



SEPTEMBER
2020



QUICK FACTS ABOUT sodium

Everyone needs some sodium. It helps with the body's fluids, muscles and nerves. But most people eat too much. Here's why cutting back can do you some good:

Eating less sodium can lower the risk of a heart attack, heart failure, stroke and kidney disease.

If people lowered sodium intake to 1,500 mg per day, fewer people would die of heart disease. Up to 1.2 million people could be saved over the next 10 years.

About 70 percent of people's sodium comes from processed foods like chips, cookies and crackers, not the salt shaker!

Source: American Heart Association

Adults get ADHD *too*

Attention-deficit hyperactivity disorder (ADHD) is not just a childhood condition. Some people had it as a child and now have it as an adult. But if they never got a diagnosis of ADHD as a child, they may not know they have it.

People who have ADHD find it hard to pay attention. They can also have trouble controlling impulses.



TROUBLE WITH ATTENTION

Everyone has trouble focusing sometimes. But a person may have ADHD if they often:

- Ignore details or make careless mistakes
- Have trouble staying on task
- Are easily distracted
- Don't listen when someone talks to them
- Don't follow instructions or complete tasks
- Are disorganized, messy or can't manage their time
- Lose things like keys, wallet or phone
- Forget to do tasks and activities
- Avoid or dislike tasks that require attention and focus



HYPERACTIVITY & IMPULSE CONTROL

People with ADHD may also have hyperactivity and impulsivity. Signs include:

- Blurting things out or interrupting
- Fidgeting or squirming
- Inability to wait in lines
- Talking too much
- Being restless or unable to sit down for long
- Inability to enjoy quiet, leisurely time



SELF-CARE

Adults who have ADHD may be able to improve their symptoms with home care. Try these tips:

- Keep a routine each day, including consistent wake and bed times.
- Make lists for tasks and activities you want to get done each day and check them off as you do them.
- Have a special place for your keys, wallet and other important items.
- Break down large tasks into small, manageable steps.
- Consider joining an online or in-person ADHD support group for adults.



SEEING A DOCTOR

ADHD appears during childhood. You would only be diagnosed with ADHD if you had symptoms before age 12. If symptoms only happened during adulthood, it is not likely to be ADHD. There are treatments available for adults, including therapy and medicine. If you have ADHD, it's important to see your doctor regularly. They can help you manage symptoms and the demands of daily life.

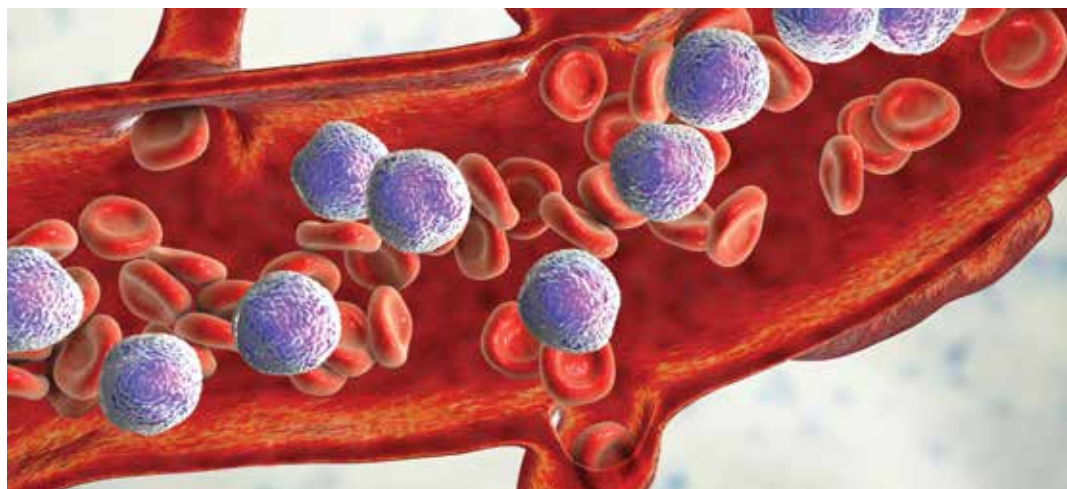
What is lymphoma?

September is Blood Cancer Awareness Month. There are several different types of blood cancers. About half of all blood cancers are lymphomas.

