

Health & Welfare E-Newsletter

Brought to You By:

ILWU Warehouse Welfare Fund



Seize the Days and Get Fired Up

The secret to staying fit is to make it as easy and enjoyable as possible. Check out these hot tips for healthy living:

Fire up your fitness routine.

Go salsa dancing and burn about 400 calories in an hour. Chances are you'll be having too much fun to watch the clock.

Fire up the grill.

It's a healthy way to cook chicken, fish, and every veggie you can think of, all summer long. Bonus: You get to eat outside!

Fire up your metabolism.

Spicing things up with chilis and cayenne pepper may help rev up your metabolism. Even better? They have very few calories.

[Get Wise About Your Weight](#)



Seize the Days and Find Your Groove

Tailor these tips to your tastes and get healthy your way.

Power to the playlist.

Listening to music you love while you exercise can help keep you motivated and energized. Even better? It may enhance the mood-boosting effects of your workout.

Pass on the salt.

Too much sodium increases stroke risk. Rely on herbs and spices for big flavor and use salt sparingly. Experiment with different combinations to discover your go-to favorites.

Track your progress.

If technology is your thing, try a wearable fitness tracker. It'll let you know if you've been sitting for too long, count calories for you, and give you a virtual high-five when you meet your activity goals.

Stroke Prevention



Welcome to
Wellness Online
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Why Do Men Skip Health Tests?

Women live 5.1 years longer on average than men. Could men's avoidance of doctors and routine checkups have anything to do with that?

Former President Bill Clinton admitted he ignored his chest pain for several months. He had also stopped taking a drug his doctor prescribed to lower his cholesterol. Extreme symptoms finally got him to a doctor-who rushed him into heart surgery.

The difference between men and women

It's a fact that women are quicker to see a doctor when they develop symptoms. In contrast, men are more likely to ignore symptoms and hope they go away. Often, by the time a man sees a doctor, his symptoms may be severe and harder to manage.

Men are 24 percent less likely than women to have visited a doctor in the past year, according to recent U.S. government statistics. For an African American or Hispanic male, the odds of having seen a doctor are even lower. The same is true for men ages 18 to 44.

Not seeing a doctor regularly means that you lose out on important health screenings or an early diagnosis. You can feel fine, but still have conditions such as high cholesterol or high blood pressure that need treatment. Men may also miss out on preventive care. They are a lot more likely than women to need hospital care for illnesses that could have been prevented (pneumonia, for example) or complications from diseases like diabetes or heart failure.

Is seeing a doctor like asking for directions?

The rap on men is that they don't ask for directions when lost. Perhaps they think they don't need a doctor's help either.

Men's attitudes about physicals may have come from their own fathers who avoided doctors. And some boys grew up with the message that expressing pain or sickness was a sign of weakness.

According to more than 1,000 men taking part in a 2007 survey commissioned by the American Academy of Family Physicians:

- Thirty-six percent said that they see a doctor only when "extremely sick."
- Fifty-five percent did not have a routine physical in the last year.
- Almost one in five, age 55 or older, had not been screened for colon cancer.

Men also tend to be less willing than women to discuss their health. Women talk freely about breast lumps, depression, or urinary problems to a friend or a doctor. For some men, talking to a doctor or spouse may be embarrassing if the subject involves their genitals, bowels, or mental health.

Men's health is women's work

Women are usually the gatekeepers of health in the family. They are often the ones who make medical appointments for other family members. Many men will not see a doctor unless prodded by the women in their lives.

If you're a man, you can learn from women that getting suggested screenings and checkups can lead to a longer, healthier life. Early detection and treatment of cholesterol and blood pressure problems can prevent a heart attack or stroke. Detecting a tumor before it has spread can make the difference in whether or not a cancer is treatable.

If you are a woman with a man in your life, keep nudging your guy to exercise (with his doctor's OK), eat nutritiously, and seek appropriate medical care for his age and family history. In the AAFP survey, 80 percent of men with wives or girlfriends said their partner helped convince them to see a doctor. Being accused of nagging in this case is a small price to pay for possibly saving a loved one's life.



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- Up to 50% savings on UNITY® digital lenses
- Up to 40% savings on sunsync® light-reactive lenses
- Satisfaction guarantee on Transitions everyday lenses
- Up to \$500 savings on LASIK at NVision and TLC eye centers
- Savings for VSP members and their extended family on digital hearing aids (up to \$2,400 per pair) and replacement batteries through TruHearing®
- Savings on EyePromise EZ Tears dry eye and contact lens comfort formula
- Financing for vision care expenses with the CareCredit credit card

1. Brands/promotion subject to change 2. Savings based on doctor's retail price and vary by plan and purchase selection; average savings determined after benefits are applied. 3. Available only to VSP members with applicable plan benefits. 4. Savings compared to national average retail prices on state-of-the-art digital hearing aids; offer not available in WA

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