

MAY WELLNESS



WELLNESS TOPICS DURING MAY INCLUDE:

ARTHRITIS AWARENESS, OSTEOPOROSIS AWARENESS, STROKE AWARENESS AND NATIONAL BIKE MONTH

Exercise can help with osteoarthritis for many reasons. It can strengthen the muscles around the joints, allow for greater ease when performing daily tasks, and help reduce joint pain and stiffness. Tips for exercising with osteoarthritis include: 1) Balancing physical activity with rest and joint care in order to reduce the chance of swelling or pain. 2) Doing exercises and stretches which move the joints through their full range of motion.

This will be beneficial in staying flexible and preventing further damage to the joints. 3) Using heat or cold therapy to manage the pain. For details on these tips and for additional information, visit Harvard Pilgrim's website, harvardpilgrim.org. Click on Health Topics A-Z under Top Tasks at the bottom of page. Open a new window to reach Healthwise. Then, in the search engine put: **[Osteoarthritis: Exercising with Arthritis](#)**

The wellness topic of osteoporosis is recognized during the month of May. As early as age 30, bone loss slowly begins getting faster than bone formation. White and Asian women have the highest risk of getting osteoporosis. By age 50, 50% of white women will have at least 1 broken bone due to osteoporosis. There are lifestyle habits, such as doing weight-bearing exercise and ensuring that you get enough calcium and vitamin D in your diet, that can help. To test your knowledge, and learn more on osteoporosis, click here for a quiz through BCBS's *a healthy me* website, www.ahealthyme.com. Click on "See All Quizzes" under Tools & Media, and find the

[Osteoporosis Quiz](#)

If you or someone else is showing symptoms of a stroke, 911 needs to be called immediately. To determine symptoms quickly, remember the **FAST** system of indications:

F = Facial drooping. **A** = Arm Weakness. **S** = Speech difficulty. **T** = Time to call 911.

Additional symptoms, which usually occur suddenly (but may occur over hours), include: vision changes, trouble speaking, confusion, problems with walking & balance, numbness, tingling, weakness or loss of movement in the face, arm or leg (especially on one side of the body), and severe headaches (which feel different from previous headaches).

For an overview of the symptoms, and to learn about the definition and symptoms of ischemic strokes and hemorrhagic strokes, click here to reach an article through Fallon's website: **[Stroke Symptoms](#)**

May is National Bike Month, sponsored by the league of American bicyclists. You can learn more here: **[National Bike Month](#)**. Biking offers many benefits, including improving cardiovascular health.

An article through Tuft's website describes how biking was incorporated for one man after a heart attack, quadruple bypass and diagnosis of diabetes. The health scares gave him the push to incorporate the healthy activity of cycling. To read his story, visit tuftshealthplan.com. Click on Health & Wellness, and under Health Library A-Z click on "library of high-quality content". In the search engine, put:

[Bob's Story: Biking for Health](#) to reach the link to the article.