



eat crunchier snacks.

healthy changes
everything:



BlueShield
of Northeastern New York

Wellness News

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February is American Heart Month

Heart disease is the number one killer among American men and women. In fact, every 34 seconds, someone in the U.S. has a heart attack. Early detection of heart attack symptoms is critical for survival.

Call 911 if you or a loved one are experiencing the following:

- Chest discomfort
- Pain in the back, neck, jaw, upper stomach, or one or both arms
- Shortness of breath
- Nausea or vomiting
- Lightheadedness



For more information, visit heart.org.

Did you know?

Heart disease costs the U.S. more than \$100 billion a year.

Do one thing.

Understand and reduce your risk of heart disease.

stay connected. keep healthy.

Download our [free](#) mobile app to:

- Find a doctor
- Review your plan
- View your claims data



iPhone



Android

Sleep Apnea Awareness

The most common form of the sleep apnea is known as obstructive sleep apnea (OSA), which causes uneven sleep patterns and low oxygen levels in the blood. As a result, people with sleep apnea are at a higher risk for heart disease, hypertension, and mood disorders.

Common symptoms of sleep apnea include:

- Chronic snoring
- Breathing pauses during sleep
- Difficulty with concentrating, learning, and memory
- Depression or irritability
- Falling asleep while at work, on the phone, or driving

Visit sleepfoundation.org for more information on sleep disorders.

Did you know?

People with sleep apnea actually stop breathing up to 400 times a night.

Do one thing.

If you think you have a sleep disorder, keep a sleep journal to record the quality and quantity of your sleep and share it with your doctor.

- For iPhones, go to the App Store and search for “**BSNENY**”
- For Android phones, go to the Play Store and search for “**BSNENY**”

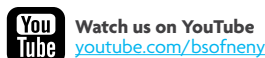
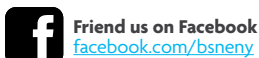
What information would you like to see in our next newsletter?

We want to hear from you. Go to our Facebook page and let us know!

This newsletter is brought to you by the Health Promotion Department at BlueShield of Northeastern New York. For more information about the services we offer, please call 1-518-220-5744.

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Get Fit – Exercise your heart

Cardiovascular fitness is one of the best ways to exercise your heart. Exercising 30 minutes a day, five times a week is enough to reduce your risk of heart disease. You can even break it up into 10-15 minute sessions throughout the day. Walking is an easy way to reach this goal because it's:

- Efficient
- Free
- Simple
- Easy to fit in your schedule
- Adjustable for individual fitness levels

Visit startwalkingnow.org for tips on staying active in the winter months.

Did you know?

Less than half (48%) of all adults in the U.S. meet the physical activity recommendations.

Do one thing.

Take a 10-15 minute walk after lunch or dinner.

Eat Fit – Omega-3

Omega-3 fatty acids have been shown to decrease the risk of heart disease and lower blood triglycerides. Since omega-3 is not made by the body, it must be acquired through food. Foods high in omega-3 include:

- Salmon
- Anchovies
- Bluefish
- Herring
- Mackerel
- Sardines
- Sturgeon
- Lake trout
- Tuna
- Walnuts
- Flax and flaxseed oil
- Canola/olive/soybean oil

For recipes that are rich in omega-3, visit eatingwell.com.

Did you know?

New studies show that people with diets that are high in omega-3 experience less depression.

Do one thing.

Talk to your doctor before taking an omega-3 supplement. Some medications can cause reactions when combined with omega-3.

Live Fit – Stress Relief

Uncontrolled stress has many negative health consequences, such as headaches, body aches, trouble sleeping, lack of energy, irritability, depression, anxiety, and an overall feeling of helplessness. Additionally, chronic or long-term stress can greatly affect the body's immune system. Here are some ways to help control stress:

- Socialize with friends and family
- Be physically active
- Laugh often
- Get enough sleep
- Organize a to-do list
- Schedule time for you

Did you know?

Men acknowledge when they are stressed, but are much less likely than women to do something about it.

Do one thing.

Understand what stresses you out and find a healthy way to cope.

