



Wellness and Safety

news

June 2010

The Summer is Here

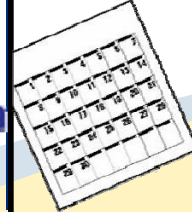
Monthly Newsletter for the Employer



National Men's Health Week

June 14—June 20

2010 National Health Observances



Fireworks Safety Month

Vision Research Month

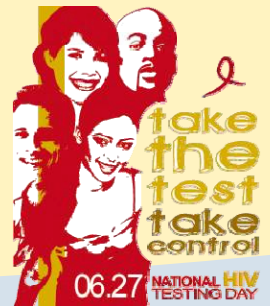


National Headache Awareness Week

June 6—June 12



National HIV Testing Day



National Headache Awareness Week

Migraines in the workplace...

Migraine headaches costs American businesses between \$5.6 and \$17.2 billion in lost work productivity a year.

A recent national survey of working individuals with migraines conducted by the National Headache Foundation (NHF) revealed that 89% suffer migraine attacks while at work, 41% cite work-

place stress as their most common headache trigger, 61% say their headaches become so severe they are forced to take time off work, and nearly 80% report lost productivity overall. More work time is lost due to headaches than to cancer, heart disease and mental illness combined.

Does this sound like your workplace?

Employers should strongly consider offering all employees opportunities for correct diagnosis and treatment. Employers can significantly reduce healthcare related costs associated with headaches.

It is far less expensive to treat migraine correctly than to under treat it.

Here's an Idea!

An effective way to reduce stress levels and mitigate any discontentment about workplace headaches, may be to promote a "Get Your Head Checked Out" Day. Not everyone enjoys going to the doctor, so make it fun! Offer incentives such as a Starbucks gift card or an exciting new gadget to get them excited about the idea.

Source: <http://www.headaches.org/pdf/2009-2010/2010A%20Patient%27s%20Guide%20to%20Headaches.pdf>



June 6, 2010 to June 12, 2010



DANONE SIMPSON
Insurance Services LLC

CA License OF30734

Vision Research Month

Prevent Blindness America, the nation's leading non-profit eye health and safety organization, has named June as Vision Research Awareness Month. Part of its mission is to assist in providing researchers with the resources they need to help preserve vision. While millions of Americans benefit from vision research, many eye dis-

eases have no effective treatments or cures. Even those with nearly perfect eyesight throughout their lifetime will most likely encounter a vision problem as they age. More Americans than ever are facing the threat of blindness due to age-related diseases. Ongoing vision research has the potential to preserve sight for millions of Americans.

**National
Observance
for June**

National HIV Testing Day

June 27, 2010



Source: <http://www.avert.org/testing.htm>

HR Professionals—Looking for another way to promote wellness in your workplace? Promote HIV Testing to all your employees! Make it a fun idea and offer incentives to get them excited.

What is an HIV antibody test?

HIV antibody tests are the most appropriate test for routine diagnosis of HIV among adults. Antibody tests are inexpensive and very accurate. The ELISA antibody test (enzyme-linked immunoabsorbent) also known as EIA (enzyme immunoassay) was the first HIV test to be widely used.

How do antibody tests work?

When a person is infected with HIV, their body responds by producing special proteins that fight infection, called antibodies. An HIV antibody test looks for these antibodies in blood, saliva or urine. If antibodies to HIV are detected, it means a person has been infected with HIV. There are only two exceptions to this rule:

Babies born to HIV infected mothers retain their mother's antibodies for up to 18 months, which means they may test positive on an HIV antibody test, even if they are ac-

tually HIV negative. Normally babies who are born to HIV positive mothers receive a PCR test after birth.

Some people who have taken part in HIV vaccine trials may have HIV antibodies even if they are not infected with the virus.

Most people develop detectable HIV antibodies within 6 to 12 weeks of infection. In very rare cases, it can take up to 6 months. It is exceedingly unlikely that someone would take longer than 6 months to develop antibodies.

What does an HIV test involve?

In most countries, HIV testing is provided in a number of places, such as health clinics, doctor's surgeries and specialist HIV/AIDS voluntary counseling and testing (VCT) sites. When someone attends a testing site they will usually see a doctor, trained counselor, nurse or other health professional in private. He or she will explain what the test involves and

what the result means.

