

City Of Mission's

Live Well, Work Well



July 2018

Welcome to this month's edition of *Live Well, Work Well*. In this issue, we will be focusing on the importance of Arthritis.

How to Prevent Arthritis

The fact is, there is no sure way to prevent arthritis. But you can help to prevent, that is, reduce your risk, and delay the potential onset of certain types of arthritis. If you have healthy joints right now, do all you can now to maintain mobility and function and avoid the pain and disability associated with arthritis.

There are more than 100 types of arthritis and related conditions, and all have risk factors, individual features, behaviors and circumstances that are associated with the disease.

There are risk factors that are not modifiable. That means there is nothing you can do about them. Being female and having a family history of arthritis (genetic profile) are two examples of factors that make people more likely – but not certain -- to get some types of arthritis.

In contrast, some risk factors are considered to be modifiable. They are the behaviors and circumstances that can be changed in order to reduce risk, delay onset or altogether prevent arthritis. Here are just a few examples arthritis and related diseases and associated modifiable risk factors:

- Osteoarthritis – Maintain a healthy weight
- Rheumatoid arthritis – Do not smoke
- Gout – Eat a healthful diet, low in sugar, alcohol and purines

In some cases, preventing a prior incident can significantly reduce the risk of arthritis. Avoiding sports injuries through proper equipment, adequate training and safe play can prevent ACL (anterior cruciate ligament) tears that may lead to osteoarthritis in a few years or several decades later.

Right now, because scientists don't fully understand the causes or mechanisms behind these diseases, true prevention seems to be impossible. However, there is real hope that someday some or all types of arthritis and related conditions can be prevented. The breakthroughs may be closer than they seem. Consider this: Many types of arthritis are thought to result from a combination of genetic predisposition and an environmental trigger, such as a virus or toxin. Discovery of the trigger for a type of arthritis may be the key to its prevention, even in someone with genetic risk.

As the rate of discoveries is accelerated by the Arthritis Foundation scientific program the search for preventions -- and cures, too -- may soon become reality.

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Next Month's Issue:

Vaccinations

Arthritis - A Problem for All Ages

Far from being only an old person's sickness, most people with arthritis are under age 65. Two-thirds are working age, 16-64 years. Arthritis is the number one cause of disability in the U.S. More than 50 million adults and 300,000 children have the disease. Know the things that can raise your risk of getting arthritis. And know the ways to handle the disease if you do get it. Arthritis is much more common in people who have other ongoing health problems, like:

- Heart disease
- Diabetes
- High blood pressure
- Obesity

Staying active can improve your ability to move. Not being physically active is bad for arthritis and is a risk factor for other health issues.

Each year, people with arthritis miss more workdays than those with any other health problem. But half say they are never active in their leisure time. Are stiff joints slowing you down? Get active!

Source: Arthritis Foundation

Symptoms & Causes

Overview

Arthritis is inflammation of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. The most common types of arthritis are osteoarthritis and rheumatoid arthritis. Osteoarthritis causes cartilage — the hard, slippery tissue that covers the ends of bones where they form a joint — to break down. Rheumatoid arthritis is an autoimmune disorder that first targets the lining of joints (synovium). Uric acid crystals, infections or underlying disease, such as psoriasis or lupus, can cause other types of arthritis. Treatments vary depending on the type of arthritis. The main goals of arthritis treatments are to reduce symptoms and improve quality of life.

Symptoms

The most common signs and symptoms of arthritis involve the joints. Depending on the type of arthritis you have, your signs and symptoms may include:

- Pain
- Stiffness
- Swelling
- Redness
- Decreased range of motion

Causes

The two main types of arthritis — osteoarthritis and rheumatoid arthritis — damage joints in different ways.

Osteoarthritis

The most common type of arthritis, osteoarthritis involves wear-and-tear damage to your joint's cartilage — the hard, slick coating on the ends of bones. Enough damage can result in bone grinding directly on bone, which causes pain and restricted movement. This wear and tear can occur over many years, or it can be hastened by a joint injury or infection.

Rheumatoid arthritis

In rheumatoid arthritis, the body's immune system attacks the lining of the joint capsule, a tough membrane that encloses all the joint parts. This lining, known as the synovial membrane, becomes inflamed and swollen. The disease process can eventually destroy cartilage and bone within the joint.

Risk factors

Risk factors for arthritis include:

- **Family history.** Some types of arthritis run in families, so you may be more likely to develop arthritis if your parents or siblings have the disorder. Your genes can make you more susceptible to environmental factors that may trigger arthritis.
- **Age.** The risk of many types of arthritis — including osteoarthritis, rheumatoid arthritis and gout — increases with age.
- **Your sex.** Women are more likely than are men to develop rheumatoid arthritis, while most of the people who have gout, another type of arthritis, are men.
- **Previous joint injury.** People who have injured a joint, perhaps while playing a sport, are more likely to eventually develop arthritis in that joint.
- **Obesity.** Carrying excess pounds puts stress on joints, particularly your knees, hips and spine. Obese people have a higher risk of developing arthritis.

