

Live Well, Work Well



Quarterly Newsletter

4th Quarter 2019

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In the News

Catch up on the latest developments of the biggest health care news that happened in the past three months.



Popular Migraine Medication Recalled Over Fears of Contamination

On Aug. 15, 2019, Pfizer Inc. (Pfizer) announced that it was voluntarily recalling a batch of its migraine medication, Relpax® (eletriptan hydrobromide), over fears of possible bacterial contamination. Although there have been no reported cases of illness or injury, Pfizer initiated the recall because the product lots in question may not meet Pfizer's in-house microbiological specification for the potential presence of two microorganisms: genus *Pseudomonas* and *Burkholderia*. These bacteria can cause several types of severe or life-threatening infections, especially in people with weakened immune systems.

What medications are affected?

The medications that have been recalled were distributed to hospitals, retailers, wholesalers

and providers in June and July. The recalled medications have an expiration date of February 2022 and include:

- Lot number AR5407, carton containing one blister card with six 40 milligram tablets
- Lot number CD4565, carton containing two blister cards, each with six 40 milligram tablets

What should you do if you have the recalled medication?

Anyone with the recalled medication is urged to stop using it immediately. You can return it to your pharmacy or call Stericycle Inc. at 877-225-9750 to find out how to return the medication and get reimbursed.





If you happened to consume any of the affected medication, contact your doctor right away. They will be able to prescribe antibiotics to help prevent a potentially life-threatening infection. Your provider will also be able to prescribe a safe batch of migraine medication

What's next?

For more information on the recall, please visit the Food and Drug Administration product recall page.





What You Need to Know About the Antibiotic-resistant Strain of Salmonella

A recent report by the Centers for Disease Control and Prevention (CDC) warns of a new strain of antibiotic-resistant salmonella that caused 60 hospitalizations between June 2018 and March 2019. The 32-state outbreak was linked to soft cheeses made from unpasteurized milk and beef.

According to the CDC, this outbreak was particularly alarming because the strain of salmonella showed resistance to multiple antibiotics that are commonly administered to treat salmonella infections. Given the prevalence of salmonella infections, the possibility of increasing drug resistance is causing concern among public health officials.

How common are salmonella infections?

Every year, salmonella causes 1.2 million illnesses, according to the CDC. Many people who fall ill experience diarrhea, fever and abdominal cramps for four to seven days, and most recover without treatment. In some severe cases, a salmonella infection results in hospitalization, and antibiotics may be necessary to treat the infection before it becomes life-threatening.

What can you do to prevent salmonella infections?

The CDC recommends doing the following to reduce your risk of contracting salmonella:

- Do not eat raw or undercooked eggs, poultry or meat.
- Avoid cross-contamination of foods. Keep uncooked meats separate from produce, cooked foods and ready-to-eat foods.
- Wash hands, cutting boards, counters, knives and other utensils thoroughly after handling uncooked foods.
- Always wash hands before handling food and between handling different food items.



Relief Nowhere in Sight for Allergy Sufferers

Record-high temperatures and heavy rain are spelling trouble for allergy sufferers nationwide. This extreme weather is the perfect environment for ragweed-producing plants to grow, resulting in a longer and more intense ragweed season.

What is ragweed?

According to the American College of Allergy, Asthma and Immunology, ragweed produces a pollen that's known to cause hay fever. Approximately 23 million people in the United States are affected by this condition.

Ragweed allergy season typically begins mid-August and continues into the fall. Common symptoms of ragweed allergies include sneezing, runny nose, congestion, itchy throat, irritated eyes and headaches. These symptoms can also vary greatly, with some sufferers experiencing minor discomfort and others experiencing sinus infections.

What can you do?

Over-the-counter and prescription treatments are available for most allergies. Your doctor may suggest several treatment methods:

- Antihistamine medications work by blocking the effects of histamines, the chemicals that cause many allergy symptoms. Keep in mind that antihistamines may also cause drowsiness.
- Nasal sprays often help to reduce nasal inflammation, congestion, sneezing and runny nose.
- Decongestants help dry up nasal passages and reduce the swelling that causes stuffiness.

If your allergy symptoms are severe or chronic, you may need a series of allergy shots. Contact your physician or allergist to determine which treatment option is best for you.







NHO

Learn more about national health observances (NHOs) from the past three months in this section.



July—Cord Blood Awareness Month

Cord blood is one of three sources of stem cells, which are used in the treatment of disease and in tissue regeneration. These valuable stem cells also come from bone marrow and peripheral blood. Cord blood stem cells are found in the blood of the umbilical cord. Educating expectant parents and others about the value of cord blood stem cells may help keep this precious resource from being thrown away as medical waste.

Here are a few things you can do to spread awareness about cord blood banking and possibly save a life:

- Take a few minutes to pass along your knowledge about the importance of cord blood stem cells. Your words could possibly save a life.
- Let expecting friends and family members know about their options when it comes to cord blood banking.