Either a blood sample (taken from the arm) or an oral fluid sample will be taken, depending on the type of test used at the site. The test is always strictly confidential and only goes ahead if the person agrees to it. Personal doctors are not told about the test without the person's permission. Depending on the test used, it can take anything from minutes, to days, to weeks, for the results.

When should someone get an HIV test?

A standard antibody test (see above) looks for HIV antibodies in a person's blood. These antibodies can take up to three months from the time of infection to appear, and so for an accurate HIV test, a person should wait three months since the time of suspected infection. Some test centers may recommend testing again at six months, as in very rare cases it can take this long to develop antibodies. However, in most cases it is not necessary.

WHERE TO GET TESTED:

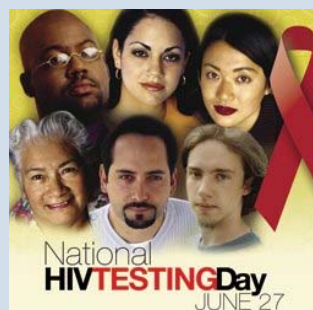
Planned Parenthood Los Angeles

Pplosangeles.com

1-(800) 230-Plan (7526)

AIDS Healthcare
Foundation (AHF)

Aidshealth.org



Adult Industry Medical
Care Foundation (AIM)

Aim-med.org

Northeast Valley
Health Corporation

Nevhc.org

Protecting your skin from the sun's damaging rays is vital for a number of important health reasons .

The weather is warming up, the days are longer and there's more time to be outside doing all kinds of fun things! But if you're going to be out in the sun, especially on a hot day, you need to stay safe.

Stay hydrated, use sunscreen and take "tanning" breaks!

Sun Safety Week
June 1—June 7

National Men's Health Week June 14—June 20

National Men's Health Month is a month-long celebration to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

The goal of Men's Health Month, established in 1994, is to show how simple diagnostic and screening tests, and early treatment of disease and injury can save lives. It is observed across the country with screenings, health fairs and other health education and outreach activities.

According to the Centers for Disease Control and Prevention, men die at higher rates than women from top causes of death including heart disease, cancer, injuries, stroke and diabetes. Women are also twice as likely to visit the doctor for annual examinations and preventive services than men. And excluding pregnancy related visits, women are 33 percent more likely than men to visit a doctor if they have a medical concern.

Plan a Health Fair

- Talk with your broker to help set a health fair up for your organization.
- Coordinate with health groups (nonprofits, wellness centers, hospitals, doctors, dentists, chiropractors, etc) to have health information booths.
- Health fairs can be held in the workplace, community centers, churches, libraries, hospitals, etc.
- Health fairs can include health screenings such as blood pressure, cholesterol, PSA (prostate specific antigen), and body fat.
- Fitness demonstrations from local gyms, yoga centers, karate centers, etc can also be a fun addition.

Healthy cooking demonstrations are always a hit. See if a local dietician would want to demonstrate some healthy recipes.

Plan a mini Health Fair

- If you don't have the time to recruit a lot of interactive vendors, you can just put together some tables with information on heart health, prostate cancer, testicular cancer, blood pressure, etc. Contact DSI at (818) 676-0044 for brochures!
 - Presentation on Men's Health **Ask a local nurse, doctor, or health educator to give a lecture on men's health at your workplace, church, community group, senior center, health department, etc.**
- ### Fundraisers for Prostate Cancer
- Plan a fundraiser for Men's Health Network (MHN) prostate cancer outreach efforts.
 - Plan a 5K walk in your town.
 - Put out donation jars at local restaurants and stores as well as in your office.

Source: <http://www.menshealthmonth.org/thingstodo.html>



Something to let your male employees know...

So you may be wondering how often men should get a physical, and what, exactly, a physical should entail?

Well, there is no consensus recommendations as to how often men should obtain regular physical exams. Typically, men should go back before the age of 40 every 3 to 5 years, between 40 and 50 every other year, and after age 50 every year.

There are a variety of recommended screening tests that can be done. For instance, checking for elevated blood pressure at least every year after the age of 18. Check for elevated cholesterol after the age of 35. Screen for an elevated blood sugar level after the age of 45, or sooner if a man is deemed overweight. There's also some cancer screening tests that are recommended, such as colon cancer after the age of 50 and sooner if there's a family history of colon cancer, as well as prostate cancer after the age of 50.

At every visit men should talk with their doctors about obesity, lifestyle changes, and screen for sexually transmitted diseases, depression and HIV.

