



APRIL  
2020



### 4 TIPS FOR lunchtime walking

Sometimes lunchtime is the only time you have to exercise. That's OK! Walking at lunch can boost your health. Here's how to succeed:

1. Keep walking shoes and clothes at work. Then you don't have to remember them each day.
2. Ask others to go with you. Having a friend can make walking more fun.
3. Put it in your calendar. If it's scheduled, you may be more likely to do it.
4. Pack a lunch each day. Have healthy food ready to eat when you're done.

Source: American Heart Association

# Should you be taking daily aspirin?

Taking a low dose aspirin every day can lower the chance of a heart attack. But that doesn't mean that a daily aspirin is right for everyone. The National Institutes of Health says some people take aspirin each day — but they shouldn't. The NIH has new guidelines about who should or should not take it.

## WHAT DOES ASPIRIN DO?

Aspirin is a non-steroidal anti-inflammatory drug (NSAID). It is a pain reliever for headaches and other aches and pains.

Aspirin also thins the blood. This can prevent clots that can lead to a heart attack or stroke. Taking a low-dose aspirin every day can be life-saving for many people.

However, aspirin also has risks. It can cause bleeding in the stomach and brain bleeding in rare cases.

## NEW GUIDELINES TO FOLLOW

Researchers think many people are taking aspirin without their doctor's approval. This can mean they could put themselves in danger of bleeding or stomach problems. Aspirin can also interact with other medications or supplements.

Experts no longer think everyone over age 70 should take daily aspirin. People who have a low risk of heart attack or stroke may not need it. Also, people who have a higher risk of bleeding — no matter what age — should not take it.

People who benefit from daily aspirin have a higher risk of heart attack or stroke. They may have already had a heart attack or stroke in the past. They may have a family history of heart problems or other risk factors.

## THE BEST PROTECTION

If you don't need daily aspirin, you can help prevent heart disease with simple healthy habits.

- Get more exercise.
- Eat a heart-healthy diet.
- Don't smoke.
- Get regular cholesterol and blood pressure checks.



### What's the bottom line?

Don't start taking daily aspirin unless your doctor says you should. And, tell your doctor and pharmacist about all medications and supplements you take.

# Which STD tests *do you need?*

Sexually transmitted diseases (STDs) can occur when people have sexual contact with a person who also has an STD.

People of all ages can get STDs. If you have unprotected sexual contact with someone who is infected, you risk getting an STD. This includes oral, anal and vaginal sex.

Don't be afraid or embarrassed to ask a health care provider about STDs. Getting tested is important so you can get treatment for STDs. The most common ones include:

- Human papilloma virus (HPV)
- Chlamydia
- Gonorrhea
- Syphilis
- Herpes
- Trichomoniasis
- HIV/AIDS



## WHY DO I NEED TESTS?

Testing is the only way to know for sure if a person has an STD.

Many STDs don't cause any symptoms. This means people could spread STDs to others without knowing. They could also have long-term health problems.

### Risks of STDs include:

- Spreading STDs to others
- Infertility (trouble getting pregnant)
- Long-term pain in the pelvic area
- Pelvic inflammatory disease (PID), which can cause pain and infertility
- Serious health and immune system problems (from HIV infection)



## WHO NEEDS TO BE TESTED?

The Centers for Disease Control and Prevention (CDC) lists the following recommendations for testing:

- Everyone ages 13 to 64 should be tested at least once for HIV.
- Anyone who has unprotected sex or shares injection drug equipment should get tested for HIV at least once a year.
- All sexually active women younger than 25 years should be tested for gonorrhea and chlamydia every year.
- Some women 25 years and older should also be tested for gonorrhea and chlamydia every year. This includes women at a higher risk. They may have multiple sex partners or have a partner who has a known STD.
- All pregnant women should be tested for syphilis, HIV and hepatitis B. Some pregnant women may also need tests for chlamydia and gonorrhea. Pregnant women may need more than one test throughout pregnancy.
- Sexually active gay and bisexual men may need HIV tests every 3 to 6 months.
- All sexually active gay and bisexual men should be tested at least once a year for syphilis, chlamydia and gonorrhea. Some men may need to get tested more often if they have multiple partners.

Many health departments offer STD testing or can help people find a testing site. To find STD testing sites near you visit [gettested.cdc.gov](https://gettested.cdc.gov).