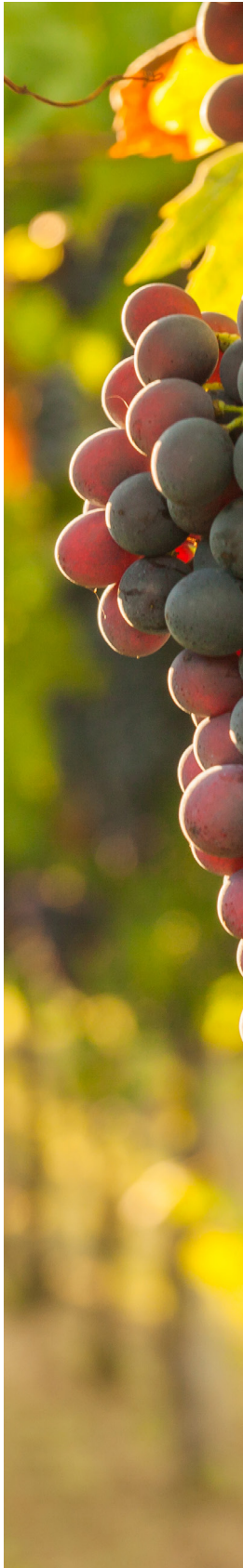
August—Psoriasis Awareness Month

Psoriasis is an autoimmune disease that causes raised, red, scaly patches to appear on the skin. Psoriatic arthritis is an inflammatory type of arthritis that eventually occurs in 10% to 20% of people with psoriasis.

Psoriasis is a chronic and unpredictable condition, but it is not contagious. Symptoms can come on suddenly and disappear just as quickly. There are five common types of psoriasis, each with its own characteristic skin lesion. There is no known cure for psoriasis, but there are certain things that individuals with psoriasis can do to control their symptoms, which include the following:

- Keep the skin lubricated.
- Use a humidifier in colder, dryer months.
- Do not get too much sun.
- Use mild soaps or soap-free cleansers.
- Eat a nutritionally balanced diet and maintain a healthy weight.
- Do not scratch, rub or pick the lesions.
- Bathe daily to soak off the scales.





September—National Food Safety Education Month

Each year, 1 in 6 Americans get sick from eating contaminated food. Foodborne illnesses can be life-threatening and can be transmitted quite easily. By following simple safety tips, you can ensure food safety and help prevent foodborne illness.

Safe steps in food handling, cooking and storage are essential to preventing foodborne illness. You typically cannot see, smell or taste harmful bacteria with the potential to cause illness. Keep food safe in every step of preparation.

- Wash hands and surfaces often.
- Separate foods to avoid cross-contamination.
- Cook foods to the proper temperatures.
- Refrigerate and store leftovers promptly.

Looking Ahead...

- **October** – Breast Cancer Awareness Month
- **November** – American Diabetes Month
- **December** – Safe Toys and Celebrations Month







Health and Wellness

Remain on top of the latest trends in health and wellness with the three articles in this section.



When's the Last Time You Properly Cleaned Your Water Bottle?

Your reusable water bottle may be carrying a dirty secret—bacteria. That's right. Because bacteria thrive in a moist environment, your reusable bottle is the ideal breeding ground for bacteria. If you don't properly clean your reusable water bottle—and its cap and straw—at the end of each day, you're putting yourself at risk of getting sick.

Here are some tips for how to easily clean your bottle and keep bacteria at bay:

- Use the dishwasher—Check to see if your water bottle is dishwasher-safe. If it is, disassemble the bottle and run the dishwasher at its hottest wash and dry setting to kill any bacteria. Make sure that the bottle is totally dry before using it, too.
- Wash with soap and water—You can effectively wash your reusable bottle by hand with hot water and soap. Make sure that you dry off your clean bottle with paper

towel or a clean cloth to avoid introducing any new bacteria on your clean bottle.

- Use hydrogen peroxide—This is a good option if you haven't washed your bottle in a while and there's a slimy film or odor in your bottle. First, clean your bottle thoroughly with soap and hot water. Then, pour about $\frac{1}{4}$ cup of 3% hydrogen peroxide in the bottle, replace the lid and shake it vigorously. Then rinse out the bottle to make sure the hydrogen peroxide is gone, and dry the bottle with a clean cloth or paper towel.



Beat the 2019-20 Seasonal Flu

The 2018-19 seasonal flu was another lengthy and severe flu season. Last year's flu activity began to increase in November and remained elevated through March. Seasonal influenza can cause serious complications for people of any age, but children and the elderly are more vulnerable. To help keep your household healthy this flu season, consider the following suggestions:

- Get the flu vaccine. Becoming vaccinated against the flu is the best chance of preventing the illness.
- Avoid close contact with people who are sick, and stay away from others when you feel under the weather.
- Wash your hands often using soap and warm water to protect against germs.
- Get plenty of sleep, stay physically active and drink plenty of water to keep your immune system strong.
- Manage your stress and eat a nutritious diet rich in healthy grains, fruits, vegetables and fiber.





