

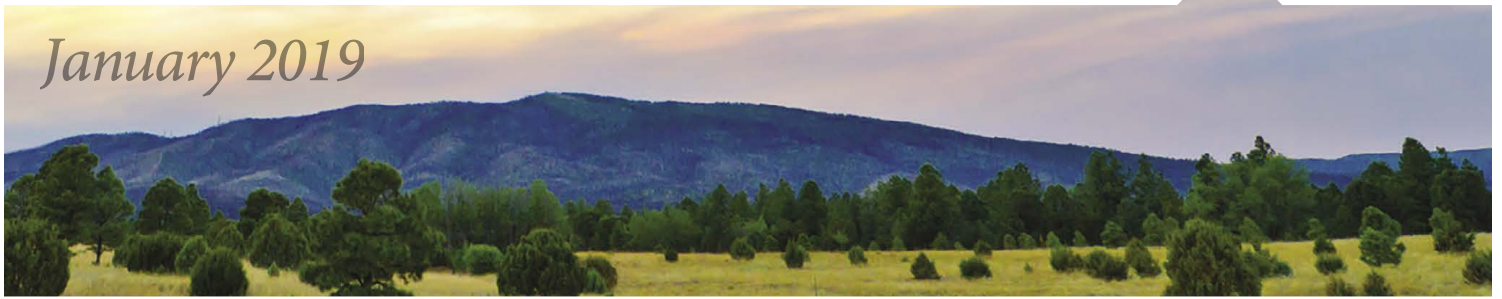


The  
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Making Great Companies  
Better Places to Work

# Work & Well-being

January 2019



[Thyroid Awareness Month](#)

[Cervical Health Awareness](#)

[National  
Blood Donor Month](#)

[National Glaucoma  
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January 29, 2019

## Thinking About *Thyroid Disease*

Your thyroid, a small, butterfly-shaped gland at the front of your throat, is the master regulator of your metabolism. Hyperthyroidism (overactive thyroid) and hypothyroidism (underactive thyroid) are the two most common types of thyroid disease, affecting the same body system but presenting very different symptoms. While there is no single symptom or cluster of symptoms that lead to a definitive diagnosis of thyroid disease, neck swelling, changes in sleep, weight, gastrointestinal issues and sensitivity to temperature can all indicate a problem. If your thyroid is not working properly, you may experience the following symptoms and should see your doctor for a more thorough exam.

Hypothyroidism	Hyperthyroidism
Weight gain, despite cutting calories and increasing exercise.	Weight loss without a change to your usual habits or even when you increase the amount you eat.
High sensitivity to cold.	Feeling hot in normal environmental temperatures.
Waking up exhausted, even after eight or more hours of sleep.	Trouble falling asleep and waking up during the night.
Taking long naps.	Racing heart or anxiety at bedtime.
Depression symptoms or depression that does not respond to antidepressants.	Anxiety, panic disorder, panic attacks.
Brittle, coarse and dry hair.	Severe hair loss.
Thick, dry, scaly skin, especially on knees/heels and elbows.	Smooth, extremely sensitive skin.



THYROID  
AWARENESS

### Know the Facts

- Women are two to 10 times more likely than men to develop thyroid disease
- People older than age 60 have a higher incidence of thyroid disorders
- Hyperthyroidism affects one in 500 pregnancies
- About four to 10 percent of women have postpartum thyroiditis
- Hypothyroidism occurs in three to five of every 1,000 pregnancies

## HEALTH FACT:

**More than 12 percent** of the U.S. population will develop a thyroid condition during their lifetime. An estimated **20 million Americans** have some form of thyroid disease. Up to **60 percent** of those with thyroid disease are unaware of their condition.

– American Thyroid Association

## Work & Well-being

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EAP: 505.254.3555 | 866.254.3555

Wellness: 505.923.5429

1240 Pennsylvania NE

Albuquerque, NM 87119

[www.solutionsbiz.com](http://www.solutionsbiz.com)



## New Year's Resolution: Transform Your Habits

With the start of a new year, many people resolve to create good habits and break old ones. Experts recommend these tips for creating good habits related to better health and well-being:

- **Start small so that it requires hardly any willpower to stick with it.** Always focus on establishing the actual habit behavior and don't increase the effort before it has become a natural part of what you do every day.
- **Don't break the chain.** Record each consecutive day you perform the new habit (or don't perform the old one). After a few days, the satisfaction of maintaining your streak will motivate you to keep going.
- **Create an implementation intention.** Be very specific about when and where your new behavior will take place. Give your habit a specific spot on your calendar and honor it as you would a business meeting or a doctor's appointment.
- **Celebrate your wins.** Even if progress seems minor, reward yourself for each step in the right direction, no matter how small.
- **Make sure you have the right people in your corner.** If you want to exercise more, but none of your friends are active, find people who are and spend more time with them.
- **Pre-commit.** State publicly what you intend to do in order to add an extra layer of accountability that makes you push through even when it's hard to feel motivated.



## Giving Blood: Know the Facts



In the United States, someone needs blood every two seconds. When you donate blood, you may help someone who experiences a disaster or emergency situation, someone who loses blood during major surgery, someone who has cancer or another serious disease, a woman who has complications during pregnancy or childbirth, or someone with severe anemia.

Before you go to donate, make sure you meet the health requirements; in New Mexico, you must be at least 17 years old, weigh at least 110 pounds and be in good health. In the weeks prior to your appointment, you should prepare your body by getting a healthy amount of iron in your diet. Foods like meat, seafood, tofu, beans, spinach and sweet potatoes are good sources of iron.

On the day of your appointment, make sure you are well hydrated and wear comfortable clothes, including sleeves you can roll above your elbow. Bring along all your prescriptions and over-the-counter medications, as well as proper identification.

When you donate blood, the phlebotomist will take about 1 pint, which takes about 10 minutes. Your donated blood will be checked for its type and tested to make sure it's safe to use.

To find a blood bank near you, visit:  
[America's Blood Centers.](#)



## New Physical Activity Guidelines Reinforce Benefits of Movement

Late last year, the U.S. Department of Health and Human Services released the second edition of the Physical Activity Guidelines for America. The recommendations are similar to those released in 2008 (see call-out box), with an emphasis on the dangers of sedentary behavior and even greater evidence of the physical, emotional and mental health benefits of getting more physical activity.

1. Preschool children (ages 3-5) should participate in physical activities that enhance growth and development throughout the day.
2. Children and adolescents ages 6 through 17 years should do 60 minutes or more of moderate to vigorous physical activity daily, including a combination of aerobic, muscle-strengthening and bone-strengthening exercises.
3. For adults, aerobic activity should be spread throughout the week. In addition to aerobic physical activity, adults should do muscle-strengthening activities of moderate or greater intensity that involve all major muscle groups on 2 or more days a week for additional health benefits.
4. People who sit a lot have an increased risk of cardiovascular disease mortality, as well as an increased risk of developing cardiovascular disease, type 2 diabetes, and colon, endometrial and lung cancers. Reducing sitting time and increasing physical activity will provide additional health benefits.



### Physical Activity Recommendations for Adults

- Moderate Intensity Exercise: 150-300 minutes per week
- OR
- Vigorous Intensity Aerobic Physical Activity: 75-150 minutes per week
- OR
- A combination of Moderate and Vigorous Intensity exercise.