

Newsletter

December/January 2008

signs of Stroke

Stroke is the leading cause of disability in the United States. Having the knowledge to recognize a stroke as it is happening has profound effects on the outcome. There is medical treatment available, that if taken within 3 hours of the first symptom, can stop or even reverse the resultant brain damage. Therefore, it is your responsibility to know the warning signs (according to the American Stroke Association) listed below:

- ★ Sudden weakness or numbness of the face, arm, or leg (especially on one side of the body).
 - ★ Sudden confusion, trouble speaking, or understanding.
 - ★ Sudden trouble seeing in one or both eyes.
 - ★ Sudden trouble walking, dizziness, loss of balance or coordination.
 - ★ Sudden, severe headache with no known cause.
- Other less common symptoms include:

- ★ Sudden nausea, fever, and vomiting.
 - ★ Brief loss of consciousness, or period of decreased consciousness, such as fainting, confusion, convulsions, or coma.
- If you have any one or a combination of these signs, CALL 9-1-1 immediately.

only king without a moustache on a standard playing card.

4. There is more fiber in 1 serving of a sweet potato than 1 serving of an orange.

Snow Shoveling

The lack of sunlight, cold temperatures, and seasonal stress all take a toll on the body. Don't let your back also become a victim to the demands of shoveling snow. A few tips are listed below:

- ☆ Use the "right" shovel. The shaft should be long enough so that your back is straight.
- ☆ Shovels with the cambered (curved) shafts reduce stress placed on the back when lifting.
- ☆ Wait until the afternoon to shovel so that your body is "warmed up."
- ☆ Lift with your legs, not with your back.
- ☆ Avoid bending forward and twisting.
- ☆ Step in the direction that you're throwing the snow.

"QUOTE" CORNER

"The only way of finding the limits of the possible is by going beyond them into the impossible."
- Arthur C. Clarke

True or False

1. Migraine headaches are often accompanied by photophobia and phonophobia.
2. Alzheimer's disease is the most common form of dementia.
3. The king of diamonds is the

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☆ Stop and stretch every few minutes. Stand tall and place your hands on your hips and gently lean backward.
☆ Get help: many hands make light work.

Genoa Office Blood Drive

On November 1st, NRSMA held a mobile blood drive through Heartland Blood Center. Thanks to the support of NRSMA employees and the community, we collected 14 units of blood. Thanks to all those that participated. Celebrate this season of giving and do what you can... such as donating your blood and your time.

Interesting Facts

✦ Running shoes only have 300-500 miles in them before they lose their shock absorption.
✦ Your body is creating and killing 15 million red blood cells per second.
✦ Alaskan law states that it is illegal to look at

a moose from an airplane.

✦ The most popular name in the world is Muhammad.
✦ In Tokyo, a bicycle is faster than a car for most trips under 50 minutes.
✦ There are 18 different animal shapes in the Animal Crackers in cookie zoo.

True and False Answers

1. True. Common symptoms of migraines include a heightened sensitivity to light (photophobia) and sound (phonophobia).
2. True. Alzheimer's is a progressive disease that destroys brain cells. Dementia is a general term for loss of memory and other intellectual abilities that interfere with daily life.
3. False. The king of hearts is the only king without a

moustache on a standard playing card.

4. False. 1 serving of an orange has more fiber than a serving of sweet potato.

Hydration

⇒ Recommended daily water intake is approximately 40ml/kg of body weight. Thus, person weighting 150 lbs should consume about 92 oz. of fluids a day. Important to note is that your water intake will fluctuate depending on many factors: physical activity level, environment temperature, weather conditions, clothes worn, individual differences in sweat rate.

⇒ Caffeinated beverages (coffee, tea, soft drinks) do not make you go to the bathroom more than drinking same amount of water, if you are an everyday caffeine user. However, caffeine does have a modest diuretic effect for those who are not used to caffeine consumption.