

May 2019 Healthy Brain



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

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Keeping Your Brain Healthy

Lower your risk and know the signs. Every four minutes, someone dies from a stroke, making it the third leading cause of death in the U.S. A stroke happens when blood flow to the brain is cut off. The lack of oxygen causes cells to die. Staying active and eating right can help lower your risk of stroke.

Help your chances of staying healthy with these five tips:

- Control high blood pressure
- Lower cholesterol
- Stop smoking or don't start
- Keep blood sugar in the normal range
- Treat heart problems

Strokes most often happen with no warning. Watch for these signs:

- Numbness, chiefly on one side of the body
- Trouble seeing
- A bad headache
- Confusion
- Trouble walking or speaking

Time is of the essence: The longer care is delayed, the more likely harm will result. Call 911 if you suspect this problem in yourself or someone else.



Prevent An Accident, Save A Brain

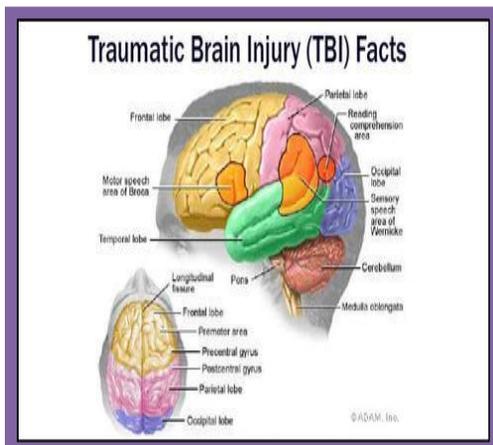
In the U.S., 5.3 million people live with traumatic brain injury (TBI). Each day, 138 people in the U.S. die from injuries that involve TBI. Help prevent TBI:

- Buckle your child in the car. Use a safety seat, booster seat or seat belt. Know the right option for your child's age and size.
- Wear a seat belt each time you drive or ride in a motor vehicle. Never drive when using alcohol or drugs.
- Helmets are a must for adults and kids when riding a bike or motorized vehicle, playing contact sports, skating, skateboarding, playing baseball or softball, skiing or snowboarding.
- Where there are small children, use safety gates for stairs and window guards. Check your child's playground. Is it made of shock-absorbing material?

TBI happens to seniors too. Be sure to remove tripping hazards in the home, improve lighting, use non-slip mats in the bathtub, and put in grab bars next to the toilet and in the tub or shower.

Sources: Centers for Disease Control and Brain Injury Association of America

What is a Traumatic Brain Injury?



Traumatic brain injury (TBI) is any physical harm to the brain.

TBI can result from:

- Quick, intense head movements such as in a car crash or shaken baby syndrome
- A blow to your head
- An object piercing your skull and going into your brain tissue.

TBI can range from a mild concussion, to a severe life threatening brain injury.

A more severe TBI may even limit your physical ability to do simple tasks like tying your shoes, impairing your memory or even change your emotions and personality.

Each year, 1.7 million people will suffer a TBI, and will either become permanently disabled or lose their lives. Because the brain is the command center of our bodies, even injuries that do not penetrate or fracture the skull can have a major impact on the brain's ability to control movement and the individual's ability to understand, communicate and remember things.

Sources: Centers for Disease Control and Prevention, Be Smart. Be Well.

HEALTHY BRAIN



Stop Traumatic Brain Injury

Studies show that about 1.7 million people in the U.S. have a TBI each year. TBI is involved in a third of all injury-related deaths in the U.S.



Protect Your Head With Simple Steps

Head injuries in the form of concussion or other traumatic brain injury (TBI) can range from mild to life-threatening. There is a lot you can do to steer clear of concussion and other forms of TBI. Here are a few tips:

- Wear a helmet when you are taking part in anything where you could get hurt or fall. Examples are riding a bike or horse, batting baseballs, skiing, playing football or skateboarding.
- Never drink or use drugs and drive.
- Remove tripping hazards in the home. Clean up dangling power cords and clutter on the floors such as shoes, magazines or toys. Secure rugs that slip or loose carpet on the stairway.

- Wear seat belts when riding in or driving a motor vehicle.
- Protect children in cars according to their height, weight and age (child safety seat, booster seat or seat belt).
- Don't walk through dark rooms where you can't see what's in front of you.
- Use child-proof safety items to keep small children safe from falls.



What are Risk Factors for a Stroke?

A risk factor is a condition or behavior that occurs more frequently in those who have, or are, at greater risk of getting, a disease than in those who don't. Having a risk factor for stroke doesn't mean you'll have a stroke. Not having a risk factor doesn't mean you'll avoid a stroke.

Some factors for stroke can't be modified by medical treatment or lifestyle changes.

- **Gender:** Men have a higher risk for stroke in young and middle age, but rates even out at older ages, and more women die from stroke.

- **Age:** Stroke occurs in all age groups. Studies show the risk of stroke doubles for each decade between the ages of 55 and 85. But strokes also can occur in childhood or adolescence.



- **Race:** People from certain ethnic groups have a higher risk of stroke. For African Americans, stroke is more common and more deadly—even in young and middle-aged adults—than for any ethnic or other racial group in the United States.
- **Family history of stroke:** Stroke seems to run in some families. Several factors may contribute to familial stroke. Members of a family might have a genetic tendency for stroke risk factors, such as an inherited predisposition for high blood pressure (hypertension) or diabetes.

Source: National Institute of Neurological Disorders and Stroke

What Are the Treatable Risk Factors?



Some of the most important treatable risk factors for stroke are:

- High blood pressure, or hypertension
- Cigarette smoking
- Heart disease
- Warning signs or history of TIA or stroke
- Diabetes
- Cholesterol imbalance
- Physical inactivity and obesity

Did You Know?



