

# On Demand Wellness Webinars

The featured On Demand webinar presentations are available any time by visiting the links below.



## **Healthy Grocery Shopping Made Simple** presented by Jessica Cording, MS, RD, CDN

You'll learn where to find healthy items in the grocery store, how to read labels, and what to look for when planning and shopping for healthy meals that help you feel great and reduce disease risk

Link for video: <https://vimeo.com/788780287/8d840cc0e4>

Link for survey: <https://forms.office.com/r/2X6pMcN2WQ>



## **The Importance of Primary Care** presented by Jaclyn Anne Sta. Maria, MD

Find out more about the many benefits of having this type of care, what to look for as you choose your primary care doctor and how to make the most of your doctor's visit.

Link for video: <https://vimeo.com/792752607/0e651a860f>

Link for survey: <https://forms.office.com/r/1rtfdQJkqC>



## **Office ergonomics: Your how-to guide** presented by Chiro Health Spa

Proper office ergonomics — including correct chair height, adequate equipment spacing and good desk posture — can help you and your joints stay comfortable at work.

Link for video: [https://youtu.be/bCt1Cw4db\\_U](https://youtu.be/bCt1Cw4db_U)

Link for survey: <https://forms.office.com/r/JNhqCiUzuN>



## **Understanding Your Heart – Back to the Basics** presented by Stuart Barr, MD

We're getting back to the basics about strategies to prevent a cardiac incident. Stay one beat ahead as we also discuss common diseases of the heart.

Link for video: <https://vimeo.com/796774057/b54a766ada>

Link for survey: <https://forms.office.com/r/78nGLKh63E>



## **Hit the Trails for Health!** presented by NY/ NJ Trail Conference

Join us for tips on finding and safely preparing for great, local hikes. You'll also learn how to build strength, balance, agility, and stamina as you enjoy the trails!

Link for video: <https://vimeo.com/806496797/e935924aae>

Link for survey: <https://forms.office.com/r/OfKtWbPPy>

# On Demand Wellness Webinars

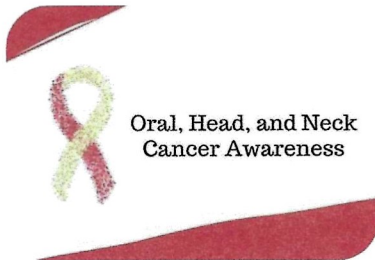


## Signs You Might Have an Undiagnosed Heart Condition presented by Paul Burns, MD

How do you know if you have an underlying heart condition in advance? The good news is there are often early signs that something with your heart isn't right.

Link for video: <https://vimeo.com/810276013/f02e4fa03d>

Link for survey: <https://forms.office.com/r/51QB2HewhH>

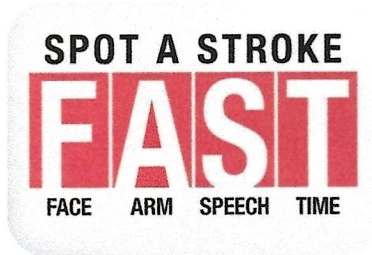


## Oral, Head & Neck Cancer Awareness presented by Kevin Wood, MD

This webinar will review known risk factors, potential signs and symptoms, and treatment options for head and neck cancers.

Link for video: <https://vimeo.com/816249630/29a072db2f>

Link for survey: <https://forms.office.com/r/5r6JvPY3ZW>



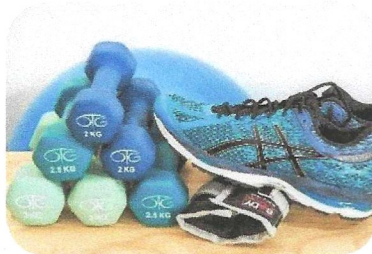
## First Aid/ Stroke Awareness presented by Jim Warin, Valley Hospital Emergency Services

By knowing the signs and symptoms of stroke, you can take quick action and perhaps save a life—maybe even your own.

