

# Live Well, Work Well



**Your Update on  
the Vaping-related  
Illness Outbreak**

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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.



## Your Update on the Vaping-related Illness Outbreak Is Here

On Nov. 8, 2019, the Centers for Disease Control and Prevention (CDC) announced a breakthrough in their investigation of the outbreak of vaping-related illnesses. The investigators stated that vitamin E acetate—an additive in e-cigarette products—was present in all 29 patient lung fluid samples that they tested.

### What does this mean?

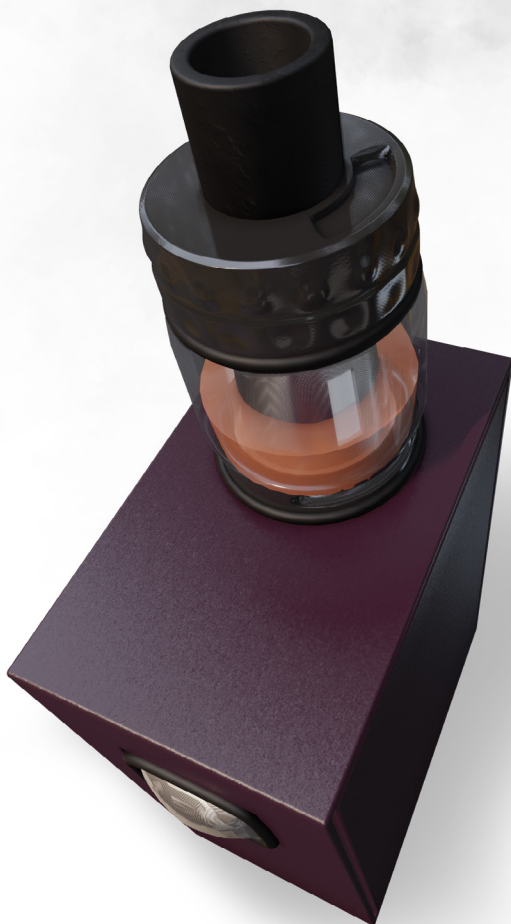
Dr. Ann Schuchat, Principal Deputy Director of the CDC, reported that this breakthrough means they “have detected a potential toxin of concern,” and that “these findings provide direct evidence of vitamin E acetate at the primary site of injury within the lungs.” Although vitamin E acetate has not been named as the definitive culprit behind the vaping-related lung injuries, this is the first time that investigators have detected a potential chemical of concern.

Since March, the outbreak of vaping-related illnesses has grown rapidly. According to the most recent CDC reports, the vaping-related lung injuries have sickened more than 2,000 people and have resulted in the deaths of 39.

### What’s next?

The investigation into these vaping-related illnesses is underway. While this investigation is ongoing, federal and state public health officials urge consumers to avoid vaping. Additionally, the CDC warns that e-cigarettes should not be used by youth, teens and pregnant women.

If you currently use or have recently used an e-cigarette or vape pen and experience breathing difficulties, chest pain or shortness of breath, seek immediate medical attention. For more information about the risks of vaping, please consult your doctor.







## Ready Or Not, It's Flu Season

Flu season typically runs from October to May. However, most flu cases occur between December and February. What does that mean for you? It means that now is the time to protect yourself, your loved ones and your co-workers.

Most people wrongly assume that the flu won't affect them because they're healthy adults. The seasonal flu can make even the healthiest of people sick and can even result in hospitalization. That's why the CDC is strongly recommending that you get vaccinated as early as possible.

### What is the flu vaccine?

The flu vaccine is the most effective way to protect yourself against the flu. The CDC recommends that everyone older than 6 months should get the flu vaccine. Each year, the Food and Drug Administration

works with the World Health Organization to create a vaccination to protect against the flu. For the 2019-2020 flu season, all regular-dose flu shots will be quadrivalent to provide protection against four different flu strains.

### Where can you get vaccinated?

You can get vaccinated against the flu at your doctor's office, in a clinic or pharmacy, and sometimes, at your employer. Some urgent care clinics or local health departments will provide flu vaccines as well. Visit the [HealthMap Vaccine Finder](#) to locate where you can get a flu vaccine.



