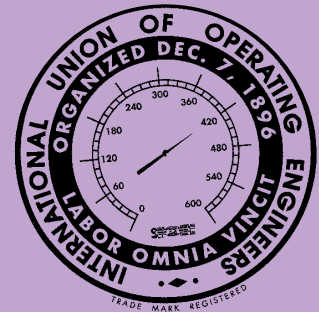


JUNE 2007

HealthLine

INTERNATIONAL UNION OF OPERATING ENGINEERS LOCAL 4
HEALTH & WELFARE PLAN



Dear Health & Welfare Participant:

YOUR HEALTH & WELFARE PLAN has an excellent routine vision plan through Davis Vision available to participants insured through the Basic Rule. This plan provides for exams and glasses (or contact lenses) when services are received through a Davis Vision optometrist.

These services are available once every two years, or annually for children under age 19 who have a change in their prescriptions.

But, suppose you need services more frequently? Perhaps your prescription has changed in less than two years, or you have lost your glasses. Or, you may be insured through the Supplemental Rule and are not eligible for routine vision services.

IUOE Local 4 Health & Welfare participants are eligible for the **Davis Vision Value Advantage Program**. And, effective June 1, 2007, members insured through the Supplemental Rule or retirees without insurance also are eligible for the Value Advantage Program. This program allows you to receive examinations and eyewear through Davis Vision by prepaying at the Davis Vision negotiated rates for your eye care services. You can receive an examination for only \$45 in Massachusetts or Rhode Island, or \$70 in Maine or

New Hampshire. You can receive a complete set of glasses for as little as \$98.

To use the program, call Davis Vision at **1-800-783-3594** and provide the Davis Vision Member Service representative a valid credit card number. If you prefer to pay by check, alternate arrangements can be made. It is important to note that your Davis Vision benefits are not available through Blue Cross Blue Shield PPO providers. To locate Davis Vision providers in your area, visit their Web site at www.davisvision.com or call **1-800-783-3594**.

If you would like additional information about this plan, contact the Fund Office or Davis Vision directly.

Also, see page 8 for information on **Returning to Work After Collecting Disability Payments**.

Sincerely,
Your Board of Trustees

Louis G. Rasetta, Chairman
Rodney Gillespie
John C. Panaro Jr.
John J. Shaughnessy Jr.
William Spielvogel
Peter White

IUOE LOCAL 4
Louis G. Rasetta,
Business Manager

ADMINISTRATOR
Gina M. Alongi



HARVARD HEALTH TIP

Exercise is the only known way for healthy adults to boost the amount of deep sleep they get. Researchers from the University of Washington found **older men and women who reported sleeping normally could still increase the amount of time they spent in deep sleep** if they engaged in aerobic activity. Source: Harvard Health Publications • www.health.harvard.edu

HOW MUCH DO YOU KNOW ABOUT HYPERTENSION?

Learning about high blood pressure, or hypertension, can help you manage the condition. To assess your knowledge, answer the following questions and check your answers. Increase your knowledge as needed.

1. Which of these increases your risk for hypertension?

- a. being 40 or older
- b. being a woman
- c. being overweight
- d. a and c

2. Which of these ethnic groups has the highest risk for hypertension?

- a. Hispanics
- b. African-Americans
- c. Caucasians
- d. b and c

3. Untreated hypertension can cause which of these?

- a. kidney failure
- b. loss of bone density
- c. stroke or heart attack
- d. all the above

4. Which of these will help control blood pressure?

- a. exercising regularly
- b. avoiding alcoholic drinks
- c. not smoking
- d. all the above

ANSWERS

1. d — a and c. 2. d — b and c. African-Americans and Caucasian men have the highest risk. Deaths from hypertension have increased 34 percent over the last 10 years. 3. d — all the above. Untreated hypertension increases the risk for heart attack five times; stroke, 10 times. 4. d — all the above. Also, lose extra weight and monitor your blood pressure.

REDUCE YOUR RISK for Serious Conditions

ADOPTING HEALTHFUL HABITS can help you reduce your risk of developing several serious chronic conditions. The more of them you adopt, the lower your risk of developing one or more illnesses.