Link for video:

<https://vimeo.com/819234134/b331bd1faa?share=copy>

Link for survey: <https://forms.office.com/r/ahCMWz4aSS>



## Strength Training: Anytime is a Good Time to Start!

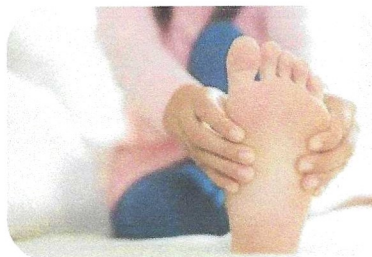
presented by Jen Reynolds, LifeStyles Exercise Specialist

Strength training to the rescue! Strength training is a key component of overall health and fitness for everyone.

Link for video:

<https://vimeo.com/825587071/82b4f5a824?share=copy>

Link for survey: <https://forms.office.com/r/bf2Tg0Wf48>



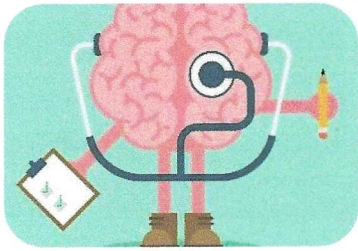
## Steady on Your Feet presented by Mina Hanna, DPM

Join us to hear about some of the issues related to our feet and what we can do to manage them.

Link for video: <https://vimeo.com/829541274/85b83e328b>

Link for survey: <https://forms.office.com/r/kw9P3XXLT1>

# On Demand Wellness Webinars



**Mental Health First Aid** presented by West Bergen Mental Health  
It's important to know that mental health issues do not need to be "serious" in order for you to reach out for support. Whatever you're going through, your feelings and experiences are valid and you deserve support.

Link for video: <https://vimeo.com/835926457/43e780bf6c>

Link for survey: <https://forms.office.com/r/wudLgjpws1>



**Water Safety & The Benefits of Swimming** presented by Michael Lupo, LifeStyles Aquatic Manager

Learning about and practicing water competency – which includes swimming skills, water smarts and helping others – can help water activities to be safer...and just as much fun.

Link for video: <https://vimeo.com/838738007/4495046b3f>

Link for survey: <https://forms.office.com/r/inXPz3NLCS>

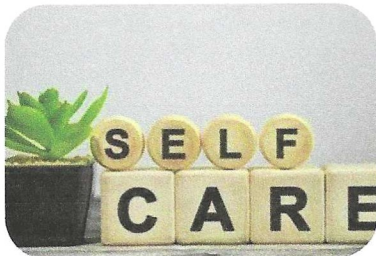


**The Top Summer Injuries & How to Avoid Them** presented by Masood Ranginwala, DO

To help keep you and your family well and soaking up the summer, an Emergency Room Physician, shares some of the top summer health and safety concerns.

Link for video: <https://vimeo.com/845059699/8730e33de2>

Link for survey: <https://forms.office.com/r/nBF3RaEgSH>

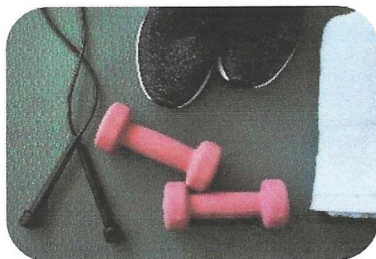


**Self-Care for Caregivers** presented by Jessica Cording, MS, RD, CDN

Topics covered will include stress management, nutrition for busy and overwhelmed caregivers, movement, sleep hygiene, and tips for time and energy management.

Link for video: <https://vimeo.com/853467426/e721cce4c1>

Link for survey: <https://forms.office.com/r/cSAX6mJARS>



**Got 10 Minutes? Try a Mini Workout** presented by Erin Sanseverino, LifeStyles Exercise Specialist

When done right and with appropriate intensity, a 10 minute workout can be an incredibly effective way to work up a sweat, get your heart pumping, and get your muscles working

Link for video: <https://vimeo.com/854707682/242e50f1b0>

Link for Q&A : <https://vimeo.com/855117875/6fa23040cf>

Link for survey: <https://forms.office.com/r/fU6CqcGrijx>

# On Demand Wellness Webinars



## **The Newest Techniques to Treat Your Varicose and Spider Veins** presented by Daniel Char, MD, FACS

Now is your chance to learn the newest techniques and options to finally treat your varicose and spider veins

Link for video: <https://vimeo.com/862144693/864a95b6bf>

Link for survey: <https://forms.office.com/r/VLNxpCNcke>



## **Pancreatic & Liver Cancer** presented by Carl Winkler, MD

Symptoms and treatment options will be discussed and answers to frequently asked questions about liver and pancreatic cancer will be provided.

