

# AMH

## InsideOut



## Exercise and Heart Health

by Paul Rudis, RCEP, AMH Industrial Rehabilitation

It's 2010 and I regret to inform you that there is still no pill that takes the place of exercise. The good news is, it has never been easier or more convenient to start or maintain a personal exercise program. Among affordable, high-quality home fitness equipment, extensive walk/jog/bike paths, and inexpensive neighborhood gyms, there are choices to fit anyone's lifestyle.

With the nation's current obesity epidemic that is affecting all ages and the fact that heart disease is still our number one killer, starting an aerobic exercise program should be at the top of everyone's to-do list. The American College of Sports

Medicine guidelines for aerobic exercise are: 20-60 minutes of continuous activity, 3-5 days per week at intensity levels of 55% - 90% of maximum heart rate. Know the [target heart rate](#) range that is appropriate for your age. Duration, frequency and intensity levels of aerobic exercise will vary depending on initial fitness levels and certain medical conditions.

The benefits of aerobic exercise are well documented and undeniable. Also, the more you do, the greater the benefits. Just to name a few:

- Reduced risk of cardiovascular disease
- Reduced blood pressure

- Increased release of cardio-protective proteins and antioxidants
- Weight loss
- Lower cholesterol
- Improved balance and coordination
- Improved heat tolerance
- Reduced stress and depression
- Improved sleep

If you have never exercised or have a current medical condition you should consult your physician before starting an exercise program. If you need assistance in starting an exercise program you may contact AMH Industrial Rehabilitation at 376-2109.

## February is American Heart Month: Know the signs for heart attack and stroke

Resource: American Heart Association

Today, heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. So again, don't delay — get help right away!

### Statistics

Coronary heart disease is the No. 1 cause of death in the United States. Stroke is the No. 3 cause of death in the United States and a leading cause of serious disability. That's why it's so important to reduce your risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur.

### Heart Attack Warning Signs

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes

back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- **Shortness of breath** with or without chest discomfort.

**Other signs** may include breaking out in a cold sweat, nausea or lightheadedness

*As with men, the most common heart attack symptom in women is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.*

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1 or your emergency response number.

### Stroke Warning Signs

If you or someone with you has one or more of these signs, don't delay!

- Sudden numbness or weakness of the face,

arm or leg, especially on one side of the body

- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Immediately call 9-1-1 or your emergency response number. Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug called tissue plasminogen activator (tPA) can reduce long-term disability for the most common type of stroke. tPA is the only FDA-approved medication for the treatment of stroke within three hours of stroke symptom onset. A TIA, or transient ischemic attack, is a "warning stroke" or "mini-stroke" that produces stroke-like symptoms but no lasting damage. Recognizing and treating TIAs can reduce your risk of a major stroke. The usual TIA symptoms are the same as those of stroke, only temporary. The short duration of these symptoms and lack of permanent brain injury is the main difference between TIA and stroke.



## WATCH FOR UPCOMING EVENTS WITH AMH

### February

[Tobacco Cessation Program \(ongoing\)](#)

[Weight Loss Convoy \(ongoing\)](#)

[WorkFit Leader Training \(12th\)](#)

[Site-Wide Exercise Challenge \(ends 18th\)](#)

### March

[Tobacco Cessation Program \(ongoing\)](#)

[Weight Loss Convoy \(ongoing\)](#)

[Site-Health Fairs \(18th\)](#)

Select a link or visit our website: [www.hanford.gov/amh](http://www.hanford.gov/amh)

# Helping the Hurting

by Larry W. Bailey, Ph.D, AMH Behavioral Health Services



You are likely to know people who are hurting. They may be experiencing an *aching* heart, *wounded* pride, a *broken* relationship, or some other *painful* event. You may be in a position to provide help to someone who is hurting, even though you don't have a graduate degree in counseling. The support and encouragement of a friend can be very meaningful in times of emotional distress. You may enhance your efforts to be of assistance by being aware of some basic principles in helping others who are hurting, and by using a simple framework that is easy to remember.