Source: <http://www.menshealthmonth.org/week/support.html>

Fireworks Safety Month

June 1—July 4

June 1st to July 4th is
National Fireworks Safety Month!

Some of you are probably laughing and saying are you kidding me? No, not kidding at all actually; firework safety (or lack of) is a big problem. The United States Consumer Product Safety Commission (CPSC) states there are about 9,000 to 10,000 people treated a year for firework related injuries. These are the injuries that were reported to hospitals, this number does not take into consideration the injuries that are not reported. This number is only an estimate and could be higher.

A majority of these injuries could have been prevented by using safety measures when handling fireworks. As technology advances so does the ability of fireworks. Today you

can have fireworks that display shapes, different colors, words and even designs. In a lot of states consumers can buy fireworks. Out of all the 50 states only 5 do not allow consumers to purchase fireworks for personal use. That is a very small percentage and all of those states that do not allow consumers to purchase fireworks are on the east coast. Before you do anything or purchase anything make sure you are following your state laws. Just because someone may sell certain fireworks does not guarantee they are allowed.



So HR Professionals, this could be a good time to promote firework safety to your employees as Independence Day is just around the corner. Last thing you'll want to say is another story of "I told you so!"

Source: <http://www.fireworksafety.com/>

VALLEY VILLAGE Showtime!

STARRING:

BOB SAGET Master of Ceremonies
and Special Guest

Councilman **DENNIS P. ZINE** Auctioneer

Saturday, June 26, 2010

Boutiques open at 10:00 am * Luncheon served at noon
Single Tickets: \$85, WWW.VALLEYVILLAGE.ORG

FEATURING:

Comedy * Live Auction *
Prize Drawings * Boutiques *
Live Music * Gift Baskets

DIAMOND SPONSOR



BANK OF THE WEST

Sheraton Universal Hotel

WWW.VALLEYVILLAGE.ORG * (818) 587-9450
Valley Village is a 501(c)3 non-profit for people with Down syndrome, autism & other severe developmental disabilities.

Client Corner

VALLEY VILLAGE
Showtime!

**PURCHASE
YOUR TICKETS
TO FUN NOW**



DANONE SIMPSON
Insurance Services LLC

DANONE SIMPSON INSURANCE SERVICES LLC
22110 Clarendon Street, Suite 201, Woodland Hills, CA 91367 •
Phone (818) 676-0044 / Fax (818) 676-0009
Visit us on the web at: www.dsinsuranceservices.com



Wellness and Safety

news

June 2010

The Summer is Here

Monthly Newsletter for the Employee

Protecting your skin from the sun's damaging rays is vital for a number of important health reasons.

Here are the top ten steps you can take to protect your health:

June 1—June 7

- Always wear a broad-spectrum sunscreen with a SPF of 15+.
- Reapply sunscreen frequently, especially after swimming, perspiring heavily or drying off with a towel.
- Wear a hat with a 4-inch brim all around because it protects areas often exposed to the sun, such as the neck, ears, eyes, forehead, nose, and scalp.
- Wear clothing to protect as much skin as possible. Long-sleeved shirts, long pants, or long skirts are the most protective. Dark colors provide more protection than light colors by preventing more UV rays from reaching your skin. A tightly woven fabric provides greater protection than loosely woven fabric.
- Wear sunglasses that block 99-100% of UVA & UVB radiation.
- Wear cosmetics with an SPF of at least 15.
- Swimmers should regularly reapply sunscreen.
- Some medications can increase your skin's sensitivity to the sun. Ask your doctor or pharmacist for more information about the medications you are taking.
- Encourage children to play in the shade wearing protective clothing and apply ample sunscreen.

Sun Safety Week
Source: <http://www.weather.com/activities/health/skin/sunsafety/tips.html>

National Men's Health Week

So what is the advice for men? Take control. Men may lower their risk by incorporating the following tips:

- **See your doctor, soon,** for routine tests including blood pressure, cholesterol, and blood glucose testing. Ask what routine health screenings you should have based on your age and risk factors, and how to perform self-exams for testicular and skin cancers.
- **Don't smoke. If you do...quit!** Smoking can cut your life span by as much as 13 years.
- **Get active.** Do some kind of exercise or activity, such as yard work or walking the dog (vigorously), for at least 30 minutes, 3-4 times a week.
- **Change your diet.** Eat a balance of fruit and vegetables, whole grains, lean meats, and low or no-fat dairy products. If you drink alcohol, make sure you do it in moderation, which means no more than two drinks per day.
- **Get adequate amounts of sleep.** Seven to nine hours of rest per night is ideal.