Link for video: Live on 9/20

Link for survey:



## **6 Signs You Need Pelvic Floor Rehab** presented by Justine Ward, Valley Pelvic Floor Physical Therapist

If your pelvic floor muscles are weak or are not working correctly, you may experience uncomfortable, inconvenient or embarrassing symptoms. But the good news is that a physical therapist may be able to help.

Link for video: Live on 10/4

Link for survey:



## **My Aching Knees** presented by Erik Zachwieja, MD

Join us to learn more about the anatomy of the knee and problems that occur as we age.

Link for video: Live on 10/18

Link for survey:



## **Better Balance: Better Life** presented by Valley Physical Therapist

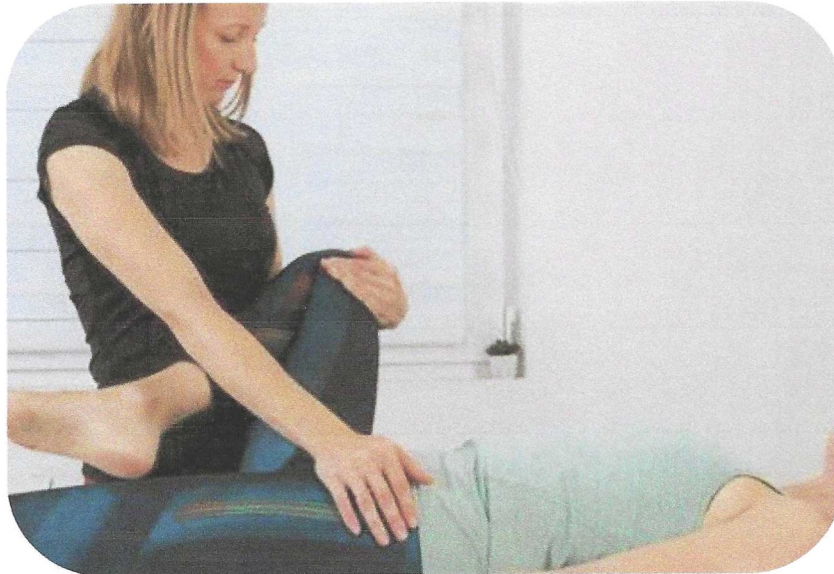
Join us and our physical therapist to hear about normal gait, what affects your gait and balance, exercises, and activities for better balance, and learn when to see a specialist.

Link for video: Live on 11/2

Link for survey:

# SIGNS YOU NEED PELVIC FLOOR REHAB

**OCTOBER 4TH, 2023 @ 12:00 PM**



Join us **Wednesday, October 4th, 2023** for an informative webinar presentation and discussion on **Signs You Need Pelvic Floor Rehab**.

The pelvic floor is a group of skeletal muscles in the base of your torso that are responsible for bowel and bladder function and sexual pleasure. If your pelvic floor muscles are weak or are not working correctly, you may experience uncomfortable, inconvenient, or embarrassing symptoms. But the good news is that a physical therapist specializing in pelvic floor rehabilitation may be able to help. This presentation is led by **Justine Ward, Valley Pelvic Floor Physical Therapist**. A moderated Q&A will follow the presentation.

Register for the presentation on <https://www.valleyhealth.com/events/corporatewellness> or **Click on the link below for Signs You Need Pelvic Floor Rehab:**

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_ZDgyZiBhNWYtM2JkMi00YjVjLWE1N2ltZmZiZTliYTEyZTkW%40threa.d.v2/0?context=%7B%22Tid%22%3A%2295bedc6a-bf88-45a8-8131-afc1f7f8b9fe%22%2C%22Oid%22%3A%22ef31e47e-d0b1-4c6a-ba1d-bf8e1af4d6e0%22%2C%22IsBroadcastMeeting%22%3Atrue%2C%22role%22%3A%22a%22%7D&btype=a&role=a](https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZDgyZiBhNWYtM2JkMi00YjVjLWE1N2ltZmZiZTliYTEyZTkW%40threa.d.v2/0?context=%7B%22Tid%22%3A%2295bedc6a-bf88-45a8-8131-afc1f7f8b9fe%22%2C%22Oid%22%3A%22ef31e47e-d0b1-4c6a-ba1d-bf8e1af4d6e0%22%2C%22IsBroadcastMeeting%22%3Atrue%2C%22role%22%3A%22a%22%7D&btype=a&role=a)