## Basic Principles

1. The one who is in need of help, not the helper, is the best judge of the nature and extent of the hurt. You may view the situation as "no big deal" or one that you should be able to manage easily, but the "helpee's" perception is the crucial issue.

2. The hurting person is experiencing a time of instability and vulnerability, and these are the elements of change. The injured person may regress (use immature, ineffective coping mechanisms) or progress (reflect on priorities, choose paths of growth).

3. Before trying to assist someone in sorting out difficult thoughts and feelings, the helper must ensure that his or her own emotions and coping mechanisms are intact.

## Framework for Helping: The Five Rs

**Relate.** The most important element in a helper/helpee interaction is the *relationship*. The helper must be able to convey CARE for the helpee (concern, acceptance, respect, empathy).

**Release.** The helpee needs to feel comfortable in

expressing difficult feelings and thoughts, many of which are threatening and "bad." The helper encourages *expression* rather than *repression* that leads to *depression*.

**Recognize.** Following the outpouring of emotions, the helpee is in a better position to think clearly about the problematic issues, consider priorities, and make decisions related to the next steps.

**Redirect.** The helpee needs to move from effect to action, from improved thinking to constructive living. The goal is to develop greater effectiveness in coping skills, communication, and social involvement.

**Reflect.** It is useful to review the significant events that have occurred and to give attention to ways in which the experiences may contribute to personal insight, important relationships, and spiritual growth.

As we use the five Rs in helping those who are hurting, we address all major aspects of our personhood: relational, emotional, cognitive, behavioral, and spiritual.

## NOTICE: AMH CLINICS OBSERVE SITE-WIDE DELAYED START/EARLY RELEASE

AdvanceMed Hanford personnel are considered non-essential personnel and our health care clinics are closed during a Hanford Site delayed start or early release. Clinics open and close based on the Site announced start or release times. Exams scheduled to begin during a Hanford Site delayed start or early release will be canceled with the exception of HRP exams. In case of a delayed start HRP appointments should report at the new start time. Call scheduling at 376-6251 to re-schedule your exam.

In case of an emergency please call 911 from a landline or 373-0911 from a cellular phone.

If you have questions or concerns regarding the closures, call the AMH Clinic Director, Jason Zaccaria on 376-4082, or the DOE Occupational Medicine Program Manager, Roger Pressentin on 376-1291. During inclement weather, call the Hanford Hotline at 376-9999 or log on to [www.hanford.gov](http://www.hanford.gov), for up-to-date status on work delays and closures.

Invite AMH to be a guest at your next work group meeting.



**February Feature Presentation:**  
"HEART HEALTH: RISKS AND WARNING SIGNS"

by Shannon Haselhuhn or Kelly Harnish  
E-mail: [AHEW@rl.gov](mailto:AHEW@rl.gov) Phone: 376-3939

# Healthy Recipes

## Mexican Chicken Casserole

Serves 8

### Ingredients:

- 1 pound medium shaped wheat pasta, uncooked
- 1 teaspoon olive oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 Jalapeño, seeded and minced
- 3 Tablespoons chili powder
- 1 (28 ounce) can diced tomatoes, undrained
- 1 teaspoon cumin
- 1 teaspoon oregano
- 8 ounces cooked chicken breast, julienne cut
- 1/4 cup ripe olives
- 1 cup reduced fat shredded Monterey Jack cheese



### Preparation:

Preheat oven to 375 degrees. Cook pasta according to package directions and drain. Heat oil in a saucepan over medium heat until hot. Add onion, garlic and Jalapeño and sauté until soft, about 3 minutes. Add the chili powder and mix well. Add the tomatoes, cumin and oregano and simmer about 15 minutes. Combine hot pasta, chicken, olives, sauce and 3/4 cup cheese. Spoon into a 2 quart baking dish sprayed with nonstick cooking spray. Sprinkle with remaining cheese, cover and bake about 15 minutes or until warm.

For more: [Healthy Recipes](#)

### PER SERVING:

Calories	342
Total Fat	8
Saturated Fat	3
Cholesterol	30
Sodium	308
Carbohydrate	50
Dietary fiber	10
Protein	19
Iron	0
Calcium	0