



Despite what you've seen in movies, people having a heart attack do not all experience excruciating chest pain that makes them fall to the ground. In fact, women are more likely to have much subtler, atypical symptoms during a heart attack. While chest pain is the most common sign for both men and women, here are some differences that can occur. No matter your symptoms, if you think you're having a heart attack, dial **911**.

Every second counts for receiving lifesaving care.

SEVERE CHEST PAIN

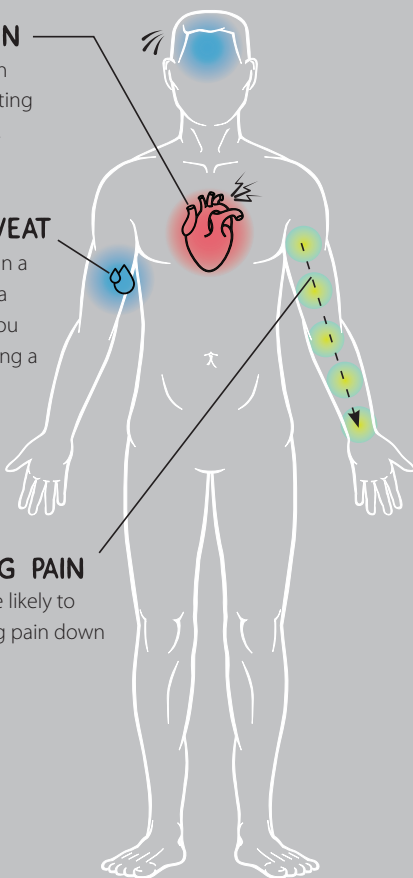
You feel like an elephant is sitting on your chest.

COLD SWEAT

Breaking out in a cold sweat is a telltale sign you could be having a heart attack, especially for men.

SHOOTING PAIN

Men are more likely to have shooting pain down their left arm.



DULL PAIN

Women are more likely to have pain or discomfort in their stomach, jaw, neck, or back.

SHORTNESS OF BREATH

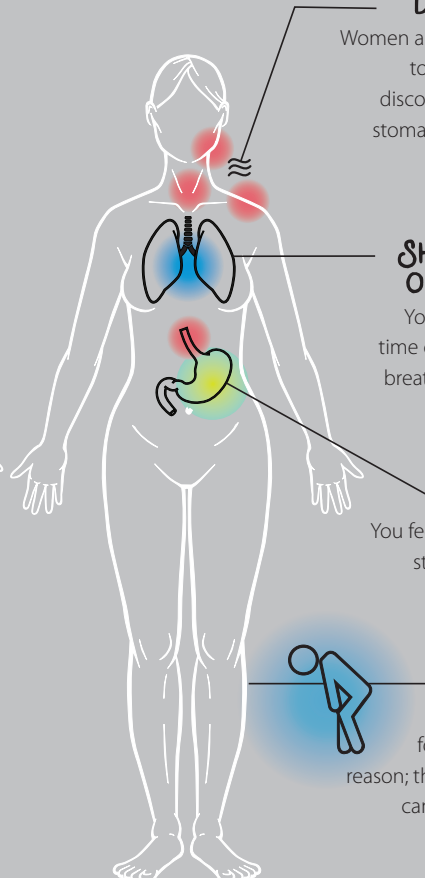
You have a hard time catching your breath even when sitting still.

NAUSEA

You feel sick to your stomach or are vomiting.

FATIGUE

You feel tired for no obvious reason; the exhaustion can last for days.



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BF&M Overseas Healthcare Toll-Free Helpline

BF&M medical assistance is available 24/7 with our toll-free numbers:

- 1-888-674-1367 (from Bermuda)
- 1-877-236-2338 (from outside Bermuda)
- 1-519-251-5186 (from Bermuda: collect calls)
- 1-519-251-5185 (from outside Bermuda: collect calls)

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ARE YOU AT RISK FOR HEART DISEASE?

About 6% of Bermudians have a history of cardiovascular disease. Do you know what your risk is? Find out by gathering some health information—including your cholesterol and blood pressure numbers—and taking a short risk assessment at www.mybermudaheart.bm/self-assess.htm.