Complications

Severe arthritis, particularly if it affects your hands or arms, can make it difficult for you to do daily tasks. Arthritis of weight-bearing joints can keep you from walking comfortably or sitting up straight. In some cases, joints may become twisted and deformed.

Source: Mayo Clinic



Puzzle



BONES: THEY'RE ALIVE!

EBPBM DVWBWRCEHBN AOCQ
RMYIXAEBOUSXSMEHPKXY
BKRGNIKLAWXPUKPJZNCX
FHXWRRTSURGEONATWKRE
MALMBYEEECURHKHSYNPW
TRVFXCGNOTELEKSMCOFB
ECOIRTSRRALRUHOCISIF
YQYEBMJSYNDROMESSAGE
PQTLUSQDVIQTTECOVSM
SZNDIYREPPILSLSAKMRD
QXEELBGNVMJMALIFFPEA
XJMNDBGWFPTGJLQKFAXAB
YMGSIHPLINFECTIONTRV
YNEENCAMIHCZOCALCIUM
GPSRGNILEDOMERMDTEZP
ARNPTPCDOURKTUOTPNLS
PCPETYCOETSOSELOHTOP
CEDXCILGPMKCOEPZMZMC
YRTEGBXKWRLTIPWYERM
MCRXFCAKEEHHCJVYBTL LJ

BLOOD CELLS	INFILTRATE	SCAFFOLD
BRITTLE	MEDICINE	SECRET
BUILDING	MESSAGE	SEGMENT
CALCIUM	MOLECULE	SHAPE
CHEEK	MUSCLE	SKELETON
DAIRY	OSTEOCLAST	SLIPPERY
DENSER	OSTEOCYTE	STOREHOUSE
DROOPY	PATIENT	SURGEON
EMPTY	POTHOLES	SYNDROME
IMPLANTED	RECYCLING	VEGGIES
INFECTION	REMODELING	WALKING

Let's Get Moving!

Move Of the Month:

30-DAY Beginner's Workout Program

WEEK	DAY	ARMS	CARDIO	LEGS/BUTT	ABS	CARDIO	TOTAL BODY	REST
WEEK 1	DAY 1	4-Minute Fat Blaster Workout	DAY 2	Brisk walk or jog 2 miles.	DAY 3	Lean & Toned Legs Workout	DAY 4	HITT Abs Workout
	DAY 5	Brisk walk or jog 2 miles.	DAY 6	Total Body Workout for Beginners	DAY 7	Rest Day		
	DAY 8	Summer Tricep Toning Challenge	DAY 9	Brisk walk or jog 2.5 miles.	DAY 10	7 Moves to Leaner Hips and Thighs	DAY 11	Ab Oblique Interval Challenge
WEEK 2	DAY 12	Brisk walk or jog 2.5 miles.	DAY 13	Total Body Workout for Beginners	DAY 14	Rest Day		
	DAY 15	4-Minute Fat Blaster Workout	DAY 16	Brisk walk or jog 3 miles.	DAY 17	Lean & Toned Legs Workout	DAY 18	HITT Abs Workout
	DAY 19	Brisk walk or jog 3 miles.	DAY 20	Back to Basics Workout	DAY 21	Rest Day		
WEEK 3	DAY 22	Summer Tricep Toning Challenge	DAY 23	Brisk walk or jog 3.5 miles.	DAY 24	10-Minute Best Butt Workout Challenge	DAY 25	Ab Oblique Interval Challenge
	DAY 26	Brisk walk or jog 3.5 miles.	DAY 27	Back to Basics Workout	DAY 28	Rest Day		
	DAY 29	4-Minute Fat Blaster Workout	DAY 30	Brisk walk or jog 4 miles.				

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Best Exercises for Rheumatoid Arthritis Treatment

Swollen and painful joints should be treated carefully, especially with rheumatoid arthritis. There are many treatments for rheumatoid arthritis, including medications, creams, fish oil treatments, and resting. However, exercise can be a very beneficial rheumatoid arthritis treatment for the pain and swelling that comes along with rheumatoid arthritis. When you are in pain, exercise and physical activity can be the last thing you want to do. You should try to do daily exercises, because they have been proven to help relieve the symptoms, as well improve day-to-day functioning. Always talk to your doctor before beginning any exercise routine, because you may have to start out at a slower pace, and some exercises may not be right for your type of rheumatoid arthritis.

One of the best exercise options for most people with diseases or conditions is to walk. It is a low impact type of exercise that does not require a lot of energy. Start slowly and increase the pace and distance over time. Walking also helps your heart, which can be a complication that comes along with rheumatoid arthritis. Walking can help with aerobic conditioning and can help with mood, which helps people have a better outlook on life. Being in constant pain can make a person sad, or not want to take measures to treat their illness, and walking helps with this side effect. You can also try biking on a stationary bike. It keeps your heart going, as well as putting less strain on your body.

