

HealthyLife[®]

LETTER

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EXERCISE: What's holding you back?

Are you struggling to get active? Here are some ways to work on overcoming those exercise barriers.

PROBLEM: I haven't exercised in a long time.

SOLUTION: Start simple. Try walking for a few minutes. Slowly increase the time and intensity of your walk or other exercise.

PROBLEM: I don't have enough time.

SOLUTION: Even 10 minutes of exercise is better than none. Find short breaks in your day to dance or walk.

PROBLEM: It's expensive.

SOLUTION: You don't need to spend money. You only need a comfortable pair of shoes to start walking. Or, exercise in your home with a smartphone app or video from the library.

Source: U.S. Office of Disease Prevention and Health Promotion

Get to know an AED

Automated external defibrillators help a person who is in cardiac arrest. They can deliver an electric shock to help get the heart beating normally again.

You may have seen AEDs at places like stores, malls, hotels or gyms. Many public places have them and they are usually mounted on a wall.

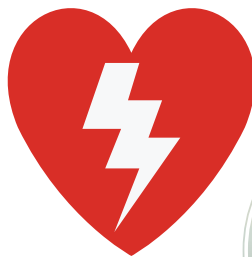


WHEN TO USE ONE

If a person has cardiac arrest, they will be completely unresponsive. If the person cannot talk or wake up, check to see if they are breathing. If they aren't breathing and don't have a pulse, start CPR and ask someone else to get the AED, if possible.

AED

Automated External Defibrillator



WHAT IS CARDIAC ARREST?

Cardiac arrest and a heart attack are not the same thing.

In a heart attack, a blockage stops blood flow to the heart. But with cardiac arrest, the heart's electrical rhythm isn't working properly. The heart stops pumping, or is "arrested." A heart attack can cause cardiac arrest.

WHY SHOULD I LEARN TO USE AN AED?

Sudden cardiac arrest is a major cause of death. An AED is the only way to restore a person's heart rhythm during cardiac arrest. Knowing how to do cardiopulmonary resuscitation (CPR) is also helpful.

You still need to call 911 if someone is in cardiac arrest. But it takes a few minutes for an ambulance to arrive. In those minutes, an AED could be life-saving.

WHAT TO DO

Even if you're not trained, you can use an AED on someone in cardiac arrest. The machine helps guide you along. Here's what to do:

- Call 911 or have someone else call.
- If possible, have someone do chest compressions or CPR while someone else gets the AED ready.
- Turn on the AED.
- Remove clothes from the person's chest. Dry their skin with a cloth if needed.
- Put the pads on the chest as pictured on the pads.
- Do not place AED pads on top of a pace maker.
- First, the AED will measure the person's heart rhythm. Don't touch the person while this happens.
- If the person needs a shock, the AED will tell you.
- The AED will tell you when it gives a shock and what to do next. Stand back while it gives a shock through the pads.

**Together, CPR
and an AED
can save lives.**

Sources: American Heart Association,
American Red Cross

WELL-BEING
TIP

Overcoming hoarding disorder

Many people have seen TV shows or articles about hoarding disorder. It's a very real mental disorder that makes it hard for people to throw anything away.

What is hoarding?

When a person has hoarding disorder, things may pile up in their home. This can lead to fire hazards, pests and problems with a job and relationships. Symptoms of hoarding include:

- Not being able to throw anything away
- A strong emotional attachment to everyday household items
- Severe anxiety when trying to throw something away
- Feeling overwhelmed or embarrassed about all the things in their home
- Strong fears about running out of things
- Losing living space because of too many things
- Becoming isolated or losing relationships because of too many items in the house

How is hoarding treated?



The only proven treatment for hoarding disorder is cognitive behavioral therapy. CBT is a type of talk therapy. It helps a person learn how to change their thought patterns and reactions to situations.

Some people with hoarding disorder also get help in support groups. They can connect with others who understand and who are also trying to get better.



Getting help for hoarding disorder

If you think you may have a hoarding disorder, you can seek help from a mental health professional. You can start with your primary care physician.

You can also go to the National Institute of Mental Health (NIMH) resource page at: www.nimh.nih.gov/health/find-help.

Sources: American Psychiatric Association, Anxiety and Depression Association of America, National Institutes of Health