:



### June 4-8: Workplace Safety

- ✦ Take frequent stretch breaks when working at a desk.
- ✦ Use protective gear when needed (ie; goggles, glasses, gloves, etc).
- ✦ Use proper lifting technique, and get help carrying heavy objects.
- ✦ Keep walkways/aisles clear of debris to prevent falls.



### June 11-18: Driving Safety

- ✦ Obey speed limit
- ✦ Slow down in bad weather, crowded areas, etc.
- ✦ Allow enough time to get to your destination.
- ✦ Don't drink & drive...EVER
- ✦ Do not multi-task while driving.
- ✦ Be patient.

### June 18-22: Emergency Preparedness (Work & Home)

- ▲ Follow all safety procedures all the time.
- ▲ Learn first aid & CPR.
- ▲ Keep flashlights handy along with extra batteries.
- ▲ Post emergency numbers near phone.
- ▲ Develop emergency plan: [www.ready.gov](http://www.ready.gov)
- ▲ Install and check smoke alarms & CO detectors.



### June 25-29: Safety in the Home & Community

- ✧ Lock up cleaning chemicals out of the reach of children.
- ✧ Place nightlights in hallways.
- ✧ Keep walkways free of clutter.
- ✧ Use non-slip rugs on hardwood/linoleum flooring.

## Family Health

# YOUR CHECKLIST FOR SAFER HEALTH CARE



The following **Five Steps to Safer Health Care** were developed to help you be more proactive about your personal health care. Ask questions to be sure you understand exactly what your health care choices, as well as instructions, are. Think about the risks, benefits and which choice is best for you when making health care decisions. Follow these five steps to make your health care safer and easier.

**1. Speak up if you have questions or concerns.** It is important to ask questions and make sure you understand the answers. Choose a doctor you feel comfortable talking to about your health treatment. Taking a relative or friend with you will help you ask questions and understand the answers. Making a list of questions prior to your visit is also a good way to make sure you ask about everything you want and need to know.

**2. Keep a list of ALL medications you take.** Tell your doctor and pharmacist about the medications you take, including over the counter, non-prescription medications such as pain relievers and dietary supplements. Ask your doctor and pharmacist about side effects and what to avoid while taking your medicine. When you get your medicine, read the label (including any warnings). Make sure it is what the doctor ordered, and know how to use it. If the medicine looks different than you expected, ask the pharmacist about it.

**3. Make sure you get the results of any test or procedure.** Ask the doctor or nurse when and how you will get the results of tests or procedures. If you do not get results when expected – in person, on the phone or in the mail – don't assume the results are fine. Call your doctor and ask for your results. Ask what the results mean and what you are supposed to do next.

**4. Talk with your doctor and health care team about your options if you need health care services or hospital care.** If you have more than one hospital or clinic to choose from when health care services are needed, talk to your doctor or other members of your health care professionals team and ask which hospital or clinic has the best outcomes for the kind of care you need. Check with your area hospitals or clinics about their experience in performing a particular procedure and what their results have been. At discharge, be sure to ask about follow up care. Be sure you understand all instructions before you are sent home.

**5. Make sure you understand what will happen if you need surgery or other hospital care.** Having surgery is a scary, but common thing these days. Make sure your doctor and your surgeon agree on exactly what will be done during the operation. Tell the surgeon, anesthesiologist and nurses about any allergies, bad reactions to anesthesia, and any medications you are taking. Ask your doctor exactly who will be managing your care while you are in the hospital. Ask your surgeon exactly what will be done, how long it will take, what will happen following the surgery, and what to expect during your recovery. Be sure you ask and understand before the surgery is performed.

### Ask Questions

Do you ask questions and voice your concerns until you understand the answers? Do you bring a friend or relative along to ask additional questions and to better understand what your health care professional tells you?

### Know Your Medications

Do you maintain a list of all your current medications and dosages? Do you tell your health care provider about all of the medications you take (prescription and non-prescription)? Do you read prescription labels and warnings closely?



### Understand Your Test Results

Do you ask how your test results will be given to you, and when your test results will be given to you? Do you ask how your test results will be given to you, and when your test results will be given to you? Do you assume results are okay if none are provided to you?

### Choose the Right Health Care Provider for You

Do you ask your doctor about your care options? Do you understand what is involved in your follow up care? Do you speak up if you don't understand the discharge instructions?



### Understand ALL of Your Surgery Options

Do you understand what will happen before, during and after surgery? Did you tell the surgeon and anesthesiologist about any allergies or bad reactions to anesthesia and all medications you take?