Exercising in water is one of the best things a person with rheumatoid arthritis can do. It is gentle on painful joints because the water helps support your weight. This reduces the amount of stress on joints. You should try exercising in warm water because it helps reduce stiffness, much like putting heat on swelled joints does. This is also an exercise that provides a natural resistance so you can get an aerobic and strengthening workout. You can add water weights once you have gotten strong enough, or if you want more of a challenge.

Try doing different flexibility exercises. These types of exercises move your joints, which are called range-of-motion. These exercises stretch your muscles and can ease stiffness. They also boost joint and muscle flexibility to prevent injury. Try stretching your arms to your toes, and reaching up as high as you can go.

You should also try doing these stretches before a workout in order to prevent any injury while working out. You can also try doing strength training. You can lift weights that are about 1-2 pounds, or use a resistance band to build and maintain muscle mass. This will keep you strong and keep your joints stable. You should do these types of exercises every other day.

Try working out with a friend, and do exercises that are fun for you. If you try and work out with a friend, you will have more motivation to work out and keep moving. If you are doing exercises that you enjoy, it will make it easier to get up and work out. Make sure to consult your doctor first before beginning any exercise routine.



Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases

Arthritis

If you feel pain and stiffness in your body or have trouble moving around, you might have arthritis. Most kinds of arthritis cause pain and swelling in your joints. Joints are places where two bones meet, such as your elbow or knee. Over time, a swollen joint can become severely damaged. Some kinds of arthritis can also cause problems in your organs, such as your eyes or skin.

Types of Arthritis Include

Osteoarthritis

Is the most common type of arthritis. It's often related to aging or to an injury.

Autoimmune Arthritis

Is the most common type of arthritis. It's often related to aging or to an injury.

Rheumatoid Arthritis

Is the most common form of this kind of arthritis.

Juvenile Arthritis

Is a type of arthritis that happens in children.

Infectious Arthritis

Is an infection that has spread from another part of the body to the joint.

Psoriatic Arthritis

Affects people with psoriasis.

Gout

Is a painful type of arthritis that happens when too much uric acid builds up in the body. It often starts in the big toe.

Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases

Healthy Recipe

Summer Fruit Salad with Creamy Orange Dressing

A Sweet and savory salad can make for some for the best summer fare. This twist on fruit salad features all the colorful favorites in the traditional dish with the addition of an ambrosia dressing. Melon, grapes, blueberries and pineapple all contain fiber, vitamins, minerals, and a variety of cancer fighting phytochemicals. Top it all off with orange, coconut and creamy cottage cheese for a bold and zesty flavor without a lot of added sugar.

Makes 6 Serving

Per Serving: 83 calories, 1 g total fat (1 g saturated fat), 16 g carbohydrate, 3 g protein, 2 g dietary fiber and 277 mg sodium.



Ingredients:

Dressing

- 1 medium organic navel orange
- 1/2 cup small-curd cottage cheese
- 2 tsp. balsamic vinegar, preferably white
- 1/2 tsp. salt
- 2-3 drops hot pepper sauce

Salad

- 1 cup blueberries
- 1 cup honeydew melon cut into 1-inch pieces
- 1/2 cup red grapes halved lengthwise
- 1/2 cup fresh pineapple cut into 1/2-inch pieces
- 1 medium peach or nectarine cut into 3/4-inch slices then cut each slice in thirds
- 6 Boston lettuce leaves, for garnish
- 1 Tbsp. reduced-fat or regular unsweetened shredded coconut, for garnish

Directions:

Using swivel-blade peeler, remove two 1-inch x 2-inch strips of zest from orange. Chop zest and set aside.

Slice off top and bottom of orange. Stand orange on one end and cut away peel and white pith. Cut orange in half vertically and put one half aside. Holding other half of orange over bowl of mini food processor, slip knife between flesh and membrane on each side of segments to release flesh. Squeeze remaining membrane juice into bowl. Pulse processor 3 or 4 times to coarsely chop orange. Add cottage cheese, vinegar, salt, and whirl until dressing is almost smooth puree. Add chopped zest, 2 or 3 drops hot sauce and whirl to combine.

In mixing bowl, add blueberries, melon, grapes, pineapple, and peach or nectarine. Mix fruit with 1/2 cup dressing. (Refrigerate leftover dressing up to 24 hours as dip for celery and carrot sticks or apple slices.)

Line platter with lettuce and spoon fruit salad on top. Cut remaining orange half crosswise and arrange slices around fruit salad. Sprinkle coconut on fruit salad.

Upcoming Events:

Health and Wellness Seminar:

Arthritis

Thursday, July 19, 2018

2:30 p.m. – 3:30 p.m.

Council Chambers