# Choosing low-mercury fish

Fish are a healthy choice of protein. They are low-calorie and contain fats that can boost heart health.

However, fish also contain mercury. Some fish contain high amounts, but others contain very low amounts. Fish absorb mercury from the environment. But they also get it from manufacturing, coal burning and other things.

The type of mercury found in fish is called methylmercury. Too much methylmercury can damage a person's brain and nervous system. This is even more dangerous for a developing fetus and for young children.

## IS FISH SAFE TO EAT?

Fish is safe and healthy to eat if you choose the right kind of fish and the right amounts.

A serving size of fish is four ounces. This is about the size of the palm of your hand. Adults should eat at least two "palm-size" portions each week.

Children should eat less than this amount. Ask your child's pediatrician about the recommended amount for their age.

Pregnant and breastfeeding women should avoid high-mercury fish. They can eat up to 3 palm-sized servings of low-mercury fish each week.



## LOW-MERCURY FISH TYPES

There are many types of fish that are low in mercury. They include the following:

- Anchovies
- Cod
- Flounder
- Haddock
- Herring
- Oyster
- Perch, freshwater and ocean
- Pickerel
- Pollock
- Salmon
- Sardines
- Scallops
- Shrimp
- Sole
- Tilapia
- Tuna, canned light (limit albacore to 1 serving/week)
- Whitefish



## HIGH MERCURY FISH TO AVOID

The following types of fish are high in mercury. People should not eat these types of fish.

- King mackerel
- Marlin
- Orange roughy
- Shark
- Swordfish
- Tilefish (Gulf of Mexico)
- Tuna, bigeye

## LOCAL FISHING

If you like to eat fish caught from local waters, check fish advisories first. Then, eat only one palm-size serving and don't eat other fish that week.

Fish advisories can be found on the Environmental Protection Agency (EPA) website. Go to [fishadvisoryonline.epa.gov](https://www.epa.gov/fishadvisoryonline).



# Recipe: Asian-style steamed salmon



This is a fast and easy way to make heart-healthy salmon for a weeknight dinner.

## INGREDIENTS

- 1 cup low-sodium chicken broth
- ½ cup shiitake mushroom caps, rinsed and sliced  
(or substitute dried shiitake mushrooms)
- 2 tablespoons fresh ginger, minced  
(or 2 teaspoons ground)
- ¼ cup scallions (green onions),  
rinsed and chopped
- 1 tablespoon less sodium soy sauce
- 1 tablespoon sesame oil (optional)
- 12 ounces salmon fillet, cut into 4 portions  
(3 ounces each)

## DIRECTIONS

1. Combine chicken broth, mushroom caps, ginger, scallions, soy sauce and sesame oil (optional) in a large, shallow sauté pan. Bring to a boil over high heat, then lower heat and simmer for 2–3 minutes.
2. Add salmon fillets, and cover with a tight-fitting lid. Cook gently over low heat for 4–5 minutes or until the salmon flakes easily with a fork in the thickest part (to a minimum internal temperature of 145 °F).
3. Serve one piece of salmon with ¼ cup of broth.

**Nutrition per serving:** Servings 4. Calories 175; Total fat 9 g; Saturated fat 2 g; Sodium 208 mg; Total fiber 1 g; Protein 19 g; Carbohydrates 4 g

Source: National Institutes of Health Keep the Beat Recipes

## Omega-3 has mega benefits



Fatty fish like salmon have high amounts of omega-3 fats. And these fats are so healthy that they can lower the risk of stroke.

The American Heart Association says these fats can also lower the risk of heart rhythm problems. They can also lower triglyceride levels.

Omega-3s can help prevent the clogging of arteries. Eating two servings of salmon each week can help you get enough omega-3s in your diet.



# Slouching harms *your health*

Many people sit at a desk for hours each day. And the way you sit can affect your health.