## Experts Say Old-fashioned Hand-washing Is the Best Protection This Winter

According to a Penn State Health news release, hand sanitizers aren't as effective as you might think. Medical professionals from Penn State Health reported that although hand sanitizer bottles claim to kill 99% of germs, there are some germs that are resistant. And, when you use hand sanitizer to kill the germs, they still stay on your hands. What does this mean for you during peak cold and flu season? Your best bet for protection is washing your hands the old-fashioned way—with soap and water.

### Hand-washing 101

To properly keep your hands clean and avoid getting sick or spreading germs to others, wash your hands with soap and clean, warm running water. Remember, soap is what actually prevents germs and dirt from sticking to your skin—the water simply rinses the dirt and germs off your hands. Make sure to rub your hands together, lathering and scrubbing for at least 20 seconds. Then rinse your hands well under running water and dry them using a paper towel or air dryer. When in a public bathroom, use your paper towel to open the bathroom door if a trash can is near it.

### Make Clean Choices

Practicing good hand hygiene is the best way to prevent the spread of germs. Health experts estimate that 80% of common infections are spread through hand contact. In today's busy world, it is not always possible or convenient for us to wash our hands as often as needed. When you can't get to a sink, experts recommend you use an alcohol-based hand sanitizer.





# NHO

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



## October—Breast Cancer Awareness Month

Breast cancer is the second most common type of cancer and the second-leading cause of cancer deaths for women in the United States. Top risk factors include getting older, race and family history of breast cancer, which are things you cannot change.

Regardless of your personal risk factors, you can use these prevention strategies to reduce your risk of breast cancer:

- Maintain a healthy weight.
- Exercise regularly.
- Avoid exposure to carcinogens and radiation.
- Abstain from drinking alcohol or limit intake to one drink per day.

In general, living a healthy lifestyle can help lower your risk of developing cancer and increase your chances of surviving cancer. If you are concerned about your personal risk of developing breast cancer, call or visit your doctor. For more information on risk factors, prevention tips and breast cancer screening, [click here](#).





## November—American Diabetes Month

American Diabetes Month is designed to raise awareness of and communicate the urgency about the growing public health crisis of diabetes. More than 30 million people in the United States have diabetes.



Of these 30 million people, 95% have Type 2 diabetes, while the remaining 5% have Type 1 diabetes. Both types of diabetes center around the inability to control one's blood sugar.

While you can't prevent Type 1 diabetes, you can prevent Type 2 diabetes. Making the following six lifestyle changes can greatly increase your chances of preventing the disease.

1. Manage your weight.
2. Increase your activity level.
3. Talk with your doctor about your risks.
4. Monitor your carbohydrate intake.
5. Maintain a healthy diet.
6. Choose whole grains.



## December—Safe Toys and Celebrations Month

You should always consider the age of whomever you are giving a present. For instance, you should avoid toys with small parts when buying for a toddler, and ensure the subject matter of the gift is age-appropriate. However, some toys may still be harmful despite being marketed as appropriate for the recipient's age.

The American Academy of Ophthalmology stresses that projectile toys, especially, have the potential for scraping eyes and even causing cataracts, despite typically being sold as gifts for children ages 15 and younger. The organization acknowledges other dangers inherent with seasonal gift giving and recommends the following precautions:

- Avoid toys with sharp or protruding parts.
- Keep toys for older children away from younger siblings.
- Check toy labels for age and play recommendations.
- Make sure children are supervised when playing.

### Looking Ahead...

#### January

National Radon Awareness Month

#### February

American Heart Month

#### March

National Nutrition Month





# Health and Wellness

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



## Winter is Coming: Prepare Yourself

Gone are the long, hot days of summer. That's right—winter will be here before you know it. In addition to bringing cooler temperatures, winter's arrival brings changes to you, your routine and your home. Don't let winter catch you off guard this year. Here are some simple tips to help you prepare for winter's arrival:

- **Winterize your house.** Get your house ready for the season before it arrives. This includes making sure your heating system is ready to go, your gutters are cleaned and your house's outside cracks are sealed (to keep the critters out!).
- **Switch up your skincare and beauty routine.** The cool winds and dry air can be extremely damaging to your skin. Be sure to switch your skin-care products to those that are mild and gentle. You should also invest in a good moisturizing lotion and lip balm.
- **Stock up on the essentials.** Don't forget to change out your cupboard contents as the seasons change. Make sure to stock up on the essentials to make nourishing foods to keep you warm all winter long.
- **Don't forget about safety.** If you live someplace where winter means sleet, snow and ice, this is especially important for you. Make sure you have plenty of driveway and sidewalk salt, and that you have a shovel. If you have one, make sure your snowblower or snowthrower works. In addition, make sure you get your vehicle and its tires inspected, and that you pack a blanket, extra warm clothes and an emergency kit in the trunk of your car.