*Not available to join a live session? Watch later! Broadcasts are recorded and available within 24 hours \*Wellness topics & dates are selected based on health professional availability and are subject to change.*

# My Aching Knees

**OCTOBER 18TH, 2023 @ 12:00 PM**



Join us **Wednesday, October 18th, 2023** for an informative webinar presentation and discussion on **My Aching Knees**.

Knee pain can be caused by a number of issues. Join us to learn more about the anatomy of the knee and problems that occur as we age. Total knee replacement surgery is a treatment for knee pain usually caused by arthritis. Join us to learn about surgical considerations and procedures, including surgery with the Mako Robotic-Arm Assisted Surgical System. This presentation is led by **Erik Zachwieja, MD, Garden State Orthopedic Associates**. A moderated Q&A will follow the presentation.

Register for the presentation on <https://www.valleyhealth.com/events/corporatewellness> or **Click on the link below for My Aching Knees:**

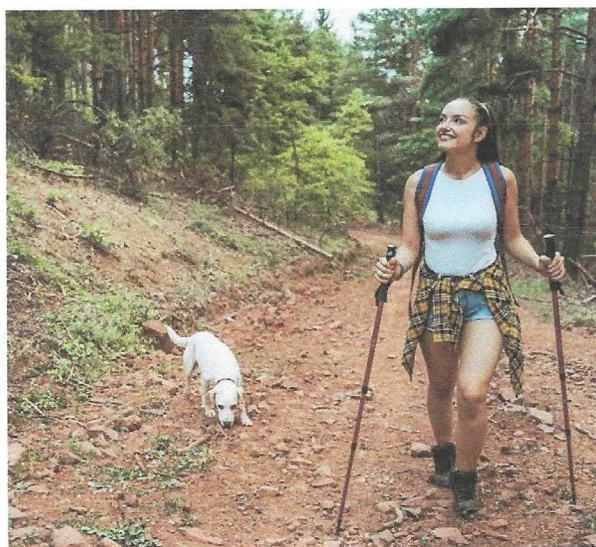
[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_MGFIODgwYjltMWUxMi00NDFhLWJiOTYtZWQyNDkxNTFiMml2%40thread.v2/0?context=%7B%22Tid%22%3A%2295bedc6a-bf88-45a8-8131-afc1f7f8b9fe%22%2C%22Oid%22%3A%22ef31e47e-d0b1-4c6a-ba1d-bfbe1af4d6e0%22%2C%22IsBroadcastMeeting%22%3Atrue%2C%22role%22%3A%22a%22%7D&btype=a&role=a](https://teams.microsoft.com/l/meetup-join/19%3ameeting_MGFIODgwYjltMWUxMi00NDFhLWJiOTYtZWQyNDkxNTFiMml2%40thread.v2/0?context=%7B%22Tid%22%3A%2295bedc6a-bf88-45a8-8131-afc1f7f8b9fe%22%2C%22Oid%22%3A%22ef31e47e-d0b1-4c6a-ba1d-bfbe1af4d6e0%22%2C%22IsBroadcastMeeting%22%3Atrue%2C%22role%22%3A%22a%22%7D&btype=a&role=a)

*Not available to join a live session? Watch later! Broadcasts are recorded and available within 24 hours \*Wellness topics & dates are selected based on health professional availability and are subject to change.*



# Amp Up Your Walk 5 Ways

Walking is a great form of exercise, especially if you enjoy moving in comfort. It's widely accessible and easy for most. As you adjust to walking for fitness, here are some ways to step up the intensity, benefits and pleasure of your walking workouts.



### 1. Add speed. Here's how:

Take your normal-sized steps or slightly smaller steps and focus on a quicker movement. Keep your shoulders relaxed as you pump your arms close to your body for additional momentum and balance.