Lymphoma is cancer in the lymph system. The lymph system is part of the immune system that fights off illnesses and infections. It also helps control the flow of fluids in the body.

Lymphoma is not one type of cancer. It is a group of many types.

Hodgkin lymphoma is one type. It was named after the doctor who discovered it. All other lymphomas are called non-Hodgkin lymphomas. There are more than 60 types of non-Hodgkin lymphomas.



WHAT'S THE DIFFERENCE?

Hodgkin and non-Hodgkin lymphomas affect lymphocytes, which are cells in the lymphatic system. Doctors can tell which type of lymphoma a person has by looking at their cells under a microscope.

Hodgkin lymphoma has a special cell with two centers, or nuclei. These are known as Reed-Sternberg cells, and they only occur in people with Hodgkin lymphoma.



SIMILAR SIGNS

Even though there are different types of lymphoma, the signs look alike. Some signs include:

- A painless lump in the neck, armpit or groin
- Excessive sweating
- Fever
- Trouble breathing
- Weight loss
- No appetite
- Feeling weak
- Itching

KNOW THE RISK

Lymphoma can attack almost any area of the body. Often its symptoms are hard to spot, or they may be blamed on other health issues.

That's why it's good to know if you're at a higher risk of getting lymphoma. Risk factors include:

- Having a close relative with lymphoma
- Previously being exposed to radiation or chemotherapy
- Long-term exposure to chemicals
- Having a weakened immune system

TALK TO YOUR DOCTOR

There is no surefire way to prevent lymphoma. However, you can get regular checkups and talk to your doctor about your health. Ask them about your risk of cancer and ways you can lead the healthiest life possible. If you notice changes in your health or symptoms, tell them.

Healthy weight, healthy kids

Many kids struggle to be at a healthy weight. They may be overweight or obese. Childhood obesity can cause serious health problems now and later in life.

There is no simple fix, but there are ways we can help children get or stay healthy.

WHAT IS CHILDHOOD OBESITY?

In adults, a BMI of 40 or higher is considered obese. It's not the same with children. A child's age and gender must be considered when calculating their BMI. In children, this is called BMI-for-age. This is because children's body fat amounts vary as they grow.

Percentiles matter when looking at a child's BMI. A child whose BMI is at or above the 95th percentile may have obesity. This means their BMI is higher than 95 percent of other children of their age and gender. Your child's doctor can help you calculate their BMI.

WHY IS IT UNHEALTHY?

Children with obesity are at a higher risk of:

- Asthma
- Sleep apnea
- Type 2 diabetes
- Bone and joint problems
- High blood pressure
- Unhealthy cholesterol levels

WHAT CAN ADULTS DO?

- Take them for regular doctor checkups. Your child's doctor can offer eating and exercise advice.
- Allow them to eat fruits and vegetables in place of processed foods high in fat and sugar.
- Have them drink water in place of juice or soda.
- Aim for one hour of activity each day. This can be walking, biking or dancing. Choose things they enjoy!
- Make sleep a priority. Most children need at least eight hours. Ask your child's doctor about this.

Sources: Centers for Disease Control and Prevention, U.S. Department of Health and Human Services



Kid-friendly, healthy snacks



A simple way to encourage your kids to eat healthy is to have healthy foods on hand and easily available to them.

- Put fruits and vegetables within reach on the counter or in the refrigerator.
- Save cookies and sweets as occasional treats, not everyday snacks.
- Avoid buying chips, crackers and other high-calorie, high-sugar packed foods. Or buy less of them and keep them in a less convenient location. Out of sight, out of mind.
- Purchase easy but healthy “packaged” snacks like no sugar added fruit cups, raisin packs, cheese sticks, Greek yogurt and popcorn (choose “light” popcorn without too much added butter or salt).

POPCORN TREATS



Ingredients

- 2 tablespoons soft margarine or butter (melted)
- 5 cups popped popcorn
- 3/4 cup raisins
- 1 cup shredded wheat cereal (bite-size)
- 1 tablespoon sugar (brown or white)
- 1 1/4 teaspoons cinnamon

Directions

1. Pop popcorn. You can use microwave or stovetop, but choose one without added butter, sugar or salt.
2. Mix popped corn, raisins, and cereal in a large bowl.
3. Mix sugar and cinnamon in small dish.
4. Drizzle melted margarine or butter over mixture.
5. Add sugar and cinnamon mixture.
6. Shake or stir until all ingredients are evenly distributed.

