

Employee Health Consultants, Inc.

Inside this Issue:

- Simple Wisdom
- EAP Facts
- Trends in Treatment
- Feature: Heart Health Quiz

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We welcome your comments and concerns. We would also invite you to suggest topics of particular interest to you or your organization, forward particular questions or write an article-opinion of your own.

If you know of someone in your organization that might appreciate reading this newsletter, please forward his or her email address and we'll add it to our mailing list.

We can be contacted by calling 1-800-365-2273 or visit our website at: Employeehealthconsultants.com

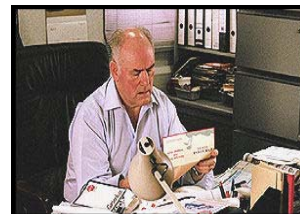
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Simple Wisdom

I was talking to an executive the other day and he was telling me that he works at least 60 hours a week and often adds Saturdays to this total. His idea was that to “keep up” with younger more flexible fellow employees he needed to demonstrate his willingness to work these hours despite the trouble it caused at home. This conversation got me thinking about whether an employer can have a high-performance employee without this type of price. The conclusion I came to is “yes.”

I think that the 60 hour rule was imposed by the employee's fears rather than the employer's expectations. I think “working smart”, “working organized” and using and developing the skills of subordinates contributes far more to a high-



performance work environment. In my experience the quality of my work is far superior when I take the time during my work day to stop, even if it's for thirty seconds and take a deep breath. I find that my “thinker” works better when I take good care of it, rest it and feed it properly. Sometimes taking a deep breath clears the need to blunder ahead when it would be better to change course, keep my opinion to myself when it would be more productive to do so and maybe even laugh at myself a little.

EAP FACTS

According to the World Health Organization, mental illness was the leading cause of disability in the United States, Canada and Western Europe in the year 2000. At least 20% of the world's population suffers from some sort of mental health problem. According to the National Institute of Mental Health (NIMH), more than 34 million Americans have been diagnosed with a mental illness and it is estimated that

nearly twice that number have mental health concerns that have gone undiagnosed and untreated.

One out of three children under the age of 12 will visit the hospital or free standing emergency room in the U.S each year. The American College of Emergency Physicians has created a brochure to help parents prepare for a medical emergency with

their children. The free brochure lists behaviors and symptoms that may indicate a child needs immediate medical attention.

You can order the free brochure by mailing a SASE to:

ACEP
2121 K Street, NW,
Suite 325
Washington DC 20037
See www.ACEP.org.

TRENDS IN TREATMENT

President Bush has unveiled a \$600 million proposal to help those who can't afford substance abuse treatment to get it. He is also urging Congress to change the work rules for welfare recipients so that they would be able to receive work credit for addiction treatment hours.



Heart Health Quiz

- 1) Gender _____ 2) Age _____ 3) Height _____ 4) Weight _____
- 5) Do you have a family history of heart disease such as coronary heart disease, angina, heart attack, angioplasty or bypass surgery?
- 6) Do you have: High blood pressure? Diabetes? High cholesterol?
- 7) Which best describes your history of cigarette smoking? a. never smoked, b. currently smoke, c. quit for one year, d. quit for two or more years
- 8) Do you take aspirin regularly?
- 9) Are you currently taking medication to reduce your cholesterol?
- 10) Which of the following best describes your alcohol use? a. never or rarely drink, b. 1 to 2 drinks daily, c. more than 2 drinks daily
- 11) Do you have a history of depression?
- 12) Do you exercise regularly?
- 13) Do you eat 3 or more servings of vegetables daily?
- 14) Would you say you have a high fat diet?

This quiz is designed to highlight risk factors and should not be a substitute for a discussion with your healthcare provider. Those factors that are found to put you “at risk” can all be modified.

SCORE RESULTS

1 point is low, 2 points is slightly lower than average, 3 points your risk is about average, 4-5 points and its slightly higher than average and above 5 points your risk is high.

Please note: Because you have a low score does not guarantee continued heart health and if the score is high does not imply imminent illness. This is a simple heart health risk factor assessment. Also, if the score is high, pay special attention to the particular risk areas that added to the score and the activities associated with lowering the risk in those areas.

Points and Healthy Activities regarding the questions:

3 and 4 - If you are obese (more than 25 lbs overweight for your height and age) your risk is higher...this one you can work on by starting to exercise regularly and improving your diet. If you are more than 25 lbs. overweight give yourself one point.

5 - Those that have a family history of heart disease have a higher risk of heart disease themselves. If you answered yes give yourself one point.

6 - Blood pressure, diabetes and cholesterol are each risk factors. Although high blood pressure (hypertension) can be a disease of its own, most cases are caused by lack of exercise, poor or fatty diet, smoking and/or drinking. Diabetes is a risk factor because it accelerates hardening of the arteries and cause blood vessels to thicken. It is also associated with hypertension. Diabetes, depending on its type, can be well controlled through diet and medication. Cholesterol is deposited in blood vessels and can cause blockage. The number one cause of heart attack is the sudden dislodging of plaque from artery walls causing restricted blood flow. Give yourself one point for each yes answer here.

7 - Risk of heart attack or heart disease decreases by 50% each year after you quit. Risk decreases to that of a non-smoker within 3-5 years. Give yourself one point if you still smoke.

8 - Taking aspirin regularly is correlated with a decreased risk for heart disease and because of its thinning properties can be helpful in minimizing immediate damage from myocardial infarctions. The use of aspirin however should be monitored carefully as it can cause gastrointestinal bleeding. Subtract one point if you answered yes.

9 - Cholesterol reducing medications like Prevastatin have been found to be correlated with a lower rate of heart disease. Subtract one point if you answered yes.

10 - A moderate amount (no more than 1 to 2 drinks daily) of alcohol has been associated with decreased risk for heart disease although the other risks involved suggest using other methods. Subtract one point if you are a moderate drinker but add one point if you drink more than 2 drinks per day.

11 - Untreated depression has been found to correlate with a higher risk for heart disease. It is suggested that you talk to your healthcare provider about treatment for this highly treatable illness. Add one point if you answered yes.

12 - Regular exercise (3-4 times per week for at least 30 minutes) of the cardio vascular type has been found to help reduce blood pressure, weight, cholesterol and raise HDL cholesterol (the good kind), all positives regarding the risk of heart disease. Subtract one point if you answered yes.

13 - Eating vegetable, especially leafy dark green vegetables has been found to help provide the body with some of the necessary vitamins and minerals that it needs to function properly. Subtract one point if you answered yes.

14 - In addition to causing obesity, a high fat diet, especially high in saturated and polyunsaturated fats contributes to cholesterol, weight and blood pressure, increasing risk. Add one point if you answered yes.