Start Planning Today for a Stress-free Holiday Season

While the holiday season brings joy and togetherness, it can also bring stress for many individuals and families. Top holiday stressors include staying on a budget, managing multiple commitments and finding the perfect gift. Fortunately, by getting organized and planning out what you can ahead of time, you can help reduce your holiday stress.

- Write down any known commitments—Does your child's school have a holiday concert? Are you planning on hosting a holiday dinner? Making a list of your commitments will help you plan your time and help you avoid double-booking yourself.
- Create your budget now—If you're stressed about how your holiday spending will impact you after the holidays are over, you're not alone. Remember, the sentiment of a gift is much more important than the cost. Set a realistic budget and do not go over it.
- Start shopping early—Do you already know what you want to get some people on your list? Don't be afraid to shop early. Sometimes, you can get great deals on presents even before the holiday season hits. Moreover, you can avoid the scenario of not being able to get the gift you want because it's sold out.









Eggs Over Kale and Sweet Potato Grits

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Makes: 4 Servings
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DIRECTIONS

- 1 Heat oven to 350 F.
- 2 Coat four individual souffle dishes or ramekins with 1 tsp. vegetable oil.
- 3 Make three to four slits in the sweet potato. Microwave the sweet potato until just soft.
- 4 When the sweet potato is cool enough to handle, peel and cube it. Puree cubes in a food processor.
- 5 Heat remaining vegetable oil in a saucepan. Saute kale in the heated pan for about 5 minutes.
In a separate medium saucepan, bring water and milk to a boil.
- 6 Add the grits and pureed sweet potatoes. Cook for 5 minutes. Remove from heat. Stir in sauteed kale.
- 7 Divide the mixture evenly among the four prepared dishes.
- 8 Make four depressions in the grits mixture with the back of a large spoon.
- 9 Carefully break one egg into each depression.
- 10 Bake uncovered for 30 minutes until the eggs are cooked. Let cool for 10 minutes before serving.

INGREDIENTS

- 1 large sweet potato
- 2 cups fresh kale (chopped)
- 1 Tbsp. vegetable oil (divided)
- 1 ½ cups water
- 1 cup nonfat milk
- ¾ cup quick cooking grits
- ¼ tsp. salt
- 4 large eggs

NUTRITIONAL INFORMATION FOR 1 DISH (¼ OF RECIPE):

Calories—280	Total Sugars—7 g
Total Fat—9 g	Added Sugars Included—0 g
Saturated Fat—2 g	Protein—12 g
Cholesterol—185 mg	Vitamin D—1 mcg
Sodium—410 mg	Calcium—150 mg
Total Carbohydrates—38 g	Iron—3 mg
Dietary Fiber—4 g	Potassium—579 mg





Grilled Fish Tacos With Peach Salsa

Makes: 4 Servings

DIRECTIONS

Salsa

- 1 In a medium bowl, stir together peaches, bell pepper, onions, jalapenos, cilantro, and lemon or lime juice.
- 2 Cover and refrigerate until ready to use.

Fish Tacos

- 1 Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry and transfer to a plate.
- 2 In a small bowl, stir together chili powder and low-sodium adobo and sazón seasonings.
- 3 Rub fish with spice mixture to coat completely.
- 4 Place fish on hot greased grill grates.
- 5 Cook, flipping once until fish is opaque and flakes easily with a fork, about 8 minutes. Fish should be cooked to 145 F.
- 6 To serve, fill each tortilla with ½ fish fillet and about ⅓ cup of salsa.

NUTRITIONAL INFORMATION FOR 2 TACOS

Calories—330	Total Sugars—18 g
Total Fat—5 g	Added Sugars Included—11 g
Saturated Fat—2 g	Protein—27 g
Cholesterol—55 mg	Vitamin D—3 mcg
Sodium—380 mg	Calcium—104 mg
Total Carbohydrates—44 g	Iron—3 mg
Dietary Fiber—3 g	Potassium—590 mg

INGREDIENTS

Salsa

- 1 cup peaches (peeled and chopped)
- ½ cup red bell pepper (finely chopped)
- ¼ cup red onion (finely chopped)
- 1 whole jalapeno (seeded and finely chopped)
- 1 Tbsp. fresh cilantro (finely chopped)
- 2 tsp. lemon or lime juice

Fish Tacos

- 4 cayenne pepper
- 1 Tbsp. black pepper
- ¼ tsp. low-sodium adobo seasoning
- 1 package low-sodium sazón seasoning
- 8 corn tortillas or 6-inch flour tortillas (warmed)