

Health & WELLNESS



May 2020

Spiritual Encouragement

“The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness.”

Lamentations 3:22–23

Quick Tricks for Better Eating

Do you want to eat better? These strategies can help make good nutrition a bit easier to achieve.

- ✓ Make vegetables and fruit convenient.
- ✓ Always shop on a full stomach.
- ✓ Skip the distractions.
- ✓ Set realistic expectations.



Computer Vision Syndrome (CVS)

Computer Vision Syndrome can be caused by using a computer or mobile device for long periods of time. Suffering from dry eyes? Headaches? Learn more about CVS [here!](#)

May is
Osteoporosis
Month.

Bone Health for Every Body

As Americans are living longer, protecting our bone health is more important than ever. By age 50, about half of us will have weak bones, according to the National Institutes of Health. We can improve this outcome through healthy diet and lifestyle — at every age!

Bone is made mostly of (1) **collagen**, a structural protein that acts as a building block for your bones, teeth, muscles, skin, joints, and connective tissues; and (2) **calcium phosphate**, a mineral that adds strength, hardens the framework, and provides flexibility. A low intake of dietary calcium and other nutrients during one’s lifetime may contribute to low bone mass, bone loss, high fracture risk, and osteoporosis (porous bones). **Osteoporosis is a major health problem** and affects more than 44 million Americans. It contributes to an estimated 2 million bone fractures per year — potentially exceeding 3 million by 2025, according to the National Osteoporosis Foundation.

3 Steps to Better Bone Health:

Add physical activity to your daily routine · Get plenty of calcium in your diet · Get adequate Vitamin D

Take the Pressure Off

Normal healthy blood pressure is under 120 systolic and under 80 diastolic. Elevated blood pressure (EBP) is 120 to 129 systolic and less than 80 diastolic. People with EBP are likely to develop high blood pressure unless they act to prevent it. Untreated, a 20-point higher systolic or a 10-point higher diastolic number can double your risk of death from a heart attack or stroke.



High blood pressure numbers:

Stage 1 HBP is 130 to 139 systolic or 80 to 89 diastolic.

Stage 2 HBP is 140 systolic or higher or 90 diastolic or higher.

If you reach either stage, your health care provider will likely recommend lifestyle changes, maybe medication (depending on cardiovascular risks or family history), and regular follow-ups until your BP is controlled.

You have a 90% chance of developing HBP. This number has increased recently, partly because more Americans are overweight and living longer. Younger people are being impacted the most, as hypertension has tripled among adults under age 45.

If you are diagnosed with HBP, work with your provider to:

1. Learn how you can self-monitor your BP levels day to day. Get a home monitor approved by your provider, and learn the best times for checking your BP, and when not to check it (e.g., within 30 minutes of smoking, drinking coffee or exercising). Have your medical clinic check your home blood pressure monitor for accuracy. To learn more, search for **blood pressure at home** at heart.org.

2. Learn to control your BP with positive daily choices. Adopting a diet-and-lifestyle approach is the recommended first-line treatment for people with stage 1 hypertension who are at low risk for developing heart disease. What works: a diet high in fruits and vegetables (search for **Dietary Approaches to Stop Hypertension** or **DASH** at www.nhlbi.nih.gov).

How does exercise boost energy?

Scientists believe exercise stimulates mitochondria inside your cells to help convert nutrients into energy, and the more you exercise the more mitochondria you produce. Note: If you're new to regular physical activity, start with moderate-intensity exercise, such as walking.