

BeWell News



The Second Quarter focus for 2014 is musculoskeletal health. This includes bone health, joint, health and muscle health, and is a crucial part of total health and quality of life for all individuals. Take a look at the Benefit Options Wellness services and screenings to make sure that you are taking care of all of your preventive health needs. To find classes and screenings near you, visit Wellness at www.benefitoptions.az.gov/wellness, and click on the Events Schedule.

What is Musculoskeletal Health, Anyway?

The musculoskeletal system is the system of muscles, tendons and ligament, bones and joints, and associated tissues that move the body and help us to maintain our structure and form. Health of this system is defined as the absence of disease or illness within all of the parts of this system. When pain arises in the muscles, bones, or other tissues, it can be a result of either a sudden incident (or acute pain) or an ongoing condition (called chronic pain). Keeping this system of the body healthy is crucial not only to health in other body systems, but also for overall happiness and quality of life.

What are My Risk Factors?

While calcium intake commonly comes to mind, especially when thinking about bone health, there are several health factors that help determine a person's risk for developing a musculoskeletal disorder. Musculoskeletal conditions are currently the most common cause of chronic disability. In the US, on average one in two adults report a musculoskeletal condition requiring formal medical attention throughout the year, accounting for \$950 in annual cost. This is expected to continue increasing as our population ages. Some of the most common conditions include:

- ◆ Osteoarthritis
- ◆ Inflammatory arthritis (most commonly, rheumatoid arthritis)
- ◆ Back pain
- ◆ Musculoskeletal injuries (such as occupational or physical activity injuries)
- ◆ Crystal arthritis (such as gout)
- ◆ Osteoporosis and related fractures

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Know Your Risk for Osteoporosis

You may have heard of the condition known as osteoporosis, one of the most common bone disorders in the United States. Mayo Clinic describes osteoporosis as a chronic condition of the skeleton and other related tissues in which the bones become weak and brittle—so brittle in fact that a fall or even mild physical stresses like bending over or coughing could potentially cause a fracture. Osteoporosis-related fractures typically occur in the hip, spine, or wrists, but can happen in any bone where stress or force is placed.

Bone is a living tissue, and like all others it requires continued nutrients, movement through physical activity, and can be damaged through environmental and lifestyle hazards. It affects men and women, and crosses all race lines, but certain groups do fall into high risk categories. Some refer to osteoporosis as the “silent disease” as it typically presents with no visible signs or symptoms. This is because the early stages of bone loss are undetectable by a visual examination alone. Rather, osteoporosis is usually diagnosed once the sufferer experiences a fracture for the first time, or when back pain becomes so severe that the individual seeks the care of a healthcare professional.

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Quarter 2, 2014 Topics in this Issue:

- What is Musculoskeletal Health?
- Osteoporosis
- Mobile On-Site Mammography (MOM)
- Health Screenings
- Prostate On-Site Projects (POP) Screenings
- Chronic Pain Management
- Healthy Recipe
- Upcoming Events and Resources

Musculoskeletal, Continued

But what are the factors that increase the risk of developing one or more of these conditions? While not every musculoskeletal condition can be avoided, there are certain lifestyle factors that will increase your risk:

Smoking

Research has consistently shown that smoking reduces the blood supply to bones, slows the production of bone-forming cells (osteoblasts), decreases the absorption rate of calcium from one's diet, and breaks down bone-building hormones in the body at a rapid pace. What's more, smoking effects the other tissues that make up the musculoskeletal system, including tendons, ligaments, and the muscles themselves.

Excess Soda or Alcohol Consumption

Excess soda consumption can also interfere with calcium absorption, a problem that over time could lead to osteoporosis. Likewise, alcohol can have the same effect, and also may lead to joint inflammation, especially for individuals who already suffer from arthritis.

Inadequate Calcium and Vitamin D Intake

Calcium and vitamin D work together, and are needed for the health of our bones, but also to help our muscles work properly. The absence of calcium and vitamin D from our diet causes the body to remove it from our bones and other tissues for use, which results in porous bone tissue— or bones that are brittle and weak.