TO REDUCE DIABETES RISK

- Maintain a healthy weight.
- Be physically active.
- Keep your HDL (good) cholesterol high.
- Keep your triglycerides low.

TO REDUCE HEART ATTACK RISK

- Avoid all forms of tobacco.
- Maintain a healthful blood pressure.
- If you drink alcohol, do so moderately.
- Maintain a healthy weight.
- Be physically active.
- Maintain healthful cholesterol levels.
- Control diabetes.
- Manage stress.
- Eat a healthful, low-fat diet.

TO REDUCE HIGH BLOOD PRESSURE RISK

- Maintain a healthy weight.
- Be physically active.
- Choose foods lower in salt and sodium.
- If you drink alcohol, do so moderately.

TO REDUCE LOW BACK PAIN RISK

- Maintain a healthy weight.
- Be physically active.
- Lift correctly.
- Don't smoke.
- Maintain good posture.
- Manage stress.

TO REDUCE HEART DISEASE RISK

- Maintain a healthy weight.
- Don't smoke.
- Be physically active.
- Manage stress.

TO REDUCE CANCER RISK

- Avoid all forms of tobacco.
- Eat a healthful, low-fat diet that includes plenty of fruits and vegetables.
- Maintain a healthy weight.

- If you drink alcohol, do so moderately.
- Be physically active.
- Avoid environmental risk factors, such as the sun and certain industrial chemicals.
- Do self-exams and have regular checkups.

TO REDUCE STROKE RISK:

- Don't smoke.
- Use alcohol moderately, if at all.
- Be physically active.
- Maintain a healthy blood pressure and take high blood pressure medication if advised by your doctor.
- Maintain a healthy weight.
- Eat a healthful diet that includes plenty of fruits, vegetables and low-fat dairy products.
- Maintain your blood sugar at a healthy level if you have diabetes.

To learn more: American Heart Association, www.americanheart.org



HAVE A HEART

Coronary heart disease is the **leading cause of death among American women**. These controllable risk factors increase a woman's chance of developing heart disease — smoking, high blood pressure, high blood cholesterol, obesity, diabetes and physical inactivity.

Avoid the Cost of Health Fraud

EVERY YEAR THOUSANDS OF AMERICANS FALL VICTIM TO HEALTH FRAUD — buying products that haven't been scientifically proven safe and effective but are touted as preventing, curing or treating diseases.

These products are heavily promoted on the Internet, on TV infomercials and in newspaper and magazine advertisements. Marketers of these bogus treatments often promise quick weight loss or miracle cures for cancer, AIDS or diabetes.

In doing so, they cheat American consumers out of \$30 billion annually and deter them from seeking legitimate medical care.

To help you avoid wasting money and endangering your health on such fraudulent products and treatments, the Food and Drug Administration offers these suggestions.

- **Be suspicious** of products that claim to cure a wide range of unrelated diseases, particularly serious ones such as cancer and diabetes. No product can treat every disease and condition, and for many serious diseases, there are no cures, only therapies to help manage them.
- **Realize that testimonials are personal stories** that have been passed on from person to person. Often they're made up.
- **Be wary of statements** that suggest a product can provide a quick cure, especially if the disease or condition is serious. Even with proven treatments, few diseases can be treated quickly.
- **Don't be fooled by the term "natural."** It suggests a product is safer than conventional treatments, but it's meaningless because some natural plants — certain mushrooms, for example — are poisonous.
- **Be wary of products** described as "miracle cures," "exclusive products" or "new discoveries."

If a product cured a serious disease, the media would report it and doctors would prescribe it. It wouldn't be hidden in an obscure magazine or newspaper ad or Web site promotion, where the marketers are of unknown, questionable or non-scientific backgrounds.
- **Talk with a doctor** or another health professional before buying or using any product that's not prescribed.



- **Contact the Better Business Bureau** (www.bbb.org) to learn if complaints have been lodged against the product.
- **Check with an appropriate health association** — for example, the American Heart Association, American Diabetes Association or National Arthritis Foundation — if the product is promoted for heart disease, diabetes or arthritis.

A good way to determine a product's authenticity is to ask yourself, "Does it sound too good to be true?" If it does, it probably is.