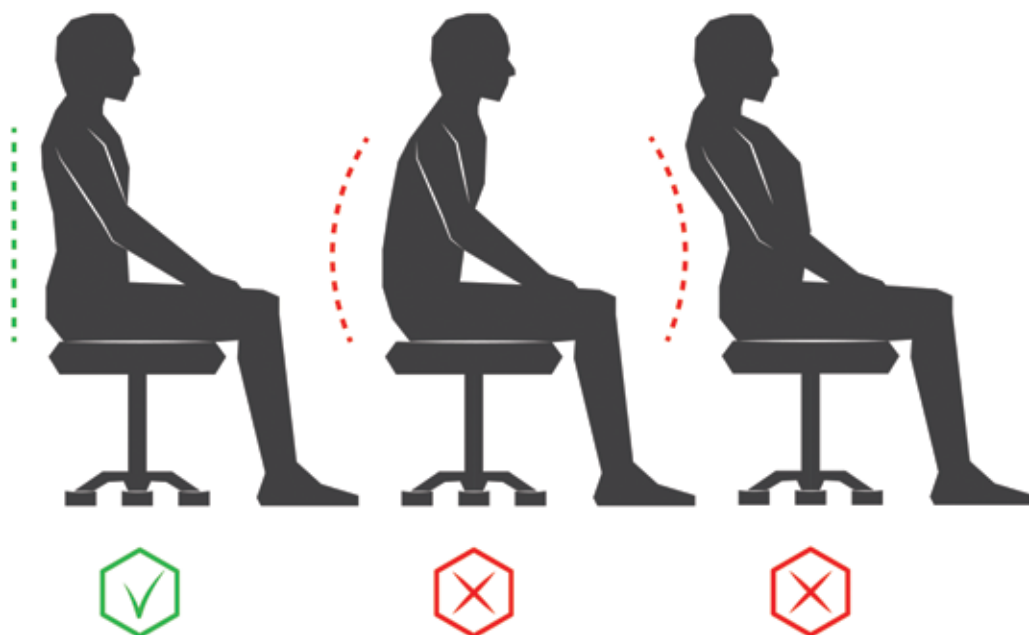
## MUSCLES & BONES

Your musculoskeletal system includes your bones, joints and muscles. These parts of the body work together to provide support and stability. They allow you to move around.

The musculoskeletal system has to change and adapt to your life. The type of shoes you wear, how you walk and even how you use devices can affect your musculoskeletal system.

The way you sit at your desk affects this system too. Slouching can cause wear and tear on the spine. This makes it more likely that you will hurt your back. It can also lead to neck or shoulder pain.

Having bad posture at your desk can lower your flexibility. It can make it harder for your joints to move, too.



## UN-LEARNING BAD POSTURE

Many people slouch without thinking about it. It becomes a habit. But there are ways to fix it and prevent more injury to your back.

Researchers think that yoga could have positive benefits for posture and health. Some evidence suggests that it could help with hyperkyphosis in older people. Hyperkyphosis is a condition that causes the spine to curve forward, giving a “hunched” appearance.

To be safe, people should talk with their doctor before doing yoga or any exercise program.



### Other ways to improve posture include:

- Be aware of your posture. Set alarms or reminders that tell you to sit up straight.
- Think about your posture when you stand and walk. This can carry over to better sitting posture.
- Make sure your keyboard and computer are working for you. You shouldn't be slouching to reach the keyboard or see the screen.
- Change positions often. Don't sit all day with one leg crossed or your feet tucked under your chair.
- Get up for breaks. Don't spend breaks at your desk. Take a walk or gently stretch. Don't eat at your desk.
- Work toward a healthy weight. Extra weight around the belly can weaken abdominal muscles. This can lead to back pain.

Talk to your doctor if you have back, shoulder or neck pain. Ask them about the best exercise options for you or a possible referral to physical therapy. Exercise can help you support your body and boost your overall health, whether you're sitting or not.

Source: National Institutes of Health



# Positive parenting hacks

Don't focus on mistakes or bad behavior.

Catch your child doing good things and point them out.

Chores at home can help children learn life skills and independence.

Chores don't have to be a punishment.

Take a few minutes to talk to your child without phones or screens.

Spend a little time connecting each day.



