

InsideOut



It's Your Health; Own It!

August 2016

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2016 Weight Loss Convoy Program Spotlights



Have you heard about this amazing weight loss method that has changed the lives of many of our coworkers? Thousands of pounds have been lost, clothing sizes dropped, medications discontinued, pain reduced, vitality gained, and confidence boosted. What is the secret, you ask? It is simply being ready to follow your vision of a healthier lifestyle. We structure that vision in a program called the [Weight Loss Convoy](#) (WLC).

In 2010, we launched the WLC program for Hanford employees. Now in our seventh year, we remain so inspired by the positivity that participants exude that we wanted to share that inspiration with you. We hope that their journey sparks a fire in those who need some help getting started. Please enjoy the following comments from our current cohort. For more information on this program, email omchew@rl.gov or call Health Education at 376-3939.

"The best thing about WLC isn't that I've dropped 4 sizes, or require less medication, it's that I FEEL GREAT!!! I feel 10 years younger than when we started 6 short months ago! Today I work out at the gym because I want to and it's fun. I have tons more energy and enjoy eating healthy & hearty meals!" - Mary

"I took 12 years off my "body age" in the first 6 months." - Dan

"The biggest positive for me after losing so much weight is that the pain is going away! Not being in pain is a great motivator for sticking with what I've learned from the class. With that, my energy is through the roof and I can

once again enjoy the things that I love to do! Before I began on this journey I couldn't walk 9 holes of golf. Over the 4th of July weekend I played 90 holes of golf and walked every one of them!" - Jason

"When I joined the WLC I didn't want to go into it as another diet that I would get bored and then quit and even worse go back to the bad habits and put it all back on. I wanted to change my way of thinking and become healthier and more active to keep up with the love of my life grandson. I had been tore up a couple times and have injuries that the joints were beginning to make me older than I was ready to be. I'm not able to do the major work outs due to injuries but I can walk and so it started. Slow but steady and today my weight is down and so is my pain levels. When I don't walk it is noticeable and I feel the need to move. I still enjoy my little bad habits now and then but I also make healthier choices every day and my fridge and pantry don't look the same as 6 months ago and won't ever again." - Marva

"This program has been the best education experience I could possibly ask for to truly change my lifestyle and that of my wife's. Learning about nutrition and benefits of exercising over the duration of this program has given us the confidence that our weight loss and strength gain will be sustainable over the rest of our lifetime. We have already reduced our health risk and moved from an actual age of 65 to a hypothetical age of 61 and have the potential for more. This has been a great program, thanks to all who have worked so hard for us." - Dave

"I am just over my 60 lbs. of weight loss and shooting for 70 now on my journey to 100 lbs. By losing this weight I have more energy to do all of my hobbies that I enjoy and have started to assemble my 1967 Firebird in the hopes to enter a street style race by September. I am a lot more active walking and hiking which definitely makes my pup happy. It is a slippery slope when you gain weight. As you put on weight you lose energy so you sit more thus putting on more weight. Weight loss is the exact opposite of weight gain, but similar in the progression. As you lose weight you gain energy and mobility so you start to enjoy life more thus you lose more weight." - Robert

Facts About the Flu

As we gear up for the 2016 Worksite Flu Clinics, let's take a moment to highlight specific groups who should get a flu vaccine every year due to increased risk of complications from the flu virus.

Type 1 and Type 2 Diabetics—Complications of flu virus could result in hospitalization and include pneumonia, bronchitis, sinus and ear infections, or make it harder for your body to manage blood sugars. Flu shots are encouraged over the nasal spray flu vaccine, along with two vaccines against pneumonia.

Heart Disease and Stroke Victims—Heart disease includes heart attacks, angina (chest pain), heart failure, heart valve disorders, arrhythmias including atrial fibrillation, and both hypertensive and pulmonary heart disease. The CDC recommends the flu vaccine to these populations due to an increased risk of heart attack and stroke.

Cancer Patients and Survivors—Cancer patients and survivors should receive the flu shot every year, but are NOT recommended to get the nasal spray vaccine. The goal of the flu vaccine, especially for cancer patients and survivors, is to help your body make the antibodies to fight the virus. Vaccines against pneumonia are also encouraged for cancer patients and survivors.

Pregnant Women—Getting the flu shot while pregnant can help protect both mom and baby from complications from the flu. Once again, the flu shot is recommended over the nasal spray vaccine.

People 65 Years or Older—Our immune system has a harder time working effectively and efficiently as we age. The flu is very serious for older adults, resulting in hospitalizations and even death. People in this age group have a choice between the regular dose vaccine and a 'high dose vaccine' to elicit a stronger immune response.

We will review more about how to prevent the flu in upcoming issues of the *InsideOut*, including hand washing and when and where to visit us for Worksite Flu Clinics coming this fall. For more information on the flu vaccine for these and other at-risk groups, please see <http://www.cdc.gov/flu/faq/other-diseases.htm>.