To learn more: Food and Drug Administration, visit www.fda.gov or call 888-463-6332.

A WASTE OF MONEY

Medical science has found no cure for arthritis, which affects 37 million Americans. Yet, the Arthritis Foundation estimates that **for every \$1 spent each year on arthritis research, Americans spend \$25 on fraudulent "cures."**



LIVING WITH A **Chronic Health Condition**

LEARNING YOU HAVE A CHRONIC DISEASE IS FRIGHTENING. Depending on what it is and the treatment options available, you may feel panicked or despondent at best.

But learning about your condition and doing your best to manage it can help you live a less fearful and more fulfilling life.

UNDERSTANDING CHRONIC CONDITIONS

Unlike acute illnesses such as sore throats, a cold or the flu, which are largely treatable and short in duration, chronic conditions can last for months, years or a lifetime.

Diseases such as arthritis, asthma, diabetes, heart disease, high blood pressure, hepatitis C, AIDS and certain cancers are some familiar chronic illnesses. Some lesser known ones include chronic fatigue syndrome, fibromyalgia, irritable bowel syndrome and Parkinson's disease.

How a person is affected by a chronic illness depends on the illness, how severe or advanced it is, and how he or she responds to treatment. The course of a chronic illness also can be affected by heredity, age, stress, diet, exercise and the person's mental state.

COPING TOOLS

The following suggestions can help you cope with a chronic condition.

- **Understand your illness.** Learning about your condition can reduce fear

and help you feel more in control of your condition and your life.

Information sources include your doctor or national organizations, such as the American Heart Association, the American Diabetes Association and the American Lung Association.

- **Play an active role in your health care.** Knowing how to manage your condition on a daily basis and what steps to take in emergencies will help you stay aware and involved.
- **Follow your treatment plan.** If you have asthma, diabetes, Parkinson's or some other condition, you may have a complicated treatment plan. Following the plan as closely as possible will help you manage your symptoms and your disease.
- **Stay informed.** Treatments, medications and recommendations for your condition may change, so it's important to stay up to date. Being connected to a support group or joining an e-mail newsgroup for people with your condition are two ways to stay current.

Adjusting to living with a chronic illness takes time, patience, support and a willingness to learn about your illness and yourself. By taking good care of yourself, taking your medication and following your treatment plan, you can learn to live a healthier, happier and more productive life.

CHRONIC CARES

The prevalence of chronic conditions differs by sex. **Women report higher levels of hypertension, asthma, chronic bronchitis and arthritic symptoms than men.** Men report higher levels of heart disease, cancer, diabetes and emphysema.

PASTA Perfect

WHETHER YOU LIKE YOUR PASTA HOT AND SPICY OR CREAMY AND MELLOW, it's a dish that can be dressed up or down and served hot or cold to please just about any taste.

The following recipes are easy to prepare and packed with nutrient-rich fresh vegetables. Cayenne pepper and red pepper flakes give the Spicy Red Pepper Pasta its kick. Add more or less of these ingredients, depending on your taste preference.

The creamy Spinach Mushroom Lasagna can be put together hours ahead or even the day before as long as you refrigerate it promptly.

SPICY RED PEPPER PASTA



1 lb. dry linguine
 1 medium green bell pepper, diced
 1 large red bell pepper, diced
 ½ medium white onion, diced
 1 T. olive oil
 3 medium cloves fresh garlic, minced
 1 T. basil
 1 T. oregano
 28-oz. can crushed tomatoes
 6-oz. can tomato paste
 Pinch of cayenne pepper
 ½ teaspoon dried red pepper flakes
 3 T. grated Parmesan cheese

Begin cooking pasta according to package directions.

In a deep skillet, sauté the peppers, onion and garlic in the olive oil until tender, about 10 minutes. Add basil, oregano, crushed tomatoes, tomato paste, water, cayenne pepper and red pepper flakes. Simmer for 10 to 15 minutes while linguine is cooking. Drain pasta and top with sauce. Serve with grated Parmesan cheese to taste. Serves six.

Per Serving Calories – 359, Fat – 4 gm., Calories from fat – 10%, Cholesterol – 12 mg., Sodium – 857 mg., Carbohydrates – 85 gm.



