

MAY
2021

3 WAYS TO AVOID distractions at work

It's a common problem: you need to focus on work, but you keep getting distracted. Here are three quick ways to focus and check things off your to-do list.

1. **Turn off the “rings” and “dings.”** Turn off notifications for emails or texts on your phone before you start a task.
2. **Set a timer.** Work blocks can be a valuable tool to help you get things done. Set a timer for 25-40 minutes and focus on one task during that time. When the timer goes off, take a 5-minute breather. Get a drink of water or go for a quick walk.
3. **Schedule email check times.** Check your messages at scheduled times between work blocks. Spend a few minutes checking and responding. Then, set your timer and start another work block.

Source: Society for Human Resource Management

Natural remedies for menopause symptoms

Menopause symptoms range from annoying to nearly unbearable. Hot flashes, mood changes and sleep problems are just a few things that come with this transition.

Some women get relief from their menopause symptoms with complementary or “natural” approaches. Here’s what you should know about these remedies.



ACUPUNCTURE

Acupuncture involves stimulating specific points on the body. Usually, a practitioner will insert thin needles into the surface of the skin. Some studies have found acupuncture lowered the frequency and severity of hot flashes. But other studies have found no benefit.

If you decide to try acupuncture, make sure you use a licensed and experienced practitioner. They should only use sterile, single-use needles.



HYPNOTHERAPY

Hypnotherapy is when a provider uses hypnosis for health reasons. During a hypnotherapy session, your attention is concentrated and focused. You’ll have a stronger response to things that your provider says.

Some evidence suggests that hypnotherapy can provide relief from hot flashes. Hypnosis is generally safe if a trained, licensed health care provider performs it. But if you have any mental health conditions, ask a provider before trying hypnotherapy.



MINDFULNESS MEDITATION

Mindfulness meditation is a mental training exercise. It means you completely focus on what’s happening in the moment. It might include breathing, guided imagery or other techniques.

Some evidence suggests that mindfulness meditation training helps menopausal women with:

- How much hot flashes bothered them
- Anxiety
- Sleep quality
- Stress
- Overall quality of life

Meditation is generally safe. But ask a doctor before trying it if you have any physical or mental health conditions.



HERBS FOR MENOPAUSE SYMPTOMS

Some studies have shown benefits to taking herbs for menopause. But others found that they didn’t help and could even be dangerous.

Many supplements can interfere with medicines or cause problems if you have health conditions. In some cases, herbal supplements may contain things that aren’t listed on the label.

Always talk to your health care provider before taking any herbal or vitamin supplement.

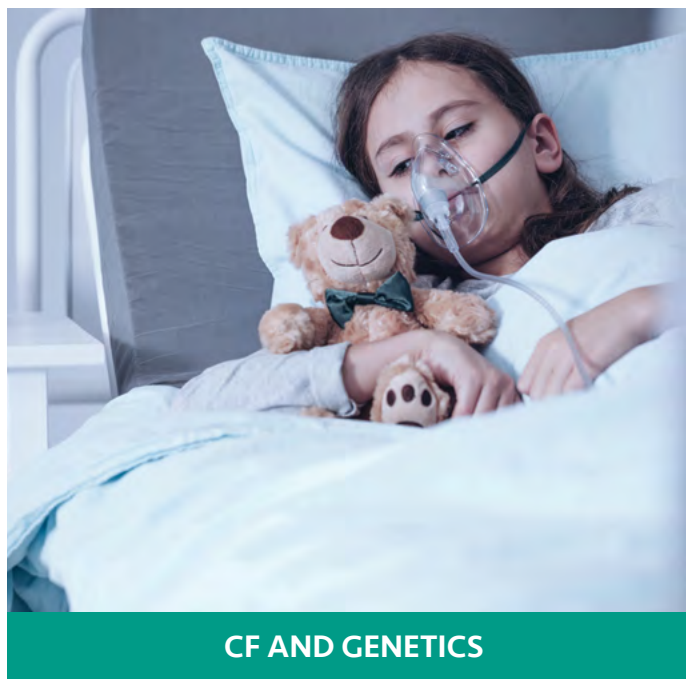
Sources: National Center for Complementary and Integrative Health, U.S. Department of Health & Human Services Office on Women’s Health

Cystic fibrosis *awareness*

Cystic fibrosis (CF) is an inherited disease that affects 70,000 people worldwide. People who have CF have a gene mutation. This gene mutation causes mucus in the body to become thick and sticky.



With CF, thick mucus in the lungs can cause infections and make it hard to breathe. The pancreas, which helps digest food, becomes clogged. Then the body can't absorb nutrients from food. This can cause malnutrition and poor growth. CF affects other organs, too.



People with CF have two copies of the CF gene. They get one copy from each parent. Both parents must have at least one copy of the CF gene.

People with only one copy of the CF gene are called carriers. They don't have the disease and may not know that they have the CF gene. Each time two CF carriers have a child, the chances are:

- 25 percent (1 in 4) the child will have CF
- 50 percent (1 in 2) the child will be a carrier but will not have CF
- 25 percent (1 in 4) the child will not be a carrier and will not have CF

People with CF can also pass copies of their CF genes to their children. If someone with CF and a CF carrier have a child together, the chances are:

- 50 percent (1 in 2) the child will be a carrier but will not have CF
- 50 percent (1 in 2) the child will have CF

GETTING TESTED FOR THE CF GENE

People who are considering pregnancy may wish to get a CF genetic test. This tells you if you have CF or if you could be a carrier. This test looks for the most common CF genes, but it doesn't test for all of them. If you're not sure if you need the test, ask your doctor. The decision to get CF testing is a personal one and is different for everyone.



LONGER LIVES FOR CF

There is no cure for CF. But with proper medical care, people with CF are living longer than ever before. Today, more than half of people who live with CF are over age 18.

BE FIT

Different shoes *for different sports*

If you play sports, shoes are important. Wearing the wrong shoes can sideline you with foot injuries and pain. Follow these guidelines to keep feet happy.

Basketball, tennis and volleyball shoes should have:

- A thick, stiff sole that absorbs impact
- High ankle construction for quick changes in direction
- Lighter weight with a sole designed for quick starts and stops

Soccer shoes should have:

- A good quality footbed to support your arch type
- The correct stud type for the ground you play on: soft, hard, firm or turf
- Molded rubber cleats

Football and lacrosse shoes should have:

- High ankle support, especially for linemen and players who move side to side
- Good traction on a grassy field in wet and dry conditions
- Proper fit — don't use hand-me-downs

Baseball and softball shoes should have:

- Support to prevent arch pain
- No metal baseball spikes for athletes younger than 13
- Multi-cleats for children ages 11–15

Running shoes should have:

- Good shock absorption for high-impact forward motion (not side motion)
- The right arch type for you (high, medium, low)

Source: American Podiatric Medical Association