**2. Add incline.** If you walk outdoors, take to the hills. If you use a treadmill, you can ramp up the incline. When walking on flat surfaces begins to feel easier, challenge yourself to ramp up the incline — maintaining the same pace, you'll burn more calories. Extra: Walking uphill also helps strengthen your bones better than walking on flat surfaces does.

**3. Add intervals.** Alternating between higher and lower intensities throughout your workout yields better fitness improvements and more calorie burn than a continuous steady pace. It's a natural way to boost your speed and walking intensity gradually.

**4. Add some music.** Studies suggest music helps walkers move faster and longer before feeling their fatigue. Why not consider adding a soundtrack to your workouts for an extra push and pleasure? **Note:** Don't play your favorite tunes too loudly. Protect your hearing and make sure you can still hear sounds around you, such as cars.

**5. If you have a dog who loves to walk, lucky you.** Add a park route to your walks and spend a few minutes playing fetch along the way with your canine buddy.

**If you're not used to regular exercise, get your health care provider's okay first.** If you have a chronic condition, such as heart disease, consult your provider before intensifying your walking routine.

The Smart Moves Toolkit, including this issue's printable download, **Health Benefits of Volunteering**, is at [personalbest.com/extras/23V9tools](https://personalbest.com/extras/23V9tools).

## BMED FUND notes

# Hiking our Way into the Fall Season

**September is here!!** Fall is an amazing season to take advantage of outdoor recreation. It brings us brilliant colors, cool days and opportunities to walk in our neighborhoods, parks and trail system many of which you may not even know are right within your own communities. In partnership with the NY/NJ Trails Conference, the Fund's Health and Wellness Program is spotlighting the value of walking and or hiking this month. Many member agencies of the GATEWAY-BMED are sponsoring their employees to participate in the Conference's annual Trail-a-Thon that begins on October 1 and runs through October 31. It is a great way to stay focused and motivated as participants walk and log their steps in the pursuit of meeting your own personal step goals. The Conference is a non-profit organization that helps to maintain area trails and provides education on the value of being outdoors, hiking and preserving the integrity of New Jersey and New York's magnificent trail systems.

Here are 10 good reasons to put on your sneakers or hiking boots - Hiking/walking:

1. Helps Lose Weight
2. Good for Mental Health
3. Good for the Heart
4. Helps Build Leg Muscles
5. Helps Control Glucose Levels Relative to Diabetes
6. Helps Lower Blood Pressure
7. Hiking/Walking Can Be Social
8. Boosts Your Bone Density, Reducing Fall Risks
9. Increases Mood
10. Opens Your World to New Experiences

>>Continued on page 4.

# How You Can Guard Against Cancer

**Cancer is the second-leading cause of death in the U.S. after heart disease.** Controllable lifestyle and environmental factors cause some cancers. Abundant scientific evidence shows you can significantly lower your cancer risk with healthy lifestyle changes. These include:



**Avoiding or quitting tobacco.** Tobacco products and secondhand smoke have many chemicals that damage DNA, potentially leading to conditions, such as leukemia and cancers of the lung, bladder, kidney, liver, stomach, pancreas, colon and rectum and cervix.

**Avoiding heavy alcohol use** (more than one or two drinks per day), which raises your risk of several cancers (e.g., liver, breast). The more you drink, the higher your risks.

**Avoiding obesity** to lower your risk of several cancers, including cancers of the breast (in women past menopause), colon, rectum, kidney, pancreas and gallbladder.

**Avoiding excess sun exposure** to reduce ultraviolet (UV) radiation, which causes early skin aging and damage that can lead to skin cancer.

**Reducing exposure to cancer-causing environmental substances**, such as asbestos, benzene, cadmium, formaldehyde and radon.

**Asking your health care provider** if you need the human papillomavirus (HPV) vaccine.

**Getting regular physical activity.** This is associated with a lower risk for several types of cancer, including breast, prostate, colon, endometrium and possibly pancreatic cancer.

**Eating a balanced, plant-based diet.** To help prevent cancer, enjoy vegetables, fruit, whole grains, nuts and beans often. Avoid excessive amounts of red or processed meat.