SPINACH MUSHROOM LASAGNA

8 oz. package lasagna noodles
 1¼ c. fat-free ricotta cheese
 2 eggs
 1 c. chopped mushrooms
 1 large onion, chopped
 10-oz. package frozen chopped spinach, thawed and squeezed to drain
 ½ t. salt
 14-oz. jar spaghetti sauce
 3 T. grated Parmesan cheese

Heat oven to 350 degrees. Grease a rectangular baking dish (11 x 17½ inches). Cook and drain noodles as directed on package. Mix ½ c. ricotta cheese, one egg, mushrooms and onion.

Mix remaining ricotta cheese, one egg, spinach and salt. Spread ½ c. spaghetti sauce in baking dish. Top with three noodles, overlapping to fit. Layer with mushroom mixture, three noodles, spinach mixture, three noodles and remaining spaghetti sauce.

Cover loosely with aluminum foil and bake 50 minutes. Sprinkle with Parmesan cheese. Bake uncovered about 10 minutes or until the cheese is melted. Let stand for 10 minutes before cutting. Serves six.

Per serving Calories – 305, Fat – 6 gm., Calories from fat – 18%, Cholesterol – 87 mg., Sodium – 548 mg., Carbohydrates – 50 gm.

CRACK THE CODE: Glossary of Medical Terms

HEALTH CARE PROFESSIONALS USE ABBREVIATIONS for medical terms on prescriptions, medical charts and records. Knowing the meaning of important abbreviations can help you prevent some medical errors and take a more proactive role in your health care.

Abbreviation	Meaning	Abbreviation	Meaning
a	before	p.o.	by mouth
aa	of each	pr	by rectum
a.c.	before meals	p.r.n.	as needed
ad lib	as needed	pt	patient
agit	shake, stir	q.	every
AMA	against medical advice	q.d.	once a day
Aq.	water	q.h.	every hour
ASAP	as soon as possible	q.4h.	every 4 hours
b.i.d.	twice a day	q.8h.	every 8 hours
BP	blood pressure	q.i.d.	four times a day
cap	capsule	q.n.	every night
CC	chief complaint	q.o.d.	every other day
cont rem	continue the medication	q.v.	as much as desired
d	give	ROM	range of motion
dil	dilute	RX	prescription or therapy
Dx	diagnosis	SOB	shortness of breath
ext	for external use	sog	write label instructions
febris	fever	sig ut dict	take as directed
FH	family history	sig	of each
h	hour	SOS	can repeat in an emergency
h.s.	at bedtime	ss	half
Hx	history	S&S	signs and symptoms
ind	daily	stat	right away
m et n	morning and night	Sx	symptoms
mor dict	in the manner directed	t.i.d.	three times a day
noct.	at night	top	apply topically
nonrep, nr	do not repeat	Tx	treatment
o	none	X	times
o.d.	once a day or right eye	y.o.	year old
pc	after meals		

To learn more: MedTerms.com, www.medterms.com

TOOLS FOR CHANGE

Helping Kids Cope

When terrorism and war take over the front page, parents worry — and children notice.

You can help your child in difficult times by offering devotion, love and security. Keeping up close communication with children is the most important thing parents can do.

Consider your kids' ages before you let them watch a lot of today's television news. Children's ages and personalities affect their reaction to stressful news. A 3-year-old is afraid the bomb is going to drop on his house. An 18-year-old has a more worldly view. Try to assure your children they're safe.

Children may not say or even know how they're feeling, so watch for clues. The American Academy of Pediatrics says that after traumatic events, children often:

- Depend more on parents or guardians
- Have nightmares
- Go back to acts of an earlier age (such as thumb-sucking or bed-wetting)
- Fear things that remind them of the traumatic event
- Act out the event at play

If you're worried about your child, seek professional help. A parent's role is to try to figure out if the child is having a problem and let the professionals worry about the diagnosis.

WEIGHT TRAINING MOVES That Boost Metabolism

STARTING AS EARLY AS YOUR 20S AND THROUGHOUT YOUR 30S, you'll naturally start to lose muscle — and gain fat at a rate of about 2 percent per decade, especially if you have a sedentary job or lifestyle.