Need a Health Coach?

HPMC OMS offers one-on-one health coaching to help you establish a healthy lifestyle focusing on nutrition, chronic disease management, and fitness. We invite you to improve your health today! During a health coaching session we can address a variety of topics including:

Weight management
Diabetes Management
Tobacco Cessation
High Blood Pressure or Cholesterol
Exercise

For more information or to schedule an appointment call Health Education at 376-3939 or email OMCHEW@rl.gov.



Upcoming Health Promotion Events

- August 10 [WorkFit Train the Trainer](#)
- August 13 [Miles 4 Smiles](#)
- Sept 1 [Site-Wide Health Fairs](#)
- Sept 8 [Site-Wide Health Fairs](#)
- Sept 14 [WorkFit Train the Trainer](#)
- Sept 24 [Chamna Chase Trail Race](#)

Featured Presentations

Invite us to your next meeting! To schedule a presentation, call us at 376-3939 or email omchew@rl.gov.

Outdoor Cardio Fitness

Learn the benefits of outdoor cardiovascular exercise and local outdoor recreation activities.

Diabetes Awareness

Education on risk factors, intervention, and prevention.

Local Foods & Recreation UPDATED

Learn about the endless recreational activities, food markets, and much more our area has to offer.

Skin Cancer Awareness

Education and awareness of the common types of skin cancer along with screening and prevention.

Heat Stress

Signs, symptoms, and prevention of heat illnesses.

What About Asbestos?

Asbestos can be found in many natural and manufactured materials. Mined from natural deposits all over the world, this mineral—a kind of silicate existing in six different crystalline forms—has been used for centuries for everything from wrapping kings for cremation to the many fire-retardant and insulating components in modern industry. But because of the dangerous health effects that come from breathing in the fine fibers of this useful mineral, its use has been banned in many products.

Asbestos still exists in many older structures and manufactured components, as well as in nature, thus presenting a potential hazard to those working with or around it. As with most toxic substances, “the dose makes the poison,” meaning that the more exposure there is to asbestos fibers, the more likely the development of lung health effects.

Lung diseases caused by asbestos inhalation include lung cancer, mesothelioma, and chronic obstructive pulmonary disease (COPD), similar to that caused by other air pollutants. Smoking tobacco greatly increases the risk of lung cancer from asbestos. The best “treatment” for asbestos health effects—as for so many other illnesses—is prevention.

Avoiding exposure to asbestos is key in preventing lung disease. Routine use of proper PPE is essential, particularly during renovation or demolition of structures containing asbestos. For that reason, OSHA and other regulatory agencies have defined the amounts of asbestos fibers to which workers are permitted to be exposed, minimizing the risk of health effects.

Many of the buildings on the Hanford Site contain or contained materials made with asbestos in varying amounts. For that reason, strict controls are in place to protect workers from exposure. While there are no medical tests that can determine recent exposures, evaluation over time can indicate if there is development of effects on the lungs. It can take years for lung diseases to develop after repeated, unprotected exposures to elevated air levels of asbestos.

Workers who might be exposed to asbestos must complete training and follow strictly monitored protocols. They are also placed into the Asbestos Current Worker Program with HPMC OMS. This program provides a periodic evaluation to assure that lung disease is not developing. In addition, any worker who thinks they might have been exposed to asbestos may be enrolled in the Asbestos Worker Previous Exposure program which offers the same evaluation. For further information, contact [Dr. Sandy Rock](#) at (509) 372-0407.



Fit Tip: Summer Safety Dos and Don'ts

- **Don't** wait for your thirst to tell you when to drink. **Do** drink water before, during and after your workout or play.
- **Don't** ignore that sluggish feeling—it could be a sign of heat exhaustion. **Do** give your body time to adjust to summer (about 10-14 days to acclimate to warmer weather).
- **Don't** forget to use sunscreen even in the water. **Do** use a minimum of 15 SPF that protects against UVA and UVB. Also, cover up, wear a hat and sunglasses. Keep in mind that the sun is strongest between 10AM and 4PM.

Mindful Moments With Dr. Kusch

Mindfulness is the practice of clearing the mind, focusing on breath, being in the moment, and increasing awareness of your senses, feelings, and thoughts. Mindfulness also emphasizes “non-judgment” of yourself while you practice the skill of being in the moment. Early learners are reminded not to become self-critical when they experience a wandering mind which is common when first practicing mindfulness. In addition, science is finding that the gentle redirection and self-encouragement used during mindfulness is translatable to improving resilience to the criticisms and set-backs we experience in our everyday lives.



What do you think about these articles? Do you have a health promotion topic you'd like us to write about? Please send feedback to omchew@rl.gov and visit www.hanford.gov/health for more resources.