BlueCross BlueShield of Texas

Looking for the right doctor?

Provider Finder® is the quick and easy way to make better health care decisions for you and your family.

Find a provider that's right for you.

Use Provider Finder – it's a convenient way to locate doctors and hospitals in your network. Make more informed health care decisions by viewing patient feedback, and provider awards, recognitions and certifications.

Filter search results by provider type, specialty, ZIP code, language and gender. Get directions from Google Maps™, too. It's now faster and simpler to do than ever before!

Online

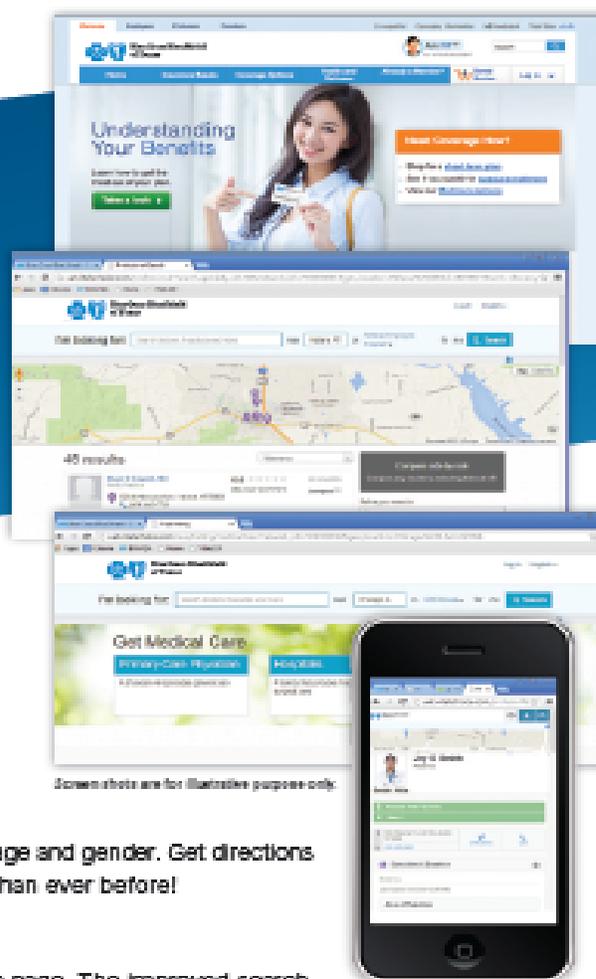
Go to bcbstx.com and click on **Find a Doctor** from the home page. The improved search experience means you need fewer clicks and required fields to get your results! And you'll get an even better search experience if you register or log in to Blue Access for MembersSM (BAM).

On your mobile device

Go to bcbstx.com and click on **Find a Doctor** or **Hospital**. Register or log in to BAM to stay connected to claims, your ID card, coverage, prescription reminders and health tips via text messages.

On the phone

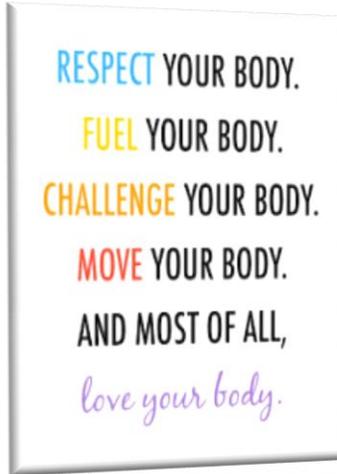
You can also call a Blue Cross and Blue Shield of Texas (BCBSTX), a division of Health Care Service Corporation, Customer Service Advocate at the toll-free telephone number on the back of your BCBSTX member ID card for help in locating a provider.



Screenshots are for illustrative purposes only.

Let's Get Moving!

Move of the Month



30-Day Squat Challenge

SQUAT AWAY

shrinkingjeans.net

May

Day 1: 30	Day 2: 50	
Day 3: 75	Day 4: 60	
Day 5: rest	Day 6: 60	Day 7: 90
Day 8: 50	Day 9: 45	Day 10: rest
Day 11: 120	Day 12: 40	Day 13: 75
Day 14: 50	Day 15: rest	Day 16: 80
	Day 17: 50	Day 18: 125
	Day 19: 50	Day 20: rest
	Day 21: 145	Day 22: 80
	Day 23: 40	Day 24: 100
	Day 25: rest	Day 26: 75
	Day 27: 50	Day 28: 150
	Day 29: 95	Day 30: 175

for full info, see shrinkingjeans.net/2013/04/squatchallenge/

@shrinkingjeans

Last Month's Events:

Health and Wellness Seminar "Allergies"



Health and Wellness Seminar "Back Safety"

Door Prize Winners:
 Rachel Lopez – Dairy Queen Gift Card
 Enriqueta Rodriguez – Mug
 Jose Garcia - Mug

Upcoming Events:

Health and Wellness Seminar

Topic: "Behavioral Wellness"
 Date: Thursday, May 16, 2019
 Time: 2:30 p.m. – 3:30 p.m.
 Location: Council Chambers

Health and Wellness Seminar

Topic: "Healthy Brain"
 Date: Thursday, May 23, 2019
 Time: 2:30 p.m. – 3:30 p.m.
 Location: Council Chambers

Airrosti Training

Topic: "We've Got Your Back"
 Date: Thursday, May 30, 2019
 Time: 2:30 p.m. – 3:30 p.m.
 Location: City Hall Community Room

Airrosti Injury Assessment

Date: Friday, May 31, 2019
 Time: 9:00 a.m. – 12:00 p.m.
 by appointment
 Location: City Hall Community Room