

Local Health Happenings

Poker Walk

Every Friday in the Month of May

Each Friday a route will be posted to a different business, where you will collect 1 card. Participate each week and build your winning poker hand! Find the routes at:

<https://www.facebook.com/NewUlmAreaChamber/>

Leadercast

May 4, 2018

7:30 a.m. – 3:30 p.m.

Martin Luther College Auditorium

<http://www.leadercast.com/>

To Register Call the New Ulm Chamber: 507-233-4300

Bike/Walk to School Day

May 9, 2018

Walking School Bus Departures: 7:30 a.m.

Departure locations: NUMC, Lincoln Park, Turner Hall

Injury Prevention for the Golfer

May 16, 2018

10 a.m. - 2 p.m.

New Ulm Country Club

*5-minute Dynamic Warm-up

*Exercises to prevent injury

Free event and no registration required

New Ulm Stroke Support Group

New Ulm Medical Center Board Room

Board room located on the first floor behind Coffee Shop

Second Tuesday of Each Month

10:00 a.m. - 11:00 a.m.

For more information: 507-217-5173

Parkinson's Support Group

Oak Hills Hillside Haven

Every second Monday of the month

1:30 p.m. – 3:00 p.m.

For more information: 507-354-4189 or 507-794-3200

Family Caregiver Discussion Group

New Ulm Community Center, 600 N. German St.

Second Friday of each month

Start time of 10:00 a.m.

For more information: 1-866-974-0283

Overeaters Anonymous

River Valley Church

100 N. Washington St. New Ulm

Group meets every Tuesday at 7 p.m.

For more information: 507-276-3968



**NEW ULM
MEDICAL CENTER**

1324 Fifth North Street
New Ulm, MN 56073

allinahealth.org/numc

Blood Pressure Awareness Month

You may have high blood pressure (hypertension) and not even know it. In fact, 1 in 3 Americans have high blood pressure. High blood pressure puts stress on your blood vessel walls. There are usually no signs or symptoms. This silent condition (known as hypertension) can lead to:

- heart attack
- heart failure
- stroke
- kidney disease

You should have your blood pressure checked often. Your blood pressure is checked with two numbers. The top number (systolic) shows the pressure in your arteries when your heart beats. The bottom number (diastolic) shows the pressure in your arteries when your heart rests. You have normal blood pressure if you usually have a top number lower than 120 and a bottom number lower than 80.

See the chart below for general guidelines. Ask your health care provider about what is right for you.

Blood pressure for adults: general guidelines			
	Top number (systolic)	Bottom number (diastolic)	Follow-up instructions
Normal	less than 120	less than 80	Recheck your blood pressure once a year.
Pre-hypertension (not yet high blood pressure*)	120 to 139	80 to 89	Talk with your health care provider about lifestyle changes.
Stage 1 high blood pressure	140 to 159	90 to 99	See your health care provider soon to talk about treatment.
Stage 2 high blood pressure	160 or higher	100 or higher	Call your health care provider today.

*If you have diabetes or heart disease your blood pressure goal is less than 130/80.

High blood pressure is one of the most costly conditions for an employer in terms of medical care, lost productivity and absenteeism. A 1% reduction in excess weight and high blood pressure, glucose, and cholesterol levels has been shown to save \$83 to \$103 annually in medical costs per person (CDC, 2014).

Here are some simple strategies to implement at the worksite:

- Periodic blood pressure screenings, perhaps part of a health fair
- Education on preventing and controlling high blood pressure
- Onsite blood pressure monitors, after education has been done
- Lifestyle education (diet, exercise, stress) to help develop strategies to lower blood pressure

Make it a goal for the month of May to provide education on high blood pressure and the importance of getting it under control.

“Worrying is like a rocking chair; it gives you something to do, but never gets you anywhere.”
- Erma Bombeck

Wellness Newsletter

This newsletter promoting wellness is brought to you by the New Ulm Medical Center (NUMC) Occupational Health and Wellness Department

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www.allinahealth.org/numcwellness

When it comes to stroke BE FAST

May is also stroke awareness month!

Fast action can save brain function when having a stroke. There are a number of effective treatments for stroke, but they are most effective only in the first few hours after stroke symptoms start. Don't wait—call 911 if you suspect stroke.

