

MERRITT

Wellness

Committed to the Health of our Family

February 2013

The Merritt Wellness Program and Metabolic Syndrome

The 2013 wellness program hinges on five health indicators that, when out of range, make up a condition known as metabolic syndrome. The term metabolic syndrome describes a cluster of risk factors that greatly increase the chances of disease. Individuals with metabolic syndrome have a two-fold increase in risk for heart attack or stroke, and a five-fold increased risk for developing diabetes when compared with individuals who do not have metabolic syndrome.

Having metabolic syndrome means you have three or more conditions related to your metabolism at the same time, including:

Elevated waist circumference

- 40 in. or more for men
- 35 in. or more for women

Why does it matter? A high waist circumference and too much abdominal fat puts you at high risk for type 2 diabetes, high blood pressure, high cholesterol, and heart disease.

Increased blood pressure

- 130 mm Hg or more systolic (top number)
- 85 mm Hg or more diastolic (bottom number)

Why does it matter? Consistently high blood pressure is a major risk factor for stroke, myocardial infarction (heart attacks), heart failure, aneurysms of the arteries (e.g. aortic aneurysm), peripheral arterial disease and is a cause of chronic kidney disease. Even moderate elevation of arterial blood pressure is associated with a shortened life expectancy.

High blood sugar level

- 100 mg/dL or more fasting glucose

Why does it matter? Even mildly high blood sugar - when unrecognized or inadequately treated for several years - can

Although metabolic syndrome is a serious condition, you can reduce your risks significantly by reducing your weight; increasing your physical activity; and eating a heart-healthy diet that's rich in whole grains, fruits, vegetables and fish. Additionally, you should consistently monitor your blood glucose, blood cholesterol, and blood pressure.

For more information about metabolic syndrome, please visit:

American Heart Association at: http://www.heart.org/HEARTORG/Conditions/More/MetabolicSyndrome/Metabolic-Syndrome_UCM_002080_SubHomePage.jsp and Mayo Foundation for Medical Education and Research at: <http://www.mayoclinic.com/health/metabolic%20syndrome/DS00522/METHOD=print>

IMPORTANT NOTICE:

Merritt wants to help you in your wellness journey!

There will be onsite biometric screenings March 13-14 so that you can be aware of your risks.

Through the wellness program, you will also have several fun and effective opportunities to improve your health and increase your awareness.

More details regarding signing up for a time slot for this screening will be sent out via email

Merritt Wellness Joins the Social Media Scene



Using Technology for Health

There are many apps currently on the market for smartphones as well as available for use on the iPad.

Since February is Heart Health Month we've decided to spotlight a couple that you might find useful.

1). Heart Health 2 (FREE) - Great for patients that are at a high risk for heart disease. App is available on iTunes and also on BlackBerry AppWorld, currently not available for Android. This app lets users track their blood pressure, pulse, cholesterol, blood glucose, potassium and medication. Data can be saved for backup, analysis and also shared with doctors and family members. Rating of 3 stars on iTunes.

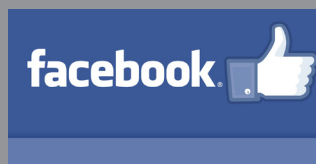
2). Heart Pal (\$0.99) - Used also for logging, charting, and analyzing your blood pressure. Can log and chart your overall, or average blood pressure to help prevent or control hypertension. There is a free version that you can download as a trial (5 free logs) called Heart Pal Free if you would like to see if before purchasing. Rating of 4+ stars on iTunes.

3). HeartWise Blood Pressure Tracker (\$0.99) - Easy to use log for tracking blood pressure, resting heart rate and weight. By entering data regularly you can chart or graph how your blood pressure fluctuates daily and it also provides a trend-analysis tool built into the app. Rating of 4+ stars on iTunes.

4). Blood Pressure Log (Free) - Helps you store and analyze your blood pressure, pulse and weight readings made by your doctor or at home. Would need to upgrade to the Pro Version for \$1.69 if you wanted app to be "ad free." Ratings for 4+ stars on Android Marketplace

Know of a fun or useful app that you use for health? Please let us know so that we may include it in a future newsletter.

Pinterest We've started out with several topic boards such as Great Recipes, Work Out Tips & Tools, Inspirational Quotes, Exercise of the Month and a Monthly Podcast. Search for Merritt Wellness and follow us now! Make sure to share this with other family members that might also find this information helpful!



We are also on Facebook - search for Merritt Wellness under Communities and "Like Us" today.

Visit either Pinterest or Facebook today to see our new Monthly Exercise or listen to our new Monthly Podcast!

Please see one of the Wellness Committee Members if you need help finding us or need help setting up a Facebook or Pinterest account.

Please feel free to contact any of the committee members for additional information or share any ideas you may have for upcoming events, newsletter articles, contests, questions, seminars, & more.

Committee Members: Tracy Funk, Ken Jonmaire, Holly Moye, Meg Truchon, Pam White

Send all ideas to our new email address at MerrittWellness@merrittproperties.com

Reminder: Additional helpful articles can be found by logging onto BHSOnline.com using User Name Merritt.