Nutrition per serving: Servings 4. Calories 265; Total Fat 10 g; Saturated Fat 2 g; Sodium 118 mg; Total Carbohydrate 46 g; Dietary Fiber 5 g; Protein 4 g

Source: USDA ChooseMyPlate

Knees hurt *during exercise?*

Knee pain can happen for many different reasons. But if you notice pain in the front of the knee during sports, jumping or running, you could have patellofemoral pain syndrome, also known as runner's knee.

WHAT DOES RUNNER'S KNEE FEEL LIKE?

Runner's knee usually has one or more of these symptoms:

- The kneecap hurts when you touch it.
- It feels like the kneecap is grinding or clicking when you move it.
- The kneecap or front of the knee hurts after you've been active.

WHAT CAUSES IT?

Runner's knee is common in athletes, especially young adults and females. It may be caused by:

- Tight muscles in the legs, especially the hamstrings and Achilles tendons
- A kneecap that is slightly out of place
- Thigh muscles that are too weak
- Wearing shoes with poor support during exercise
- Exercising too hard or too long

WHAT TO KNOW ABOUT RUNNER'S KNEE

Runner's knee often feels better with home care. Try these tips:

- Use ice packs on the knee for up to 20 minutes, several times a day.
- Replace the activity that hurts the knee with lower impact activities.
- Lightly wrap the knee in an elastic bandage.
- Rest the knee when you can, lifting it up higher than the heart.
- Take ibuprofen or naproxen for more bothersome pain, but ask a doctor before taking it more than seven days.

PREVENTION MATTERS

You can help prevent runner's knee if you:

- Stretch all your muscles, especially the legs, before and after exercise.
- Do a warm-up before you start vigorous workouts.
- Increase your exercise slowly.
- Maintain a healthy weight to reduce knee stress.

See a doctor if knee pain doesn't get better with a few days of rest and home care. Your doctor can recommend physical therapy, shoe inserts or other treatments to help. Always ask your doctor before starting a new exercise program.



4 ways to save money *at home*

Unsubscribe
from
advertising.

Getting emails
from stores and
companies can
tempt you to buy
things you don't
really need.



Homes come with costs. Rent, mortgage, utilities and other expenses can add up. Here are some ways to save right at home that can help your wallet.

Cool
down
the water
heater.

Turn down the
water heater
10 degrees and
you can save 5
percent on water
heating costs.



Shop for
homeowners
insurance every
year or two. You
may find a cheaper
plan with the
same coverage.

Check
your
insurance.



Aging in place for older adults

Many people have a loved one who is an older adult. Sometimes an older adult may wish to stay in their home as they get older. This is possible for many older adults with some support from family members or friends.



Here are some ways to help an older loved one stay in their home:

- **Be sure they can get around.** Some adults may need a walker or electric scooter. Sometimes Medicare will help cover the cost of these mobility aids.



- **Help them find things to do.** It can be boring and lonely at home alone. Help them learn how to do video calls with family and friends. When it's safe to do so, help them get involved at a local senior center.

- **Get them daytime help if needed.** Some people may need help with personal care, such as washing their hair. If a family member can't be there each day, consider hiring a trained aide that can help them with everyday needs.
- **Consider an emergency alert system.** This can call for help if your loved one falls or gets hurt.
- **Keep nutrition in mind.** Be sure your loved one can get healthy food from the grocery store. Consider meal delivery services in your area that may be free or low-cost.

- **Make sure they go to appointments.** Regular checkups are important, especially if the person has any health conditions. Drive them to their appointments if needed.
- **Check up on bills.** Make sure their bills for insurance, utilities and other needs are getting paid on time. Find out what bills they have and offer to help get them organized and paid. Talk to them about scams, too. Tell them not to give out their social security number or other information to anyone over the phone.



- **Get rid of fall hazards.** Consider ramps instead of stairs at the front door. Put grab bars in showers and bathtubs. Put plenty of night lights around their house and remove loose rugs from the floor. Encourage them to wear supportive shoes or non-slip socks around the house.

Source: National Institute on Aging