

January 2009

Healthclips

from
Herbruck Alder



In This Issue

National Glaucoma
Awareness Month

National Blood Donor
Month

Wellness Adventurers

Local Events

Helpful Health Hints

Healthy Recipe

Quote

"You only have to do a very few things right in your life so long as you don't do too many things wrong."

- Warren Buffet

[Join Our Mailing List!](#)

Healthclips is Herbruck Alder's monthly electronic newsletter that contains helpful Health & Wellness information that you can share in your workplace or community.



National Glaucoma Awareness Month

More than 2 million Americans age 40 and older suffer from glaucoma. Nearly half do not know they have the disease-it causes no early symptoms.

Glaucoma has long been termed the "sneak thief of sight" because it slowly takes away vision, often without the patient even realizing it. People with glaucoma usually notice a loss of peripheral vision first. Over time, glaucoma may also damage central vision. Unfortunately, once symptoms are detected, the effectiveness of treatment diminishes. And, once vision is lost, it cannot be restored.

To raise awareness of the disease, Prevent Blindness America has designated January as National Glaucoma Awareness Month.

For more information go to The Glaucoma Learning Center at <http://www.preventblindness.org/glaucoma/> or call 1-800-331-2020.



National Blood Donor Month

Blood is traditionally in short supply during the winter months due to the holidays, travel schedules, inclement weather and illness. January, in particular, is a difficult month for blood centers to collect blood donations. A reduction in turnout can put our nation's blood inventory at a critical low.

AABB, in conjunction with America's Blood Centers and the American Red Cross, is celebrating National Blood Donor Month (NBDM) 2009 to encourage donors to give or pledge to give blood.

[Click here](#) to read more.

Herbruck Alder Wellness Adventurers

Being Proactive with Probiotics

People are constantly looking for the best ways to maintain their health. Whether it's taking yoga classes or altering your diet to be more organic, there are several habits one can adopt to feel better. But what if there was one method that would allow you to have an overall greater sense of health and well-being? Enter the probiotic solution.



[Click here to read more.](#)

Local Community Events

There are numerous events in Northeast Ohio every week that help individuals lead a healthy lifestyle.

[Click here](#) to see a list of upcoming events.

Helpful Health Hints from Herbruck Alder



When to Call the Doctor About Flu

If you just came down with miserable flu symptoms, you may wonder when to call the doctor. Sooner is better than later in case your doctor thinks you would benefit from flu medications that can help shorten the duration of the flu.

[Click here](#) to read more.

Even a Little Overweight, Inactivity Hurts the Heart

Even a few extra pounds and just a little inactivity increased the risk of heart failure in a major study of American doctors.

"What this study shows is that even overweight men who are not obese have an increase in heart failure risk," said Dr. Satish Kenchaiah, lead author of a report on the finding in the Dec. 23 issue of Circulation.

[Click here](#) to read more.

Healthy Recipe



Grilled Tuna Teriyaki

"Delicious right off the grill! Take care not to overcook the steaks, as tuna can quickly become quite dry."

[Click here](#) for recipe.

Contact Us!

We want to be your resource for Health & Wellness. Please contact your Herbruck Alder representative at 216.623.2600 about how we can continue to help your company with their wellness endeavors.

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to amuth@herbruckalder.com by healthclips@herbruckalder.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Herbruck Alder | 1100 Superior Ave. East | Suite 1700 | Cleveland | OH | 44114