## Overcome That Exercise Plateau

**After exercising regularly for weeks or months, you have more stamina and have lost weight.** But you're not seeing more weight loss, more muscle definition or the ability to move faster — signs you've reached an exercise plateau.

**Don't despair.** Hitting a fitness plateau means you've **improved** your fitness, up to a point.

**You can overcome the plateau by remembering FITT**, which stands for these exercise principles to help you overcome an exercise plateau:

- **F is for frequency.** Add more sessions.
- **I is for intensity.** Rev up your heart rate, if you don't have heart problems, to 65% to 90% of the heart rate maximum for your age (with your health care provider's okay).
- **T is for time.** Did you reach your exercise plateau after 20 to 30 minutes? Exercise for 60 minutes.
- **T is for type of exercise.** Vary your workouts. Consider exercises you may not have tried, such as biking, swimming, tennis and weight training.

## Making Sense of Medical Studies

**Scientists use medical studies to test new medicines, surgeries, procedures or medical devices among groups of people.** These studies can help confirm how and if new proposed treatments are effective and safe. Medical research includes experiments, comparative analyses, surveys and interviews.



**Clinical studies are the most thorough.**

Example: Comparing a new medicine against **(a)** the current medicine used to treat the same disease, **(b)** a treatment that contains no active ingredients, called a **placebo** or **(c)** no treatment.

**Observational studies** review what occurs when people follow a certain treatment or behavior.

Example: Comparing the health of people who exercise every day with the health of those who don't exercise routinely.

**Randomized trials** help determine if treatments or diagnostic tests are effective. Example: A trial compares diabetic patients with implanted insulin pumps against diabetic patients (control group) who receive multiple insulin injections.

**Cohort studies** follow large groups of people typically for a long period of time. Researchers use data from cohort studies to understand human health and the factors that influence it.

**Note:** One study rarely provides a scientific standard of proof.



**Consider a personal trainer for at least a session or two.** But don't overdo it; get plenty of rest, stay hydrated and explore ways to have fun as you exercise.





## It's National Cholesterol Education Month,

a perfect time to learn about high-density lipoprotein (HDL). You probably know unhealthy cholesterol levels can be a major risk factor for heart disease. But your total cholesterol number isn't the whole story. While low-density lipoprotein (LDL) is the bad cholesterol that collects in blood vessel walls, HDL helps protect the heart by moving some of the LDL to the liver for elimination. **Bottom line:** To raise your HDL and help protect your heart health, Harvard heart experts advise losing weight if needed, exercising regularly, replacing refined carbs with whole grains and adding more proteins, such as fresh, frozen or canned fish, lean chicken or ground turkey, or plant-based options, to your diet. Also, if you smoke, quit.



## TIP of the MONTH Family Meals

Family meals are a time when children can learn important life skills, including table manners, communication and how to recognize and enjoy a wide variety of foods. A recent study shows that sharing leisurely meals as a family can also help increase a child's vegetable and fruit intake. Researchers found that just ten extra minutes at the dining table can help kids eat about three to four more bites of fruits and vegetables compared to rushed or shorter meals.

# Cancer-Fighting Foods

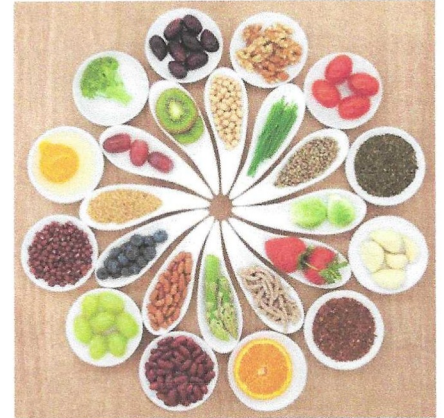
By Cara Rosenbloom, RD

**Research shows that certain dietary patterns can help prevent cancer or slow its growth.** Specifically, a Mediterranean or plant-based diet — where most of the foods on your plate come from vegetables, fruits, whole grains, nuts, seeds and legumes — is often recommended for cancer prevention.

**The cancer-fighting foods in this dietary pattern** are filled with antioxidants, vitamins and other compounds that reduce inflammation, protect cells from damage and may prevent the growth and spread of cancer cells.

