

AUGUST
2021

Campfire Safety

Whether roasting marshmallows or sitting up late to tell ghost stories, a campfire is a comforting and enjoyable way to spend time together. However, a fire should always be handled with caution. It's essential to be smart when dealing with open flames. Here are three ways to stay safe around the campfire:

- 1. Choose the campfire spot wisely.** If possible, always use a fire pit designed for proper fire containment. Campfires should be located at least 15 feet away from any buildings, tents, or shrubs.
- 2. Keep the area clear.** There should be 10 feet of cleared space around the campfire, so remove any branches or debris. Keep all clutter clear of the site. And, of course, watch the kids closely. It's never too early to teach them how to be safe around a fire.
- 3. Douse the fire correctly at the end of the evening.** Pour water over the fire until all coals are extinguished. Once the fire is completely out, stir the ash and test by carefully holding your hand above the area to be sure there is no residual heat. Repeat the process if needed.

Source: Recreation.gov

Curry: *A powerhouse spice*

Curry is a unique, delicious spice commonly found in East Indian cuisine. Curry powder is actually a blend of several ground spices, including turmeric, coriander, pepper, cumin, cinnamon, and chili. Each mixture can be different, and its color ranges from golden yellow to deep orange. The spices that make up curry powder have long been used in traditional Ayurvedic medicine. More recently, modern science is researching some possible health benefits.

DECREASED INFLAMMATION

One of the main ingredients in curry, turmeric, contains a botanical component called curcumin. It has been studied for its anti-inflammatory ability. Curcumin may be beneficial for people with inflammatory conditions such as arthritis and inflammatory bowel disease.

ANTIOXIDANT PROPERTIES

Antioxidants are abundant in curry powder. These act to help prevent cell damage and protect against early aging. In general, plant foods with rich, deep colors are higher in antioxidants. Curry is no exception. The bright yellows and oranges indicate a variety of potent antioxidants.

CANCER-FIGHTING

Turmeric shows promise as an anti-cancer agent by interfering with cancer cells. The anti-inflammatory and antioxidant properties of curry may also be protective against cancer.

IMPROVED DIGESTION

Many of the spices in curry powder may help digestion. Turmeric, cinnamon, and cumin are among the spices known for improving digestive health. Some curry blends also contain ginger, which may help reduce nausea and speed digestion.

HEART HEALTH

Curry powder may help decrease blood pressure and lower levels of cholesterol and triglycerides.

ASK YOUR DOCTOR

Always check with your doctor before taking turmeric or curcumin as a supplement.



Understanding Psoriatic arthritis

Psoriatic arthritis (PA) is an inflammatory autoimmune condition in which the immune system mistakenly attacks the joints. Up to 1 in 3 people with the skin condition psoriasis will go on to develop PA.

Most people who experience PA have had psoriasis for ten or more years. However, it is possible to develop PA without showing symptoms of psoriasis. PA is most likely to develop in middle age, though it can occur at any age. It can even occur in children.



SIGNS & SYMPTOMS

The most common symptom of PA is pain and swelling of the joints. The joints most likely to be affected include the fingers, ankles, wrists, and knees.

Swelling of the fingers and toes is also common. This is called dactylitis, which causes discomfort and difficulty bending or using the fingers. In addition, the swelling can lead to stiffness and decreased range of motion, especially in the morning.

Other symptoms of PA include fatigue, redness of the eyes, and pitting of the nails.

Though PA is predominantly a joint condition, some organs of the body may be affected. For example, the digestive system, lungs, and heart can be damaged if the condition is left untreated.

DIAGNOSIS & TREATMENT

While there is no diagnostic test for PA, doctors make a diagnosis based on their observation, a health history, and by ruling out other possibilities. Tests that may be used include X-rays to assess the bones and joints and blood tests to look for markers of inflammation.

Prompt treatment of PA is essential to prevent damage to the joints or organs. Unfortunately, there is no cure for PA, but many treatment options are available to manage pain and decrease inflammation.

A primary care doctor, rheumatologist, and dermatologist may all be part of the care team for treating PA.

LIVING WITH PA

Thanks to the many effective treatments available, people with PA can reduce the side effects of the condition and lead active, healthy lives.

In addition to medical resources, lifestyle habits such as exercise and eating an anti-inflammatory diet can help manage symptoms.

If you have PA, always talk to your doctor to find out what activities or lifestyle choices are right for you.



WELL-BEING
TIP

Sitting *doesn't mean* *not* moving

A certain amount of time sitting is unavoidable, especially if your job requires it. However, this doesn't mean you have to be still. With a bit of creativity, you can add bursts of movement even when you're sitting down.

Try these four movements throughout the day to keep your body moving in your seat.



REACH YOUR ARMS OVERHEAD

Add a side-to-side bend or a big arch to your back to stretch into areas of stiffness.

DO A CHAIR TWIST

Reach one hand to the opposite armrest and pull yourself into a gentle twist. Turn your head to look over one shoulder and then the other.

STRETCH YOUR OUTER HIP

Cross one ankle over the opposite thigh and bend forward slightly for added stretch. Be sure to do both sides.

LEG LIFTS

Sit at the edge of the seat and straighten one leg. Lift it as high as is comfortable without rounding the low back. Alternate back and forth slowly 5-10 times.

Sources: Centers for Disease Control and Prevention, World Health Organization