



# The Well Being

A Monthly Newsletter Covering Health and Wellness

Volume VI, Issue III

## Meds Making You Ill?

If you pay attention to drug commercials on TV, you'll notice they always include a list of side effects, some more serious than others. Potential side effects also will be noted on the information your pharmacist gives you with your prescription.



### Most common adverse reactions:

- Nausea, indigestion, vomiting
- Constipation, diarrhea, incontinence, or difficulty urinating
- Dry mouth
- Headache, dizziness, ringing in the ears, or blurred vision
- Confusion, forgetfulness, disorientation, drowsiness, or depression
- Difficulty sleeping, irritability, or nervousness
- Difficulty breathing
- Rashes, bruising, and bleeding problems

Don't assume any symptom is a normal side effect that you have to put up with. Never hesitate to call your doctor or pharmacist any time you suspect your medicines are making you sick.

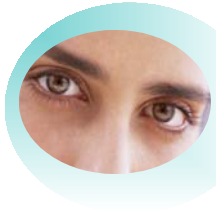
When you start a prescription for the first time, ask your doctor for samples or ask the pharmacist to fill just a partial supply until you see if you can tolerate the new drug.

## How Health-Smart Are You? Test Your Wellness I.Q.

Try your hand at this quick quiz. Check the next page for answers.

1. Reduced-fat ice cream means the product has
  - ◇ 25% less fat than the original product
  - ◇ No butter fat
  - ◇ Less fat than light but more than low-fat varieties
  - ◇ Less sugar
2. Avoid transfats because
  - ◇ They interfere with protein metabolism
  - ◇ They have too many calories
  - ◇ They lower good cholesterol and raise bad cholesterol
  - ◇ Actually, they are needed for proper digestion
3. Fitness experts now say that to lose or maintain weight, a person should exercise
  - ◇ Four mornings in a row before 10 a.m.
  - ◇ Every other day for 30 minutes
  - ◇ About 60 minutes most days of the week
  - ◇ Outside primarily
4. Latest government dietary guidelines call for
  - ◇ Three green vegetables daily
  - ◇ Nine servings of fruits and vegetables daily
  - ◇ Eating protein with fruit or whole grain carbs
  - ◇ Limiting carbs after 6 p.m.
5. Which of the following is **not** a correct single serving size?
  - ◇ Two tablespoons of peanut butter
  - ◇ ½ cup of cooked brown rice
  - ◇ 3 ounces of unsalted tortilla chips
  - ◇ One ounce of imported Swiss cheese
6. Best choice for breakfast cereal is one with
  - ◇ At least five grams of fiber, less than 10 grams of sugar
  - ◇ Wheat flour as the primary ingredient
  - ◇ Only brown sugar
  - ◇ A combination of grains and pure cane sugar
7. A piece of fruit is generally better for you than a glass of juice because
  - ◇ You will get fiber and fewer calories
  - ◇ Juice is not as easily digested
  - ◇ Actually, juice is a better choice
  - ◇ The sugar in whole fruit is healthier
8. Calcium is best absorbed in the presence of
  - ◇ Vitamin D
  - ◇ Vitamin A
  - ◇ Amino acids
  - ◇ Lactose
9. Help keep bones strong by
  - ◇ Lifting weights
  - ◇ Eating more citrus fruits
  - ◇ Exercising only before noon
  - ◇ Cutting down on root vegetables

# The Eyes Have It : Prevention is Key



When we think of eye protection, we may think of wearing sunglasses on a bright day. But in fact, there are many everyday situations where safety glasses or protective eyewear can prevent serious eye injuries:

- **Around the house.** Before using any household chemicals, read instructions and labels carefully, work in a well-ventilated area and make sure to point spray nozzles away from you. Many chemicals are extremely hazardous and can permanently destroy the surface of your eyes, resulting in blindness.
- **In your workshop.** Think about the work you will be doing and select appropriate protective eyewear to shield your eyes from flying fragments, fumes, dust particles, sparks or splashing chemicals. Many objects can fly into your eyes unexpectedly and cause injury.
- **In the garden.** Put on protective eyewear before you use a lawnmower, power trimmer or edger and teach your kids to do the same. Make sure to check for rocks and stones be-

fore you begin operating lawn machinery; stones can become dangerous projectiles when they shoot out from the mower.

- **At work.** Wear appropriate safety eyewear for your job. Many of the thousands of people who are injured each day at work didn't think they needed eye protection, or they were wearing eyewear that did not provide adequate protection.
- **Around your car.** Battery acid, sparks and debris from damaged or improperly jump-started auto batteries can severely damage your eyes. Keep protective goggles in the trunk of your car to use for those emergencies and everyday repairs.



Prevention is the first and most important step in protecting your eyes from injuries. If you do experience an eye injury, seek medical attention immediately.

Source: The American Academy of Ophthalmology.

## Quiz Answers

1. If you buy reduced-fat ice cream, you can expect it to have 25% less fat than the regular product. *Light* ice cream will have at least 50% less fat, and the *low-fat* variety will contain 3 grams of fat or less per serving.
2. Avoid transfatty acids (partially hydrogenated oils) because they will lower good cholesterol (HDL) and raise the bad cholesterol (LDL).
3. Exercising a total of 60 minutes (or more) five or six days a week is the best way to lose or maintain your weight, fitness experts say. The hour can be split up during the day, however.
4. Latest government dietary guidelines call for nine servings of fruits and vegetables every day.
5. While 3 ounces of unsalted tortilla chips may be a satisfying snack, an actual serving is one ounce.
6. Best choice for breakfast cereal is one with at least five grams of fiber and less than 10 grams of sugar. Add fresh fruit and a few chopped nuts to please the kids.
7. Reach for a piece of fruit instead of a glass of juice and you will be getting fiber, usually fewer calories, and a more satisfying snack.
8. Calcium is best absorbed in the presence of Vitamin D. Consider supplements and spend time in the sunshine, when possible.
9. Help keep bones strong by lifting weights. You *won't* end up looking like Arnold. You will help those bones stay strong and model-straight.



The Well Being is published monthly by HRMS. Information in The Well Being is intended as general health information and should not replace medical advice or professional care. Questions or comments should be directed to Editor, The Well Being, Human Resource Management Systems, LLC, 1847 W. Jefferson Avenue, Naperville, IL 60540