

The Community Health and Wellness Corner



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FINDING YOUR EXERCISE

Some people really enjoy exercise. Some people tolerate it for the benefit it provides them. Some people hate it. You may fall into any one of these categories but if you find yourself in the latter category, there may be hope. Picking what exercise works for you is like choosing food. Everyone has their own particular tastes and things they enjoy. When you exercise, your chances of success with the exercise, as well as your likeliness to stick with it improve exponentially if you enjoy what you are doing.

Some people would probably take a wrestling match with a sore toothed grizzly bear over spending 30 minutes on a treadmill whereas someone else may grab a book and be able to make the time pass comfortably. These days, there are so many different forms of exercise with great instructors available. It's just a matter of finding one that fits you.

If you are considering starting a new exercise program take the time to find something you like. The extra time you spend finding your exercise will pay off

in the enjoyment you get from both the exercise and the benefits your mind and body reap from it. Also, always remember to check with your physician prior to starting a new exercise program, particularly if you have any health problems.

*Written and Submitted by
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12 DANGEROUS CHEMICALS TO AVOID IN EVERYDAY PRODUCTS

Overview

Potentially toxic chemicals exist in the air we breathe, food we eat and products we use on a daily basis. Some of these chemicals are more dangerous than others, and some only pose a threat in large amounts or after years of exposure. It's not always easy to know for sure what's safe and what to avoid. Read on to learn about 12 of the potentially dangerous chemicals you may come into contact with on a regular basis in common household products. Our hope is that the information will help you to make informed decisions about the foods and products that you choose to include in your home.

1. Bisphenol A (BPA) -- Found in Plastic Bottles, Baby Bottles and Lining in Food Cans

2. Dioxin -- Found in Soil, Surface Water and Plant and Animal Tissue

Dioxins are environmental chemicals produced when household and industrial wastes are burned.

3. Mercury -- Found in Fish (Tuna, Shark, Tilefish, Swordfish, King Mackerel)

Although fish is a healthy source of omega-3 fatty acids in the human diet, overconsumption can cause problems, especially when the fish is a variety high in the mineral mercury.

4. Perfluorinated Compounds (PFCs) -- Found in Nonstick Pans

If you're still using an old scratched-up, nonstick pan, you might want to consider throwing it out. Perfluorinated chemicals, or PFCs, are used in the manufacture of

nonstick cookware, and they could be detrimental to your health.

5. Atrazine -- Pesticide Used on Corn and Sugarcane, Found in Drinking Water
Drinking water is a major source of atrazine and one of the most common pesticides used to control weeds in the cultivation of corn, sorghum and sugarcane.

6. Organophosphates -- Pesticide Used on Conventional Produce, Found in Some Baby Food

The best thing you can do for your family is choose organic products. If cost is an issue, American Academy of Nutrition and Dietetics spokesperson and registered dietitian Heather Mangieri, recommends rinsing produce thoroughly before eating it.

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7. Glycol Ethers – Found in Cleaning Products, Liquid Soaps, Cosmetics, Paints and Perfumes

and in low levels in rice, arsenic, a naturally occurring mineral element, can cause health problems.

8. Phthalates – Found in Plastic Containers, Cosmetics, Lotions and Plastic Toys

Used to increase the flexibility of plastics and also as solvents, phthalates are found in hundreds of products including plastic containers, vinyl flooring and clothing, toothbrushes, cosmetics, lotions, insect repellents and plastic toys.

9. Perchlorate – Used in Rocket Fuel, Found in Soil, Surface Water and Ground Water

10. Arsenic – Found in Water and (in Low Levels) in Rice
Found in unregulated water supplies

11. Fire Retardants – Found in Mattresses, Upholstered Furniture, Etc.

The contaminants leach out of products and adhere to children's hands and other items they may put in their mouths.

12. Lead – Found in Lead-Based Paint (Most Residential Paint Prior to 1978)

If you live in an older home, you should be aware of the effects of lead poisoning, especially if you have young children.

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Do You Have High Blood Pressure

Blood pressure is defined as the pressure exerted by the blood on the inner walls of the arteries, being relative to the elasticity and diameter of the vessels and the force of the heartbeat. High blood pressure, also known as hypertension, as the name implies, is just that. Many people know that if our blood pressure gets too high, it can cause a stroke. Many people don't know that untreated high blood pressure can cause many other, often times significant, health problems.

According to the Centers for Disease Control, 1 in every 3 American adults have hypertension. The CDC goes on to state that there were more than 348,000 American deaths that list hypertension as a cause or contributing factor to the death. The CDC estimates that 31% of Americans have hypertension and that 30% have prehypertension. This means that less than 30% of Americans have what is considered a normal, healthy blood pressure.

Hypertension often does not have symptoms and can quietly damage your body for years before symptoms

present. Some effects high blood pressure can have on the body include-

- Artery damage and narrowing
- Aneurysm
- Coronary Artery Disease
- Heart Failure
- Heart Attack
- Stroke
- Kidney damage/failure
- Visual Impairment

There is medication that can help control high blood pressure but there are many ways to keep it controlled naturally. To lower your blood pressure naturally, here are some tips.

-Limit your salt intake-Limiting salt intake can have a profound impact on blood pressure. It is recommended that you keep your salt intake to less than 2300mg per day if you are under age 51 and don't have high blood pressure. If you are over age 51 and/or have high blood pressure, you should limit your sodium to 1500mg per day.

-Exercise regularly-Exercise does many things to reduce blood pressure. It reduces stress levels, promotes weight loss, and releases feel good hormones all of which will help to reduce blood pressure levels.

-Weight loss-Studies show that in many patients with hypertension, a weight loss of only 5-10% can many times lower blood pressure enough to where medication is no longer needed. This is 8-16 pounds in a person that weighs 160 pounds.

It is important to periodically have your blood pressure checked even if you appear healthy and feel good. The adage an ounce of prevention is worth a pound of cure is particularly fitting when it pertains to high blood pressure. If you have concerns about your blood pressure contact your physician. The sooner you address and treat your high blood pressure the better off you'll be later on.

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