

InsideOut

It's Your Health; Own It!



May 2016

Also In This Issue: Posture Perfect; Osteoporosis Awareness; Beryllium Program; FitTip; Mindful Moment

Sleep: The Missing Link

By Jeni Asmus, MS, CES, CEP

May is Better Sleep Month. Typically when life gets busy, the first “need” to get sacrificed is sleep. Most of us know that we should sleep more than we do, but why is sleep so important? While we sleep, three major processes take place in the body.

The first process is **cleansing**. While asleep, brain cells shrink by 60% of their normal size so the body can flush out toxins and waste products that are responsible for many brain diseases and neurological disorders.

The second is **consolidation**. While our body is resting, the brain organizes and consolidates emotions and memories from the day so we have better recall of events in the future.

The third is **restoration** of the body. Every tissue in the body is renewed faster during sleep than at any time while awake. The body starts producing human growth hormone which promotes the growth, maintenance, and repair of tissues. Other hormones responsible for fighting disease are produced in greater quantities when sleeping, helping our bodies fight off disease and infection.

When we become sleep deprived (defined as getting six or less hours of sleep) these processes are inhibited and our health suffers. Effects of sleep deprivation:

- Shorter life expectancy;
- Reduced number of circulating white blood cells



which increases the risk for infection;

- Increased risk for heart disease (1.45 times higher risk of heart attack) and cancer;
- Decreased ability to create new brain cells;
- 7.5 times more likely to be obese;
- Lapses in performance begin at an estimated 15.8 hours of sustained wakefulness;
- 1.7 times more likely to become diabetic;
- 10 times more likely to suffer from depression.

Now that you know adequate sleep should be a priority and can increase health and well-being try these tips:

1. Setting and specific bedtime/wake time each day;
2. Avoiding TV, computer, or phone at least one hour before bed;
3. Sleeping in complete darkness;
4. Keeping room temperature lower than 70°F;
5. Taking a hot bath 1-2 hours before bedtime;
6. Avoiding large meals 1-2 hours before bedtime.

Featured Presentations

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

Nutrition Basics and Portion Control UPDATED

Healthy eating supports a healthy lifestyle. Learn about food groups, calories, and nutrients.

Tips for Dining Out

Learn how to make healthy choices when dining out.

Reading Food Labels

This interactive presentation will show you how to identify claims and facts.

Fueling Your Fitness

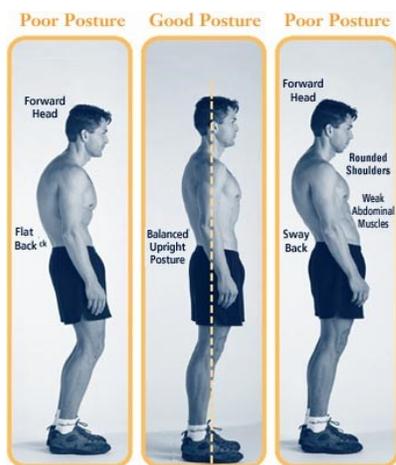
Learn the basics of eating properly to increase your energy, manage your weight, and feel your best.

“Diets” vs. Diet

Make a healthy diet an everyday part of your life.

Posture Perfect

May is National Correct Posture Month, so pay close attention to how long commutes and hours of desk work are affecting your posture each day. Poor posture is a major cause of back and neck pain for all ages, and over time can contribute to cardiopulmonary and digestive problems. The good news is posture can be improved and often times corrected.



Good posture results when the muscles of the body align properly, allowing for efficient movement. When you are poorly aligned, the joints in your body (e.g., spine, shoulders, knees, hips, and ankles) do not fit together properly causing some muscles to work harder than others. Over time, those muscles become tight while the others weaken, creating imbalances and causing painful compensation issues.

So what can you do to improve your posture? First, imagine a vertical line running through your ear, shoulder, hip, knee and ankle. Ideally, our posture should fall perfectly along this vertical line. Does your head tilt forward? Are your shoulders rounded? Second, movement is good! Resistance training helps build strength to support musculature while mobility training helps improve active flexibility in tight areas.

We are here to help! HPMC OMS has three exercise physiologists who are ready to assess and assist you in developing the right corrective exercise plan for you. Call us to schedule an appointment at 376-3939 or email us at om-chew@rl.gov.

Osteoporosis Awareness and Prevention

by Kelly Harnish, MPH, MCHES
Health Education Specialist

[Osteoporosis](#) is a silent epidemic, as it produces no symptoms until a fragility fracture occurs. Osteoporosis is a decrease in bone density and leads to two million broken bones every year in the United States. Prevention and screening are our best protection from this potentially debilitating condition. Screening recommendations vary per individual. Check with your primary care provider to find out what is best for you.

Our bone density is established early in life, reaching peak bone density in young adulthood. After age 30, our bone density starts to drop. While we cannot change certain risk factors for osteoporosis, such as menopause, immobility, and age, there are many proactive choices we can make to promote bone health.