## The Power of Omega-3 and Fish Oil

Believe it or not, there is one type of fat experts agree you should get more of in your diet. This special fat, called omega-3, isn't produced by the body and must be consumed through the food we eat. Unfortunately, most of us aren't eating enough of it. Most Americans are omega-3 deficient because of the large amount of refined and processed food in our diets.

Fish is nature's most abundant source of the essential fat omega-3. Fish concentrate this special fat when they eat algae and other marine life. Most experts agree that everyone should consume two or more servings each week of fatty fish, such as salmon, herring, whitefish, tuna, rainbow trout or sardines. If you don't like fish or you have a higher need for omega-3 fats, use fish oil supplements.



## New Year, New Diet?

Jan. 1 signals a new calendar year, and for many Americans, a “new year, new me” mentality. In fact, according to Business Insider, getting in shape is consistently the most popular New Year’s resolution in the United States. While making lifestyle changes, as approved by a doctor, is not a bad thing, turning to a fad diet to achieve a resolution of getting in shape is neither ideal nor healthy.

According to the University of Pittsburgh Medical Center, fad diets promise quick weight loss through usually unhealthy and unbalanced dieting. Fad diets can lead to things like gout, poor athleticism, heart disease, ketosis and—ironically—poor, long-term weight-loss control. If you’re looking to get in shape or lose weight this year, make lifestyle changes that encourage portion control, exercise more, avoid empty calories and eat a well-balanced diet. Keep in mind that forming healthy dieting practices now will keep you on track with your long-term weight-loss goal.





# Recipes

Try out these two healthy recipes,  
which are from the USDA.



# Quesadilla con Huevos

Makes 4 servings

## Ingredients

- 4 large eggs
- ½ cup cheddar cheese (grated)
- 2 eggs (scrambled)
- 4 6- or 8-inch flour tortillas
- 4 Tbsp. salsa (optional)

## Directions

1. Put 2 Tbsp. cheese and one-quarter of the scrambled eggs on each tortilla.
2. Heat two quesadillas at a time in microwave on high for 30 to 45 seconds or until cheese melts.
3. Top with salsa and fold tortilla in half to serve.

Nutritional information for 1 serving

Calories	252
Total fat	11 g
Saturated fat	5 g
Cholesterol	108 mg
Sodium	448 mg
Total carbohydrate	27 g
Dietary fiber	2 g
Total sugars	1 g
Added sugars included	0 g
Protein	11 g
Vitamin D	1 mcg
Calcium	182 mg
Iron	2 mg
Potassium	127 mg



# Cranberry Nut Bread

Makes 15 servings

## Ingredients

- 4 large eggs
- 2 cups flour
- $\frac{2}{3}$  cup sugar
- 1  $\frac{1}{2}$  tsp. baking powder
- 1  $\frac{1}{2}$  tsp. baking soda
- 2 tsp. grated orange peel
- $\frac{3}{4}$  cup orange juice
- 4 Tbsp. butter (melted)
- 1 egg
- 1 cup chopped cranberries
- $\frac{1}{3}$  cup chopped walnuts

## Nutritional information for 1 serving

Calories	153
Total fat	5 g
Saturated fat	2 g
Cholesterol	19 mg
Sodium	180 mg
Total carbohydrate	24 g
Dietary fiber	1 g
Total sugars	10 g
Added sugars included	8 g
Protein	3 g
Vitamin D	0 mcg
Calcium	37 mg
Iron	1 mg
Potassium	66 mg

## Directions

1. Heat oven to 350 F. In a large bowl, mix flour, sugar, baking powder and baking soda in a large bowl.
2. Grate orange peel, and then squeeze juice from orange. Add additional orange juice to make  $\frac{3}{4}$  cup.
3. In a separate bowl, blend orange juice, butter, egg and grated orange peel. Slowly add to flour mixture, stirring until just blended. Mix in cranberries and walnuts.
4. Pour batter into a 9-by 5-inch loaf pan, greased on bottom only.
5. Bake for 50-60 minutes or until a toothpick inserted in the center comes out clean. Cool in pan for 10 minutes. Remove and cool completely on wire rack.