



The Wellness Watch

October 2019

October 6th - 12th Fire Prevention Week



The best way to protect yourself and your family from injury or death if a home fire occurs is to have an escape plan in place.

It is important to take time to practice using the escape route so everyone knows it well.

More than a third of adults estimated they would have at least six minutes to escape a fire.

Not so, according to The National Fire Protection Association (NFPA). The time is often much less and survival may depend on your decision to get out of the building immediately.

NFPA suggests the following when making an escape plan for your family:

- Have two ways out of every room in your house.
- Establish a place outside for members of the family to meet.
- Make sure windows open easily for a possible escape route.
- Practice and establish that children can unlock doors and can open doors and windows with ease.
- Teach children how to escape if you can't help. Teach them not to delay.
- Test smoke alarms regularly and change the batteries at least once a year.



Something In Your Eye? Tips on What to Do

Once in awhile, everyone gets something in their eye: a bit of makeup, a grain of sand, or an eyelash.

When that happens, never rub your eye. If you wear contact lenses, immediately remove. The natural reaction of the eye is to flood with tears, which usually washes out debris.



If the eye debris doesn't flood out with tears WebMD advises you to:



- ♦ fill a small container with clean water or saline
- ♦ drench your eye in the water
- ♦ open and close several times

An eye wash station is sometimes available at workplaces. If available, always use it.

See an emergency physician immediately if:

- ♦ anything has pierced the eye,
- ♦ the eye bleeds,
- ♦ the eye won't close.

Harsh chemicals in the eye is also an emergency. Flush immediately with water for 15 minutes then secure a paper cup over the eye and get help.

Make it easy for the EMTs

Any time you have to call for emergency help, do what you can to meet the EMTs or at least be in an accessible position.

Go outside immediately: In a public place, a restaurant or at home, get outside if you can. If the EMTs have to fight off a barking dog in your home, for example, this only delays treatment.



Get More Fiber for Better Health

Fiber is good for your body, helping to lower cholesterol, keeping you regular and even aiding in weight loss.

Soluble fiber found in food like oats, peas, beans and fruit helps lower cholesterol.

Insoluble fiber found in wheat bran, flour, potatoes and vegetables like cauliflower helps to move food through your digestive system.

Fiber also does things you don't regularly talk about such as reducing the risk of constipation, hemorrhoids and diverticulosis.



Most Americans get only 15 grams of fiber a day instead of the 21-25 grams recommended for women and 30-38 grams for men.

Adding fiber to a healthy diet may give you increased protection against diabetes, heart disease and even lower the incidence of kidney stones.

When you add fiber you also need to increase your water intake since fiber soaks up liquids.

- ◆ Fruits and nuts provide a gram or two per serving, but the Mayo Clinic says pears, apples, raspberries, bananas and oranges have 3 to 5 grams.
- ◆ Among vegetables, you will get 4 to 5 grams from just a half cup of green beans, squash, baked beans or sweet potatoes.
- ◆ Some common cereals are good choices. For example; Two shredded wheat biscuits have 5.5 grams, a cup of Post Raisin Bran has 7.1 grams and a cup of Kashi GoLean has 10.2 grams.
- ◆ For a snack: 3 cups of popcorn has 3.3 grams.



The Cost of Trick-or-Treat in Calories

You might have wondered but maybe you just really didn't want to know!

Be Brave—Don't avert your eyes. Here is one mom's calculation of what her daughter hauled home after trick-or-treating.

According to Anna Fader of Mommy Poppins, her little gumball machine daughter brought home a bag of about 80 separate candies.

That candy added up to a total calorie count of 7,238.

Kids are resilient, of course. But they would have to walk for 44 hours to burn off those extra calories. Be honest, what are the chances of that happening?



Eggs Get a Better Reputation



Eating eggs was once thought to be as bad as smoking cigarettes. But a new study debunks that idea.

A study published in the journal *Heart*, says eating a whole egg per day may actually lower your chance of developing cardiovascular disease.

The study researchers found a:

- ◆ 26 percent decrease in the risk of hemorrhagic stroke (bleeding in the brain)
- ◆ 28 percent decrease in death from hemorrhagic stroke
- ◆ 18 percent decrease in death resulting from cardiovascular disease (narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke)
- ◆ 12 percent decrease in ischemic heart disease (narrowed heart arteries)

So, go ahead and enjoy that egg, just don't overdo it.