WELL-BEING  
TIP

# Q & A Blood donation

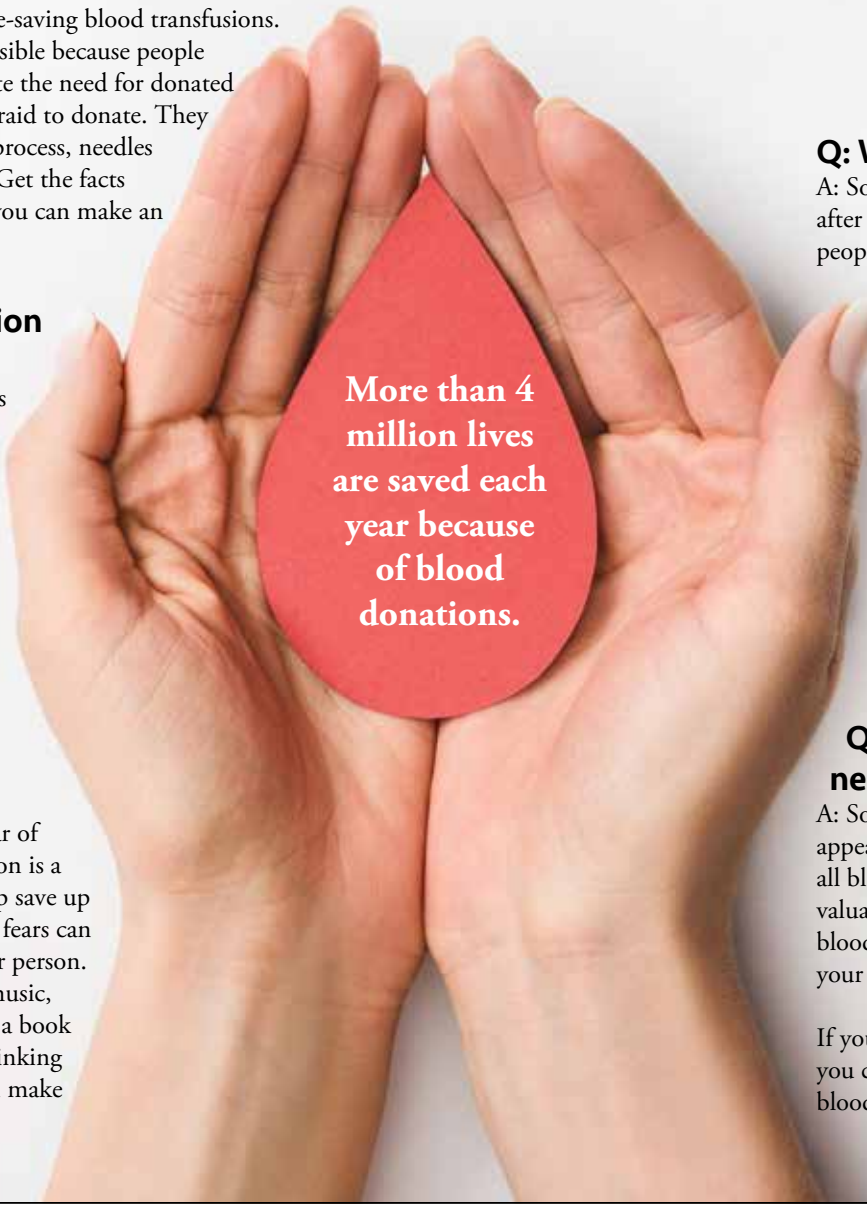
Every day, people need life-saving blood transfusions. These transfusions are possible because people donate their blood. Despite the need for donated blood, many people are afraid to donate. They may have fears about the process, needles or even their own health. Get the facts about blood donation so you can make an informed decision.

## Q: Is blood donation safe?

A: Yes. Each donation uses a new, sterile needle that is thrown away after one use. You may also be given a quick health check to be sure you're healthy enough to donate. This may include taking your temperature, blood pressure and pulse.

## Q: What if I don't like needles?

A: Many people have a fear of needles. But blood donation is a quick process that can help save up to three lives. Facing your fears can mean the world to another person. Try listening to relaxing music, deep breathing or reading a book during your donation. Drinking fluids before donating will make donation easier and faster.



More than 4  
million lives  
are saved each  
year because  
of blood  
donations.

## Q: Will I faint afterward?

A: Some people feel lightheaded after donating blood. But most people feel fine afterward. If this concerns you, you can have a few extra minutes to sit or lie down. You can also lower the risk of this happening by eating a healthy meal before your donation and drinking at least 16 ounces of water. When you feel well enough, slowly sit up. Blood donation only takes about 1/10th of the blood from your body. Your body replaces this lost blood quickly.

## Q: Don't they only need rare blood types?

A: Sometimes there is a public appeal for certain blood types. But all blood types are needed and valuable. If you don't know your blood type, you can find out after your donation.

If you have any health conditions, you can ask your doctor whether blood donation is right for you.

Source: American Heart Association