Additional information about Men's Health Month is available at www.menshealthnetwork.org.

It's amazing that some fast food restaurant menus are so much higher than other places. Be sure to check out the nearest fast food joint's healthiest menu option with our Smart Eating Guide —>



June 14—June 20



Here are some issues you should look out for:

- Prostate Cancer
- Other prostate issues
- Cholesterol
- Blood Pressure
- Glucose
- Testicular Cancer
- Mental Health
- Breast Cancer
- Osteoporosis
- Low Testosterone
- Men's Skin Care

Source: <http://www.menshealthmonth.org/week/support.html>



DANONE SIMPSON
Insurance Services LLC

CA License 0F30734

FIREWORKS SAFETY MONTH

[There are some basic safety measures you should take when using fireworks!](#)

1. I know this sounds silly but I have to say it; use fireworks outdoors only. People have tried on several occasions to create 'light shows' indoors. Even the smallest of firecrackers in your kitchen sink can turn your ceiling black.
2. Do not allow children to play with fireworks and always have a responsible adult present. Look out for your pets as well; you don't want a fried hotdog!
3. Do not carry fireworks in your pocket, backpack or purse!
4. When you dispose of fireworks make sure you soak them in a bucket of water first.
5. When you light fireworks eye protection is very important, and make sure all body parts are out of the way.

June 1—July 4

As a spectator watching fireworks make sure you are far enough away that debris from the firework won't hit you. Also being exposed to loud sounds can very be damaging to your hearing, it is best to wear ear protection!

4th of July Fireworks Shows:

- 4th of July AmericaFest at the Rose Bowl

One of the largest fireworks displays in Southern California with music and food vendors in the nearby Arroyo.

Where: The Rose Bowl Stadium, Pasadena, California

- July 4th Fireworks, Marina Del Rey

Traditional fireworks extravaganza over the main channel in Marina del Rey programmed to patriotic music

Where: Chase Park, 13650 Mindanao Way, Marina del Rey, California

- Annual Dennis P. Zine July 4th Extravaganza in Woodland Hills

Huge Fourth of July fireworks festival in West Valley with food vendors, play zone, a free concert and fireworks show.

Where: Warner Park, 5800, Topanga Canyon Blvd., Woodland Hills, California

Source: http://www.associatedcontent.com/article/265451/firework_safety_month_june_july_4th.html?cat=62

Vision Research Month

- A very important area is screening for glaucoma and other eye diseases. In glaucoma, more than half of the people in the United States who have glaucoma are unaware of it, and this is why a screening program is quite important.
- In the world, it is estimated that there are 66 million people who have glaucoma and this results in a cost annually of about \$1.5 billion in terms of the treatment for these individuals. For retinal diseases, it is also approximately 60 million people in the world that have retinal disease and the costs are equal or even maybe a little higher for this.

Source: <http://vision.about.com/b/2007/06/12/june-is-vision-research-month.htm>

National Headache Awareness Week

Don't be afraid of that Doc! Get your Head Checked!

June 6, 2010 to June 12, 2010

As many as one out of six people have severe headaches, yet a great many of them never seek medical care or receive effective treatment. More than half of the people who suffer from migraines have never received a diagnosis for their headaches and treat themselves exclusively with over-the-counter medications. Too many people suffer unnecessarily with headaches; it is particularly unfortunate because effective treatments are readily available.

If you have headaches, when should you seek medical care?

Many people have occasional headaches that are usually triggered by muscle tension and that they treat with nonprescription painkillers. These people generally do not require special

medical care. Do you ever have those severe but infrequent headaches? Yes? Then you should see your healthcare provider for a medical diagnosis and effective treatment. Frequent, severe headaches can take a terrible toll in pain and disability: work, play, and family life all suffer. People who fall in this category should definitely seek medical help. If you experience a sudden very severe headache — perhaps the worst headache you've ever had — you should seek medical care immediately. You never know, a simple headache could be much more than you think. This is especially true if you're over age 50, when a very severe headache of sudden onset may indicate the presence of a serious medical condition.

Source: <http://www.headaches.org/pdf/2009-2010/2010A%20Patient%27s%20Guide%20to%20Headaches.pdf>