**There is no single food that can prevent or treat cancer.** The overall dietary pattern matters more than any one food, so consume a variety of these nourishing foods daily:

- Cruciferous vegetables, such as broccoli, kale and cauliflower.
- Berries, such as blueberries, strawberries and raspberries.
- Leafy green vegetables, such as spinach and romaine.
- Orange vegetables and fruits, such as carrots, squash and oranges.
- Garlic, onions, ginger and turmeric.
- Tomatoes.
- Tea and coffee.
- Nuts and seeds, such as flax, chia and walnuts.
- Beans, peas, lentils and soy.



**Note:** These foods have been researched for their anti-cancer potential when consumed as part of a healthy dietary pattern.

**Now that you have a long list of foods to include more often,** there's also a short list of foods and beverages to consume less often, since they may contain cancer-promoting compounds. It's wise to cut back on:

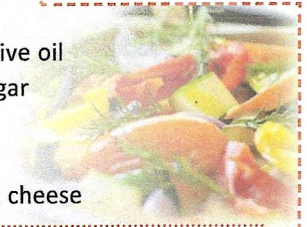
- Alcohol, including beer, wine and spirits.
- Processed meat, such as salami, hotdogs and sausages.
- Burnt and charred foods, such as barbecued meat.
- Sugary foods, such as soda and candy.
- Refined grain products, such as white bread, cookies and cake.

**An occasional hotdog or sweet treat is not a problem.** It's overall daily eating habits that have the largest impact on cancer prevention and matter more than any one meal.

## Rainbow Oven-Roasted Vegetables

## EASY recipe

- |   |                               |
|---|-------------------------------|
| 1 red pepper, seeded and diced (1 inch)         | 2 tbsp extra-virgin olive oil |
| 2 medium carrots, peeled and sliced into rounds | 1 tbsp balsamic vinegar       |
| 1 yellow pepper, seeded and diced (1 inch)      | ½ tsp salt                    |
| 3 cups broccoli florets                         | 1 tsp oregano                 |
| 3 cups purple cabbage, diced (1 inch)           | ¼ cup crumbled goat cheese    |



**Preheat** oven to 400°F. **Line** baking tray with parchment or foil. **Add** vegetables in rows according to the rainbow: red pepper, carrot, yellow pepper, broccoli and cabbage. **Drizzle** with olive oil, vinegar, salt and oregano. **Roast** in oven 20-25 minutes, until vegetables are tender-crisp. **Top** with goat cheese and serve.

**Makes 4 servings. Per serving:** 142 calories | 4g protein | 8g total fat | 1g saturated fat | 3g mono fat | 3g poly fat | 17g carb | 9g sugar (0 added sugar) | 6g fiber | 355mg sodium

## Stay in Touch

Keep those questions and suggestions coming!

Phone: 800-871-9525

Fax: 205-437-3084

Email: [PBeditor@ebix.com](mailto:PBeditor@ebix.com)

Website: [personalbest.com](http://personalbest.com)

Executive Editor: Susan Cottman • Advisers: Patricia C. Buchsel, RN, MSN, FAAN; Jamie Lynn Byram, PhD, CFP, AFC, MBA; Eric Endlich, PhD; Mary P. Hollins, MS, JD, CSHM; Kenneth Holtyn, MS; Reed Humphrey, PhD; Gary B. Kushner, SPHR, CBP; Diane McReynolds, Executive Editor Emeritus; Zorba Paster, MD; Charles Stuart Platkin, PhD; Cara Rosenbloom, RD; Elizabeth Smoots, MD; Margaret Spencer, MD • Editor: Aimie Miller • Designer: Sheila Nupen

The content herein is in no way intended to serve as a substitute for professional advice. Sources available on request. © 2023 Ebix Inc. All rights reserved. Unauthorized reproduction in any form of any part of this publication is a violation of federal copyright law and is strictly prohibited.

Personal Best® 1 Ebix Way, Johns Creek, GA 30097 • 800-871-9525 • fax 205-437-3084.