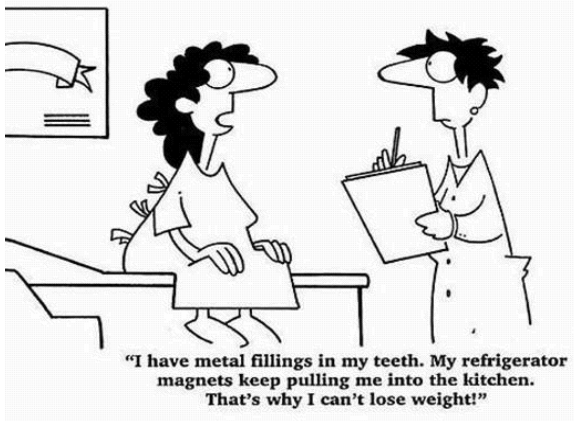
# SERIAL DIETING?



**Bathing suit season is here.** Many women begin the search for a diet that will work for them. More than 66% of Americans are overweight or obese. "I tried the Atkins diet, South Beach, and Jenny Craig." This is not an unusual statement to hear from someone who struggles with their weight. **So what is the "best diet"?**

You have probably heard all types of reports on ways to successfully lose weight such as; low carb, low fat, etc. Many diets such as; Atkins, South Beach, Jenny Craig, Weight Watchers, etc. are successful...in the beginning. But what happens when you stop the diet? There is a 50% chance you will regain weight. Plus, think about the amount of money you put into the products required for most of the "fad diets."

**Weight loss is simple...**when you reduce calorie intake, you lose weight! When you add any sort of physical activity with calorie reduction, you will be even more successful. Oprah once said, "Anything in moderation is okay." She is right. You just have to limit your intake of certain foods.



What kind of diet should you choose?

## PLAN of ATTACK

- ❖ Be committed!
- ❖ Talk with your doctor to discuss a healthy weight.
- ❖ Exercise 2-3 times a week for at least 20 minutes
- ❖ Cut portion sizes.
- ❖ Drink 8-10 glasses of water.
- ❖ Know when you are full.
- ❖ **Stay PATIENT & POSITIVE!**

## Don't Get Fooled by Pharming and Phishing – 5 Rules to Online Security

You can avoid being "hooked" by Phishing and Pharming by staying on the lookout for fraudulent e-mail and imitation web sites.

**Phishing** is the practice of sending an email that appears to be from a financial institution, an online store, or another organization with the goal of persuading online banking users to share sensitive information.

**Pharming** redirects internet users from a legitimate web site to a "spoofed" or imitation site. Computer users might think they are visiting a legitimate online shopping site, but instead they are taken to a fraudulent site with a similar name.

The Pharming site is used to steal information such as credit card numbers, account numbers, passwords, or Social Security numbers.

Cyber criminals use the personal information they gain from Phishing and Pharming to commit identity theft or fraud.

## Your Financial Health

Over time, cyber criminals have learned to create messages that can seem to be genuinely coming from the legitimate web site. Remember that your banking institution or credit card issuers will NEVER ask you to click an email link to share sensitive account information. If you receive an email claiming to be from your bank or credit card that asks you to provide your Social Security number, account number, password or other personal information, please report it immediately!

### Five Rules for Online Security

- ✓ Never click on email links.
- ✓ Enter web addresses in the browser bar instead of using email links.
- ✓ Never share financial or personal information by email.
- ✓ Tell your bank or other organizations about suspicious emails you receive from them.
- ✓ Check accounts regularly to spot fraud or unauthorized account access.

**Men's Health Week  
June 11-17**



**Health FACTS:**

More men die from the top 10 causes of death at higher rates than women. The victims of over 92% of workplace deaths are men.

Years ago women were only expected to outlive men by one year on average. Currently on average men die almost six years earlier than women.

Getting a regular health screening by your healthcare provider could prevent you from becoming a statistic.

**Top 10 causes of death among MEN**

1)	Heart Disease	28.4%
2)	Cancer	24.1%
3)	Injuries	5.8%
4)	Stroke	5.2%
5)	Respiratory Disease	5.1%
6)	Diabetes	2.9%
7)	Influenza/pneumonia	2.4%
8)	Suicide	2.1%
9)	Kidney Disease	1.6%
10)	Chronic Liver Disease	1.5%



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**Men vs. Women**

- For every 100 females there are 115 males conceived.
- Male fetus is at greater risk of miscarriage or stillbirth
- 25% more newborn males die than females
- 3/5 of SIDS victims are males
- Men suffer hearing loss at two times the rate of women
- Elevations of LDL (bad cholesterol), and declines in HDL (good cholesterol) are linked to testosterone.
- Men are thought to have weaker immune systems than women.
- Men have fewer infection-fighting T-cells
- Women outnumber men eight to one by the age of 100 years.



**Silent Health Crisis**

*“There is a silent health crisis in America...it’s that fact that, on average, American men live sicker and die younger than American women.”*

~Dr. David Gremillion Men’s Health Network