Inadequate Physical Activity

The old saying- move it or lose it— is a very appropriate adage for musculoskeletal health. Without regular activity, muscle mass is diminished, bones are weakened, and the other tissues of the system become prone to injury or disease from lack of use.

How to achieve Musculoskeletal Health

If you have difficulty with any of the above mentioned risk factors, you are not alone. However, making positive lifestyle changes can result in a significant impact in your overall musculoskeletal health. The best way to prevent chronic illness is to aim for the following:

- ◆ Engage in regular physical activity for general fitness. Cardiovascular, strength, and flexibility exercises should all be included weekly.
- ◆ Follow a balanced diet that includes the required amounts of calcium and vitamin D for your age and sex.
- ◆ Avoid smoking, or aim to quit if you are a smoker.
- ◆ Consume only moderate amounts of alcohol and soda.
- ◆ Implement and be aware of physical safety measures when exercising, while in an automobile, and a work.

Visit the Benefit Options Wellness website to find programs and resources to help you achieve these and other health goals!

Mini Health Screenings

All State employees and Benefit Options members are eligible to participate in mini health screenings.

The basic screenings are **FREE** and optional screenings are priced as listed:

- Height & weight; BMI; blood pressure; and percent of body fat (body composition)
- Cholesterol and blood sugar (fasting and non-fasting available)
- Facial skin analysis, free osteoporosis screen for women 40 and older

Optional tests are available for additional cost and include:

- Hemoglobin A1C (diabetes) \$35
- Complete Blood Count (CBC) \$22
- Thyroid Screen \$28
- Food allergy panel \$65 (non-fasting blood draw)
- Southwest inhalant allergy \$65 (non-fasting blood draw)

You will need your Employee Identification Number (EIN) and/or Insurance card for these events. No appointment necessary.

Schedule of Worksite Screenings:

Apr 23 --	Dept. of Environmental Quality 1110 W. Washington, Phoenix 8:00a-11:00a
May 08 --	ASDB 1200 W. Speedway, Tucson 9:00a-12:00p

Dates and schedule subject to change.

Not able to find a screening in your area? All state agencies are welcome to schedule with Healthwaves. Please allow 30 day notice for scheduling.

To schedule, or for questions about these or other events, please contact Benefit Options Wellness at wellness@azdoa.gov or 602-771-9355.

Mobile On-Site Mammography (MOM)

Mobile On-Site Mammography (MOM) travels to perform mammography screenings at worksites across Arizona. MOM will directly bill insurance. Benefit Options EPO plan members do not have to pay a copay at these events. **PPO members who have not reached their deductible will pay coinsurance.**



Call MOM at 480-967-3767 to schedule your appointment

Scheduled Screenings:

Apr 29 — Dept. of Economic Security
2290 W. Guadalupe Rd., Gilbert
11:30a-4:00p

May 07 — Dept. Of Administration
100 N. 15th Ave., Phoenix
7:00a-11:00a

For additional dates and locations near you visit:
www.benefitoptions.az.gov/wellness

Chronic Pain Management: An Individual Approach

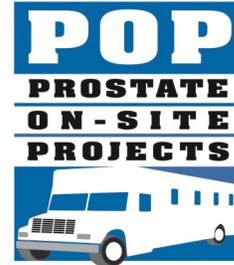
Musculoskeletal pain is any pain that affects the muscles, ligaments, tendons, and bones. This type of pain is symptomatic in hundreds of medical diagnoses, and the umbrella of conditions can either be acute or chronic. Some of the most common conditions in this category include: arthritis, fibromyalgia, osteoporosis, musculoskeletal injury or overuse, and even disorders such as depression and anxiety, which can result in physical pain.

If you have ever suffered from pain associated with any of the above mentioned conditions, you know that the overall impact is profound. In fact, people sometimes describe it as a total body ache that will simply not go away. Other times, the pain leads to more symptoms, including restlessness, fatigue, and sleep disturbances. Therefore, pain management— especially with chronic or unavoidable conditions— is crucial.

