

MISSOURI HEALTHY TOGETHER

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Exercise Tips for Hot Weather

You should exercise on most days of the week. But exercising too hard in hot weather can cause problems.

Protect Yourself

To prevent problems in the heat, try these tips:

- Exercise only at the coolest times of the day.
- Wear lightweight, loose exercise clothes.
- Stretch before starting your workout.
- Drink 2 cups of water before exercising. During exercise, drink every 15 or 20 minutes, even if you are not thirsty. Drink 1 cup of water every hour for 2 or 3 hours after exercising.
- Do not drink coffee, tea, alcohol, or sugary drinks.
- If you have a medical condition, such as high blood pressure, ask your doctor first before exercising.

Heat cramps

Signs: Heavy sweating and muscle cramps.

What to do: Stop exercising for 2 hours and drink some juice or a sports drink. Call your doctor if heat cramps do not go away in 1 hour.

Heat exhaustion

Signs: Feeling tired, weak, and dizzy; pale skin; muscle cramps; heavy sweating.

What to do: Stop exercising. Get out of the heat. Sip water. Call your doctor if symptoms last longer than 1 hour or you have breathing problems.

Heat stroke

Signs: Sweating stops. The skin becomes hot and dry. Body temperature goes up fast. May have headache, dizziness, nausea, throwing up, confusion, or unconsciousness.

What to do: Emergency! Call 911 for medical help.

What to Look for in Sunscreen

By helping to block ultraviolet rays, sunscreens can prevent sunburn. They also may protect you against skin cancer. But with so many sunscreen types to choose from, it can be confusing to pick the right one.

Here is what to look for:

- Protection against ultraviolet A (UVA) and B (UVB) rays.
- A sun protection factor (SPF) of 15 or more. The SPF number shows how well the sunscreen blocks UVB rays, which are the main cause of sunburn and skin cancer.
- That the sunscreen is water-resistant or waterproof.

Sunscreens come in different forms—such as lotions, creams, and gels. Choose one based on your skin type. For example, creams and lotions are better for dry skin. Gels are better for oily skin.

Apply sunscreen 15 to 30 minutes before going out in the sun. Reapply every 1 to 2 hours or after swimming. But remember: Even the best sunscreen does not provide total protection. Limit your time outside and avoid the fierce rays of the midday sun.





Cholesterol: The Good, the Bad, and the Ugly

Getting a cholesterol test is the easy part. Talk with your doctor about when you should have your cholesterol checked. Making sense of the results can be hard.

You may find the numbers confusing. There is total cholesterol, good cholesterol (high-density lipoprotein, HDL), bad cholesterol (low-density lipoprotein, LDL), and triglycerides (another fat in the blood).

Your doctor can help you make sense of it all. But try focusing on 1 number: LDL, or bad cholesterol. This fatty substance can lead to the buildup of plaque, a thick, hard deposit on your artery walls. Plaque can clog arteries leading to the heart and brain. This puts you at risk for a heart attack or stroke.

Down with the Bad

An LDL cholesterol level of less than 100 mg/dl may be best.

A level of 160 mg/dl or more is high. To help bring LDL down:

- Follow a heart-healthy diet. Eat fewer calories, saturated fat, trans fat, and dietary cholesterol. Eat foods that contain more soluble fiber, such as beans and oatmeal.
- Stay at a healthy weight.
- Get regular exercise. Try an exercise such as brisk walking, cycling, or swimming laps. Exercise most days of the week.
- Quit smoking.
- Take cholesterol medications if needed.

Up with the Good

The good cholesterol actually may protect against heart

attack. It may slow the buildup of plaque in the arteries. That means you want your HDL number to go up. Your HDL number can go up if you lose weight and exercise more.

Triglycerides

And what about triglycerides? Your level is likely to be high if you are overweight, have diabetes or metabolic syndrome, eat a very high carbohydrate diet, or have a very high alcohol intake. Try to make changes in your lifestyle, such as eating fewer carbohydrates and drinking less alcohol, to bring your triglyceride number down.



To learn more about cholesterol, call your APS Nurse Health Coach at **1-866-464-7147**.



Double Trouble: Sleep Apnea and Heart Problems

Many people with sleep apnea also have heart problems, such as, heart disease or heart failure. Sleep

apnea causes you to stop breathing over and over during sleep. Many people with sleep apnea do not know they have it. But if you have sleep apnea, you may have been

told that you snore loudly. You may also gasp for air when sleeping or be very sleepy during the day.

See a doctor if you think you have sleep apnea. It is not just about getting a good night's sleep. Sleep apnea may lead to high blood pressure. This may increase your risk for serious heart problems. Talk with your doctor about your risks for developing heart disease.



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Call your Health Coach at **1-866-464-7147** to discuss any of the topics in the newsletter or any other health issues. Visit our website at **www.mohealthandwellness.com**.



How to Take Control if Your Child Has a Seizure

Fevers sometimes can trigger seizures in babies and toddlers. Usually, these events do not lead to more serious problems. But in some cases, seizures can be caused by a brain disorder such as epilepsy.

Watching a child have a seizure can be terrifying for parents. A child may lose consciousness and his or her body may shake or twitch for a few seconds or minutes. During this time, it is important to stay calm. Move any objects that could harm your child. Place your child on his or her side to prevent choking. Do not try to put anything in your child's mouth or hold your child down.

If it is your child's first seizure, call your child's doctor as soon as possible. If the seizure lasts more than 5 minutes, call 911. You also should get emergency help if your child vomits or if your child is very tired or confused before or after the seizure.



To learn more about children and seizures, call your APS Nurse Health Coach at **1-866-464-7147**.