Regular exercise, especially weight-bearing, helps retain and build bone density. [Calcium](#) helps build strong bones, and needs to be supported by adequate vitamin D from the sun and food. Carbonated beverages and processed foods high in sodium lead to calcium loss, so keep them to a minimum. [Quitting smoking](#) and reducing or eliminating alcohol consumption also help protect bone density.

Fractures can severely limit the quality and length of life. To prevent fractures due to bone loss, it's necessary to be both safe *and* healthy. While it's important to exercise care at work and recreate safely, our lifestyle choices protect us from those unfortunate and rare accidents that do occur. It's your health, own it!

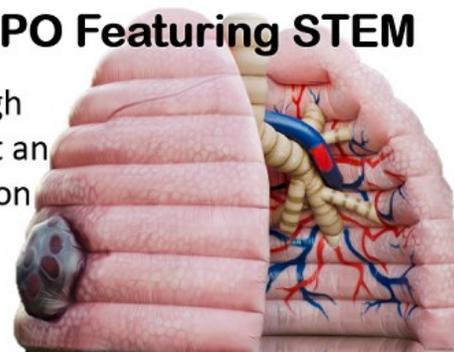
Upcoming Health Promotion Events

- May 10-11 [Health and Safety Expo](#)
- June 2 [Site-Wide Health Fairs](#)
- June 8 [WorkFit Train the Trainer](#)
- June 9 [Site-Wide Health Fairs](#)

Health & Safety EXPO Featuring STEM

Come visit our walk-through MEGA Lung exhibit and get an up close view of the function and health of the lungs.

May 10-11, 2016
TRAC Center in Pasco



HPMC OMS Medical Surveillance: Beryllium Worker and Beryllium Voluntary Programs



HPMC OMS' Beryllium Medical Surveillance includes two programs: Beryllium Worker and Beryllium Voluntary. Both provide medical services in support of the health and safety for Hanford workers and are available for Hanford employees based on your work.

- HPMC OMS recommends ongoing surveillance for individuals with a history of potential past exposure to beryllium at any DOE site.
- For workers enrolled in the Beryllium Voluntary Program, all aspects of the evaluation are voluntary including the BeLPT.
- Routine evaluations and testing are offered every three years. The HPMC OMS medical provider will determine if more frequent evaluations are recommended.
- Your employer will not be notified of your scheduled beryllium appointment and will not receive a medical opinion or results unless you receive a beryllium-related diagnosis.
- If you are diagnosed as having beryllium sensitization or Chronic Beryllium Disease (CBD), HPMC OMS will issue a work restriction and notify your employer of your diagnosis through the job injury notification process.

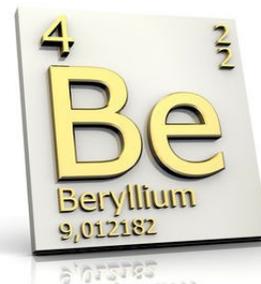
About the Beryllium Worker Program

- Workers are enrolled in the Beryllium Worker Program based on their EJTA. The evaluation and the Beryllium Lymphocyte Proliferation Test (BeLPT) are mandatory.
- Required physical exam and testing are conducted every year.
- A signed consent form is required prior to your exam and testing.
- You cannot perform work as a beryllium worker until you have completed beryllium worker training and have a current medical clearance from HPMC OMS.

About the Beryllium Voluntary Program

- This program is for any current Hanford worker whose EJTA does NOT designate him/her as a beryllium worker.

For more information, or to enroll, contact our Beryllium Case Manager at 376-6000 or omc_beryllium@rl.gov. A number of useful tools are also available on the [HPMC OMS website](#), such as a Beryllium Hazards brochure, the Beryllium Information Booklet, and a list of contractor points of contact.



Fit Tip: Posture Check

Do you sit in front of a computer all day? How about work in the field in the stooped position over pipes or while surveying the ground? Are you a lab worker reaching through glove boxes or under a hood?



Try this easy stretch to help alleviate the strain on your mid-back and shoulders from these awkward positions:

First, make a "field goal post" with your arms then squeeze shoulder blades without sticking your head/neck out. Hold for 10 seconds and repeat. Visit [WorkFit Daily Stretch](#) for more easy stretches!

Mindful Moments With Dr. Kusch, Ph.D.

With spring season picnics upon us, mindful eating can help us limit unwanted pounds.

We easily get triggered to eat when food is presented beautifully, smells good, and is associated with celebration. Mindful eating slows down this automatic response. Begin by asking yourself, "Am I really hungry?" "Why do I want this?" "What do I need?" A few moments of mindfulness can help you prevent unnecessary caloric intake.



We appreciate your readership! If you have questions, want to enroll in a program, or have a presentation request, call 376-3939, email omchew@rl.gov, or visit us at www.hanford.gov/health for more resources.