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Prostate On Site Projects (POP) Screenings

Take a Stand Against Cancer...
It could be the most important 15 minutes you spend



The State of Arizona offers FREE Prostate Cancer Screenings for benefit eligible, male employees 40 years and older. The POP mobile medical unit takes convenient, 15 minute appointments at your workplace. Maintain your health, schedule your appointment NOW!

Appointments required
Call Today 480-964-3013

What you Need:

- **United Healthcare** and **BCBSAZ/AmeriBen** members please bring your Benefit Options insurance cards to your appointment
- **Aetna** and **Cigna** members and **non-Benefit Options members** please bring your State ID badge and Employee Identification Number (EIN) to your appointment
- **Retired Benefit Options members** please bring your Benefit Options card and your Employee Identification Number (EIN)

Scheduled Screenings:

Apr 15 — Dept. of Health Services
1740 W. Adams, Phoenix
7:30a-11:30a

Apr 22 — Dept. of Public Safety
2102 W. Encanto Blvd., Phoenix
7:00a-11:00a

May 05 — Dept. of Administration
100 N. 15th Ave., Phoenix
7:00a-11:00a

For additional dates and locations near you visit:
www.benefitoptions.az.gov/wellness

Osteoporosis, Continued

High Risk Groups

As previously stated, no one is immune from osteoporosis. However, certain groups of people fall into higher risk categories, due to bone structure and hormonal levels within the body across the lifespan.

Women are universally found to be at higher risk than their male counterparts. The reduction of estrogen levels at menopause is one of the strongest risk factors for developing osteoporosis as these levels fall and do not return to pre-menopausal levels.

Men are not exempt from depleted bone mass, however. They also experience gradual reduction in testosterone levels with age, which results in weakened bone mass, although not as severe as seen in women.

Certain racial groups also experience higher risk for developing bone health issues. Those of Caucasian or Asian descent are at the highest risk, while those of African descent typically experience the lowest level of risk. Additionally, if there is a family history of the disease, risk will be higher across all racial lines.

Finally, lifestyle factors again play a significant role in bone health across the entire life cycle. Smoking, a sedentary lifestyle, excessive alcohol consumption, and chronic dietary deficiencies are among the highest risk factors identified in the lifestyle category.

Work Toward Prevention

It's true that all cases of osteoporosis cannot be prevented by lifestyle choices alone. Some people fall into high risk categories- and biology is simply unavoidable. That being said, osteoporosis prevention through awareness and consistent, healthy behaviors over time can still be effective.

Ensuring that your diet includes the recommendation for calcium (1000 mg/day for adults) and vitamin D (600 IU) everyday, especially in older age, is very important. Calcium rich foods include: low fat dairy, dark leafy greens, and fortified cereals. Adequate vitamin D can be gained by eating salmon, tuna, and other fatty fish sources, as well as through fortified cereals, grains, and milk.

The Surgeon General recommends 150 minutes of moderate exercise per day for general health, and this will also help maintain healthy bone mass. Aim for two weight bearing exercise sessions per week in your exercise regimen.

Finally, be aware of the bone health impact of smoking, alcohol consumption, and too much soda in your diet. Monitor your bone health either with your doctor or by attending a free mini health screening through Benefit Options Wellness!

Pain, Continued

There are several different types of therapies and treatments for dealing with the spectrum of musculoskeletal pain and symptoms. Below is a list of common treatment modalities:

Medications

Medications such as nonsteroidal anti-inflammatories (NSAIDs), acetaminophen or opioids may be used to treat inflammation or pain. Anti-inflammatory medications in or around painful sites administered by injection are also common, and may be helpful in reducing pain and swelling. However, many medications are intended for short term use, so speak with your doctor if you feel you are becoming dependent on pain alleviating prescriptions or OTC meds.

Physical Therapy

Sometimes pain treatment can be accomplished through physical therapy. Physical therapy (PT), involves the treatment, healing, and prevention of injuries or disabilities. PT helps to relieve pain, promote healing, and restore function and movement.

Acupuncture or Acupressure

Although the World Health Organization currently recognizes more than 30 diseases or conditions that can be helped by acupuncture treatment, one of the main uses of acupuncture is for pain relief.

