



Wellness Wednesday

♥ Health E-News

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**Have
You
Checked
Your Blood
Pressure
Today?**

- This Week's
HIGHLIGHTS**
- ♥ Free Antibiotics
 - ♥ Eat Fish?
 - ♥ Ease Back Pain
 - ♥ Sodium Slump
 - ♥ Beat the Heat
 - ♥ Live Healthy Today

Free Antibiotics From Publix

Did you know that the Publix Pharmacy offers FREE oral antibiotics? Simply bring your prescription for one of the oral antibiotics listed below to your neighborhood Publix Pharmacy and receive up to a 14-day supply FREE! Ask your pharmacy if they will match Publix prices.

- Amoxicillin •Cephalexin •Sulfamethoxazole/Trimethoprim (SMZ-TMP) •Ciprofloxacin •Penicillin VK •Ampicillin •Erythromycin (excluding Ery-Tab®) •Doxycycline Hyclate



Mercury Contamination? Skip Fish Altogether?



...Absolutely not. "You should be much more nervous about how you're risking your health if you *don't* eat fish," says Dariush Mozaffarian, M.D., a cardiologist at the Harvard School of Public Health, who co-authored a recent study analyzing the pros and cons of fish consumption. "Seafood is a key source of heart-healthy lean protein—everyone should aim to have two servings per week." If you choose varieties rich in omega-3 fatty acids, such as tuna or salmon, you can reduce your risk of death from a heart attack by 36 percent, according to Mozaffarian's research. These fatty acids also play a crucial role in infants' brain development and may help lessen depression in adults. [Read more...](#)

Exercise More, Not Less, To Ease Aching Back

If you've ever groaned, "Oh, my aching back!", you are not alone! Back pain is one of the most common medical problems, affecting 8 out of 10 people or 80% of Americans at some point during their lives. Acute back pain rears its ugly head and may disappear just as quickly, while chronic back issues linger for months as a constant dull ache. Common causes include nerve and muscular problems, degenerative disc disease, and arthritis. You will not be surprised to learn that exercise, once again, proves to be the magic bullet! A University of Alberta study of 240 men and



women with chronic lower-back pain showed that those who exercised four days a week had a better quality of life, *28 per cent less pain and 36 per cent less disability*, while those who hit the gym only two or three days a week did not show the same level of change. [Try some of these exercises to strengthen and stretch...](#) When in doubt, seek attention from your healthcare provider.

Are You In A Sodium Slump?



Reap greater health benefits with a bit less... sodium that is. Over the years, Americans have developed a love affair with salt. Most people have no idea how much salt they consume - on average, about 9 to 12 grams (or 3,600 to 4,800 mg of sodium) per person per day, according to the American Heart Association (AHA). That's twice the amount recommended by the government. In the past four decades, Americans' salt consumption has risen 50%, mostly as a result of eating more processed foods and more food prepared in restaurants. While some sodium is crucial for good health in order to regulate blood pressure and assist with muscle and nerve function, excess amounts like the levels we currently consume, can lead to hypertension, heart disease and stroke. [Read more...](#) Reduce sodium intake [with the DASH eating plan](#); [U.S. Sodium Chart...](#); [More tips...](#)

Beat The Heat



Water is an essential nutrient composing approximately 75 percent of muscle tissue and 10 percent of fatty tissue in the body. Water cushions organs, aids in digestion, transports nutrients and regulates body temperature... a critical role during the Florida summer heat wave. During one hour of exercise, the body can lose more than a quart of water depending on exercise intensity and air temperature. Without enough water to cool itself, the body can become dehydrated, potentially leading to heat exhaustion or heat stroke. Avoid dehydration this summer with these [helpful tips...](#)

Manage Chronic Conditions



Living Healthy Workshop—Enroll today! 15 participants required to hold class! Designed to support employees and caretakers who live with on-going health issues such as diabetes, heart disease, stroke, cancer, arthritis, obesity, sedentary behavior, asthma, smoking and depression. [Read more...](#) [Register now...](#)

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ABCs of Health

Prepared for you weekly by the Polk County School Board Wellness Team, 3425 New Jersey Road, Lakeland, FL 33803, phone: 863-648-3057

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