The following three interesting webinar topics are on tap for September courtesy of the GATEWAY-BMED's partnership with Valley Health Systems - be sure to tune in:

**The Newest Techniques to Treat Your Varicose and Spider Veins - September 7, 2023 @ 12:00 pm** - Now is your chance to learn the newest techniques and options to finally treat your varicose and spider veins. The presentation is led by Daniel Char, MD, FACS, Director, Vascular Intervention. A moderated Q&A will follow the presentation.

**Pancreatic & Liver Cancer - September 20th, 2023 @ 12:00 pm** - Pancreatic cancer has made headlines in recent years with celebrities such as Alex Trebek and Steve Jobs. Pancreatic cancer is often called the silent killer, and with good reason: Most patients don't experience symptoms until the cancer is big enough to impact the surrounding organs. Even then, the systems are often vague, which is why this testing is so important. Dr. Winkler, Surgical Oncologist, will discuss symptoms and treatment options and provide answers to frequently asked questions about liver and pancreatic cancer. A moderated P&A will follow the presentation.

Marianne Eskilson, Gateway-BMED Health & Wellness Program Coordinator  
[meskilson.civitasnj@gmail.com](mailto:meskilson.civitasnj@gmail.com) • 973-944-8693

## EXPERT advice — Elizabeth Smoots, MD

### Q: What is cardiomyopathy?

**A:** **Cardiomyopathy is a heart muscle disorder.** The condition can weaken your heart muscle and make it harder for it to pump blood throughout your body. Viral illnesses, such as COVID-19, can cause cardiomyopathy as can heart attacks, heart valve problems and high blood pressure. Other culprits include obesity, diabetes, thyroid disease and drug or alcohol abuse. Genetic factors may play a role.

**Signs and symptoms:** Cardiomyopathy can cause shortness of breath, swelling of the legs or feet, abdominal bloating and coughing or trouble breathing while lying down. Other symptoms include fatigue, chest discomfort, palpitations or dizziness. Contact your health care provider if you have these symptoms. Call 911 if you experience severe breathlessness, fainting or chest pain lasting more than a few minutes.

**Health care options:** Treatments for cardiomyopathy include medications, surgery or, more rarely, heart transplantation. Lifestyle measures can help manage this condition. Losing excess weight, quitting smoking, restricting salt, avoiding alcohol and exercising with your health care provider's guidance may provide protection and benefits.



September is National Food Safety Education Month.



## 8 Tips to Prevent Foodborne Illness

Food poisoning can happen to anyone, but people older than 65 years, children under five years, pregnant women and people with compromised immune systems are more at risk. Here are eight ways to help avoid foodborne illness:

1. Wash your hands and food surfaces with warm, soapy water before and after preparing foods.
2. Rinse produce under running water before eating or preparing it even if you don't plan on eating the peel. Don't wash raw meat, poultry or eggs.
3. Keep raw meat, poultry, seafood and eggs separate in the refrigerator and use one cutting board for raw meats, poultry and seafood and another cutting board for everything else to avoid cross-contamination.
4. Use a food thermometer to ensure that foods are cooked to the correct internal temperature.
5. Refrigerate food promptly before bacteria can multiply. **Caution:** Bacteria can multiply rapidly in the danger zone between 40°F and 140°F. **Tip:** Divide warm or hot leftovers into small containers to help them chill faster.
6. Never leave out perishable foods for more than two hours (or one hour if the temperature exceeds 90°F).
7. Thaw frozen foods in the refrigerator overnight, in cold water or in the microwave. Never leave frozen foods on the counter to thaw out.
8. Never eat raw batter, dough or other foods with uncooked eggs or flour.



Learn more at [foodsafety.gov/food-safety-charts](https://foodsafety.gov/food-safety-charts).



**If you live with chronic pain, you aren't alone.** September is Pain Awareness Month, an opportunity to learn about chronic pain, which lasts for more than three months. It affects more than one in five Americans and can range from ongoing back and nerve pain to chronic migraines and pain from past injuries or ongoing conditions, such as arthritis and diabetes. Chronic pain can interfere with work, recreation and family relationships. If you have chronic pain, talk to your health care provider about pain-relieving procedures, medications, exercises and relaxation techniques which may reduce discomfort and, if needed, counseling to help you cope. Learn more at [acpanow.com](https://acpanow.com).