When it comes to stroke BE FAST

- B Balance**: Sudden difficulty with balance
- E Eyes**: Sudden problems with vision in one or both eyes
- F Face**: Face or smile droops on one side
- A Arms**: Sudden weakness in arm or leg
- S Speech**: Unable to repeat a simple sentence, or slurred words
- T Time**: If you observe any of these symptoms, call 9-1-1 immediately

healthysetgo.
by Allina Health

Tips for weaning off sugar

The average American takes in more than twice the amount of added sugar than is recommended, and that can put us at increased risk for health issues like high cholesterol, depression and obesity. Women should have just six teaspoons, or 25 grams a day, of added sugars. Men should have nine teaspoons, or 38 grams a day, according to AHA guidelines.

There are ways to taper off of added sugar over time. Here are tips for doing so:

- Know the definition of added sugar. It's any sugar that is not a naturally occurring sugar, such as those found in fruit and milk.
- Look for sugar on food labels. Among sugar's aliases are sucrose, corn syrup, high fructose corn syrup, honey, molasses, agave nectar, brown rice syrup, barley malt syrup, evaporated cane juice and maltodextrin.
- Don't go "cold turkey." If you have a sweet tooth reduce your sugar intake gradually.
- Start with "half & half." For example, mix sweetened and plain yogurts to adjust to the taste of less sugar in your yogurt. Gradually wean off sweetened yogurt until you're eating just plain.
- Cut down on packaged and processed foods. Check food labels on items like tomato sauce, soup, low-fat and fat-free salad dressings and yogurt for sugar aliases.
- Indulge in high-quality sweets. 70% cacao dark chocolate can satisfy a sweet craving without triggering your sweet tooth.
- Free sweets aren't "free." When someone brings their leftover donuts or cookies to work, even though they don't cost you any money, they still have a health cost. Encourage your co-workers to leave sugary treats at home.
- Cut out soda pop and other sugary drinks. This includes many iced and hot coffee drinks.
- Instead, pick low- or no-sugar beverages, like mineral water, plain iced tea or good old fashioned tap water or fruit infused water. *-Jeannie Paris, RD, APRN*

For more wellness articles and tips, visit: www.allinahealth.org/healthyssetgo



Sweet and Spicy Pork Chops

Recipe of the Month

Pork contains heart healthy vitamins B6, B12 and niacin!

Ingredients: Makes 4 servings

- 1/4 cup packed brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon garlic powder
- 1/4 teaspoon ground cayenne pepper
- nonstick cooking spray
- 1 medium pineapple
- 1 pound pork chops

Directions:

- In a small bowl, combine brown sugar, cinnamon, garlic powder and cayenne pepper. Rub pork chops with mixture and place in a zip-close bag. Place in refrigerator and allow to marinate for 1 to 12 hours.
- Cut pineapple into 8 3/4-inch-thick rings. Remove the center (core) with a knife or small biscuit cutter. Place rings in a container, cover and keep cool in refrigerator.
- Grill chops about 6 to 7 minutes. Flip and continue to cook for another 4 to 6 minutes. (If the chops are more than 3/4-inch thick, cook 6 to 8 minutes per side.) Pork chops are done when a cooking thermometer inserted into the center of the chop reads 145 F.
- Place pineapple rings on grill and cook for 1 minute on each side and garnish chops with 2 rings.
- To view more recipes visit: www.allinahealth.org/recipes

Walking Into Wellness

Walking is a great stress reliever, boosts metabolism, prevents disease, a great social outlet, simple to do, and not to mention, FREE! Getting 150 minutes of moderate exercise per week is the goal, and walking can be the cornerstone of your routine. A 30 minute walk is approximately 3,500 steps. Fitness trackers can also help keep your goals in mind, a worthy goal is 10,000 steps per day. If you're just starting out, keep it simple and just try to incorporate more steps into your daily routine and avoid focusing on step counts.

- Start each day with a 10-15 minute walk.
- Walk to a co-worker instead of sending an email.
- Eat lunch away from your desk. Get a mental and physical break by going for a 10 minute walk.
- Treat your chores at home as a chance to get more steps. Cleaning, vacuuming, cooking, and doing laundry can increase those steps.
- Park further away and take the stairs.
- Take a walk after work to reflect on the day.
- Schedule a walk into your day.

Nutrition Information

Serving Size: 1 chop
Calories per serving: 320
Total fat per serving: 13g
Saturated fat: 4.5g
Trans fat: 0g
Cholesterol: 65mg
Sodium: 65mg
Total Carbohydrates: 28g
Dietary Fiber: 3g
Sugars: 23g
Protein: 23g
Vitamin A: 4%
Vitamin C: 50%
Iron: 6%
Calcium: 6%