This subtle muscle-to-fat ratio change can make it tougher to maintain your ideal weight as time goes on. But weight training can help — no matter what your age.

"Each pound of muscle you add through weight training burns as much as 50 calories or more a day, even when you're at rest," says James Orvis, a certified personal trainer and author of *Weight Training Workouts That Work*. "So if you put on

10 pounds of muscle through weight training, you're going to increase your metabolism by 500 calories a day, even if you're just sitting at your desk."

But don't think of those 10 pounds as 10 extra pounds. "On the contrary, if you're overweight, you'll probably lose weight through weight training," he says.

Where to begin? Orvis offers the following exercises to work your legs — the largest, calorie-incinerating muscle groups of the body.

GET READY

Before you do these exercises warm up with five to 10 minutes of walking. Always cool down afterward with five to 10 minutes of stretching.

DUMBBELL SQUATS

In each hand, hold up a 5- to 15-pound dumbbell with your arms hanging by your sides. The weight you start with should be light, especially in the beginning.

Looking ahead, with your back straight and feet shoulder-width apart, slowly squat like you're about to sit in a chair. As you squat, make sure your knees don't go in front of your toes; otherwise, you can put undue stress on them. Stop when your thighs become parallel to the floor. Then push straight up to return to a standing position. Repeat 10 times for one or two sets.

STATIONARY LUNGES

With one hand, hang onto a workout bench or a stable table. Take one step forward with your lead leg, like you're walking, then slowly lower yourself down, keeping your back straight.

The ultimate goal is to bend the knee of your lead leg to about a 90-degree angle but, initially, bend it only as far as you feel comfortable doing so.

Then, push straight up, stopping just before your front knee locks. After doing five to 10 repetitions on one leg, take a 30-second rest, then switch legs and work the other side.

Stick with your routine for three months and you'll begin to see results.

To learn more: *Weight Training Workouts That Work*, www.weighttrainingworkouts.com.



Returning to Work After Collecting Disability Payments

The plan's Short-Term Disability Plan can provide you with a \$400 weekly disability payment if you are unable to work for up to 26 weeks for a nonwork-related disabling injury or illness and you are insured through the Basic Rule. Checks are issued weekly once the Fund Office receives your physician's documentation supporting your inability to work.

When you are well and ready to return to work, it is important that you notify the Fund Office so disability checks are not incorrectly issued to you after you have returned to work. Some participants think the employer notifies the Health & Welfare Plan of your return to work, but this is not the case. Although the Fund Office receives the contributions made on behalf of the hours you have worked, these are typically received for the month of work you have just completed and are handled separately from the systems handling the Health & Welfare disability claims.

To avoid having to generate a refund back to the Plan, please keep the Fund Office notified of your plan to return to work.

QUESTIONS & Answers

I'VE HEARD THAT VITAMIN D IS IMPORTANT FOR STRONG BONES. WHY IS THAT?

Vitamin D helps your body absorb calcium, which helps strengthen bones. It's just as important as calcium. Without vitamin D, calcium cannot do its job; that's why it's added to most calcium supplements.

To get enough vitamin D, head outdoors: Your liver makes this vitamin after your body absorbs sunlight.

You also can get vitamin D from milk and other dairy products, egg yolks; fatty fish, such as herring, mackerel and salmon; and some fortified cereals (check labels to see if vitamin D is added).

Adults should get 400 to 800 IU of vitamin D a day, and postmenopausal women should get 800 to 1,000 IU. More than 2,000 IU daily can be toxic.

ARE ORGANIC FRUITS AND VEGETABLES MORE NUTRITIOUS THAN THE REGULAR KINDS? WHY DO THEY COST MORE?

Organic foods contain the same vitamins, minerals and nutrients as nonorganic foods. The difference is in how farmers grow, handle and process the food. Organic growers use natural methods, not chemicals, to fertilize crops, control weeds and prevent disease. This is part of the reason organic foods cost more.

The "USDA Organic" sticker means the food has met strict standards for organic foods set by the U.S. Department of Agriculture. Studies show organic foods contain less residue from pesticides – chemicals that could potentially pose harm to humans, especially young children and pregnant women.



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