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February 2010

# Healthclips

from  
Herbruck Alder



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## Quote

*"If you live each day  
as if it was your last,  
someday you'll most  
certainly be right."  
- Unknown*

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



## American Heart Month

Cardiovascular diseases, including stroke, are our nation's No. 1 killer. To urge Americans to join the battle against these diseases, since 1963 Congress has required the president to proclaim February "American Heart Month."

### Signs of a Heart Attack

Some heart attacks are sudden and intense - the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

[Click here](#) for additional information regarding American Heart Month.



## National Children's Dental Health Month

Each February, the American Dental Association (ADA) sponsors National Children's Dental Health

Month to raise awareness about the importance of oral health. Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums.

[Click here](#) for additional information.

## Herbruck Alder Employer Wellness Survey

### The Results are In! Herbruck Alder Survey Reveals More Northern Ohio Companies Offering Employee Wellness Programs

Twenty-three percent of Northern Ohio employers responding to a recent survey by Herbruck Alder acknowledge that they have comprehensive wellness programs. This is an increase of 39 percent over the results of the previous annual survey. According to the survey, another 17 percent of respondents are in the process of developing a wellness program.

[Click here](#) to read more. Contact Alison Muth at 216.377.2595 or [amuth@herbruckalder.com](mailto:amuth@herbruckalder.com) to receive a copy of the survey results report.

## Herbruck Alder Wellness Adventurers

### Skiing for a Cause



Mark Nolan, an Account Executive and Shareholder at Herbruck Alder, and his family have a great love for downhill skiing. They can be found most winter weekends at HoliMont, a resort in Ellicottville, New York. HoliMont has a special "Phoenix Adaptive Program" for skiers with disabilities, be they physical or other. Mark has been working as a volunteer with the

Phoenix program since he returned to the slopes in 2008. The program provides a certified ski instructor for each child along with one or more volunteers. His role is the latter one.

[Click here](#) to read more.

## Helpful Health Hints presented by Herbruck Alder

### Chocolate Chips Away at Stroke Risk

#### Flavonoids in Chocolate May Lower Risk of Having or Dying From Stroke

As if people need another reason to love chocolate, here it is: Eating a little bit of chocolate each week may not only lower the risk of having a stroke, it may also decrease the odds of dying from one.

A new review of recent research on chocolate and stroke risk found at least two large studies are suggestive of the health benefits of chocolate in lowering the risk of stroke. The results will be presented in April at the annual meeting of the American Academy of Neurology in Toronto.

[Click here](#) to read more.

### Simple Family Routines Can Help Prevent Childhood Obesity

Getting back to some all-but-forgotten family basics can have a significant impact on the prevention of childhood obesity. Adopting simple behaviors such as sitting down to a family dinner on a regular basis can get children off to a healthy start in the battle against obesity. A recent study involving a nationally representative sample of four-year-old children found that the return of the family meal, mixed with less television time, and the added ingredient of

sufficient sleep, are a recipe for keeping preschoolers slim and healthy.

[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.

## Healthy Recipe



### Shrimp Pockets

Make your Fish Fridays an easy endeavor by taking advantage of the frozen seafood in your supermarket's freezer aisle.

[Click here](#) for recipe.



### Turkey Burgers

Try this delicious new take on the turkey burger.

[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.

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