In acupuncture, disposable, stainless steel needles are used to stimulate the body in order to overcome illnesses and conditions by correcting imbalances. Acupuncture is also thought to decrease pain by increasing the release of chemicals that block pain signals to the brain, called endorphins.

Relaxation Techniques

While the verdict on this kind of alternative pain management may be mixed, many people find the use of relaxation techniques to be effective in managing chronic pain. These techniques include: meditation, massage, guided imagery, biofeedback, and even hypnosis.

Massage and chiropractic treatment are most widely used non-surgical treatments for back pain, but can also be a valuable part of a treatment plan for a variety of musculoskeletal conditions.

No matter which treatment plan works for you, be sure to consult with your doctor about any and all treatment options.

For more information, visit the Benefit Options Wellness website at www.benefitoptions.az.gov/wellness. Also, see the Quarter 2 Fact Sheet, *Joint Pain*, for more information on common joint conditions, signs and symptoms, and for care of this family of diseases.

Healthy Recipe

Apple and Butternut Squash Soup



Ingredients (serves 4):

Before the weather gets too warm, enjoy this easy and delicious soup. The beta carotene found in butternut squash helps promote joint and bone health, while also improving skin tone and vision. Enjoy!

- 3 lbs. butternut squash
- 1/4 tsp. salt and 1/4 tsp. black pepper
- 1 T. olive oil
- 1 Lg. onion, diced
- 2 medium apples, chopped
- 3 1/2 C. vegetable broth, no salt added
- 1 tsp. nutmeg, ground
- 1 bay leaf

Directions:

1. Preheat oven to 350 degrees
2. Cut squash in half, scoop out seeds, and bake flesh side down until fork tender, or about one hour
3. Allow squash to cool, then scoop out and set aside.
4. Heat the olive oil in a large pot over medium heat. Add the onion and sauté until it turns translucent, about 10 minutes.
5. Add the squash, apples, broth, nutmeg, and bay leaf, and bring the mixture to a boil. Reduce the heat to low and simmer for 30 minutes. Allow the soup to cool slightly.
6. Remove the bay leaf and purée the soup in a blender (or directly in the pot with an immersion blender) until smooth, using caution while working with hot liquids.
7. Serve with rosemary as garnish if desired and enjoy!

Nutrition Information

Servings size: 2 C.

Calories:	220
Protein:	4 g
Carbohydrates	47 g
Total Fat	4 g
Cholesterol	0 mg
Sodium	180 mg
Fiber	15 g

In Our Community...

The **National Alliance on Mental Illness** is offering educational opportunities for State of Arizona employees and their families. NAMI is the nation's largest grass roots organization dedicated to building better lives for the millions of Americans affected by mental illness. For more information regarding NAMI and the educational programs offered, please call Debbie Martinez at 602-759-8177 or visit www.nami.org to find support and resources in your area.

The Pat Tillman Foundation will host the annual Pat's Run again on April 26, 2014. This year marks the 10th edition of this nationally acclaimed race that celebrates the life and legacy of Pat Tillman and the Tillman Military Scholars. Lace up your sneakers for this 4.2 mile run and be a part of the action for a wonderful cause. Please visit www.patillmanfoundation.org for race and donation details.

'Tis the season for **Farmer's Markets** in Arizona. Virtually every city and town in the Valley has a unique farmer's market weekly, with fresh local produce, art, and more. Visit www.arizonacommunityfarmersmarkets.com to find one near your work or home.



The Wellness website has the complete list of screenings, classes and other programs available for request and scheduling at State worksites.

Wellness events are requested and coordinated by State employees at worksites. If you are interested in hosting a program at your worksite, visit the Wellness website at: www.benefitoptions.az.gov/wellness to view what is available and learn what Wellness has to offer.

Event request forms must be completed and submitted online to wellness@azdoa.gov.

Complete the brief form, including contact information, location and preferred event and click submit! A Wellness team member will reply to your request and begin scheduling your event.

Log on Today!
Take advantage of the many available programs and services to keep employees healthy.

Persons with a disability may request accommodations by contacting the ADOA Benefits Office. If you need this issue in an alternate format, please call 602-771-9355.