4 Things Your Nails Can Reveal

Your fingernails can be a window to your overall health. Here are four health conditions your nails might be pointing to, and what to do if you notice the signs:

1 PSORIASIS: This skin disease develops when your skin cells grow too quickly, causing itchy, scaly, painful, or bumpy patches. Nails that are crumbling or falling off could be a form of psoriasis.

What to do: Ask your dermatologist to examine your skin, nails, and scalp.

2 ANEMIA: Indented grooves and brittle nails are symptoms of iron deficiency, which can lead to anemia—a lower than normal amount of red blood cells or red blood cells that don't contain enough hemoglobin (an iron-rich protein).

What to do: Talk with your doctor about a complete blood count to check your hemoglobin levels.



3 SMOKING-RELATED ILLNESS: Heavy smokers' nails can turn yellow from nicotine residue. Such discoloration can be a telltale sign of your increased chances of developing a serious condition such as chronic obstructive pulmonary disease.

What to do: Get help with quitting smoking at www.openairways.com/smokingcessation.html.

4 DIABETES: When your blood doesn't process glucose normally, you may develop Terry's nails, which have normal colouring on half the nail and white on the other half.

What to do: Tell your doctor about these symptoms and discuss the various diabetes tests available.



Colorectal Screenings: Timely Follow-Up Is Key

A new study reports that patients who wait more than 10 months to follow up on a positive colorectal cancer screening test are at higher risk of developing the disease and having a more advanced stage of it by the time they are diagnosed.

Most colorectal cancers originate as a polyp (growth), which could turn into cancer. Screenings help locate and remove polyps before any potential cancer has a chance to grow.

According to the Bermuda Cancer and Health Centre, patients with a normal risk for colorectal cancer should start screenings at age 50. If you have a personal or strong family history of colorectal cancer or polyps, you may need to be tested earlier and more often.



GET TIPS ON CANCER PREVENTION

Can you name six ways to help prevent colorectal cancer? If you're coming up short and also want to learn about screening guidelines, visit www.cancer.bm/cancer-information/colorectal-cancer-prevention--early-detection.

Brush Up on Better Oral Care

A healthy mouth is important for more than just a smile that sparkles. Good dental habits can protect your overall well-being, too.

Healthy Mouth, Healthy Body

Brushing, flossing, and visiting your dentist regularly can help prevent gingivitis, or gum disease. With gingivitis, your gums become red and swollen, and they bleed. When it's left untreated, gingivitis can cause your teeth to fall out and can lead to even more serious health issues.

The inflammation that comes with gum disease may increase your risk of developing heart disease. If you already have a heart condition, gum disease may make it worse. Gingivitis may also put you at risk for stroke.

Protect Your Pearly Whites

The path toward a healthier mouth requires just a few simple steps:

- Brush your teeth twice a day with a soft-bristled toothbrush. Use fluoride toothpaste. Remember to brush the insides of your teeth and your tongue, too. Replace your toothbrush every three to four months.
- Floss once a day. Flossing helps prevent gum disease and cavities.
- Visit your dentist at least once a year. Some people may need to visit the dentist more often. Talk with your dentist about how often you should go.





Is 'Healthy Obesity' a Myth?

Should You Travel Back in Time with a New Diet Craze?

Heart attack, heart failure, and heart disease sometimes go hand in hand, but they are three very different conditions.

According to proponents of the caveman or Paleo diet, 21st century people would have better health if they returned to eating like our Paleolithic ancestors did 10,000 years ago.

In other words, if a food can't be hunted, fished, or gathered, it's not good for you. Limiting your diet to grass-fed meat, game, poultry, wild-caught fish and shellfish, eggs, organic fruits and vegetables, roots, and berries is recommended. If you are following the Paleo diet, you should avoid grains, beans, peas, dairy, added sugar and salt, alcohol, and any processed or convenience foods.

The Pros

As far as fad diets are concerned, the Paleo diet does have more benefits than some.

For example, eating more fruits and vegetables and eliminating added sugar and salt is in line with healthy eating guidelines.

The Cons

Nutritionists believe the following tenets of the diet to be problematic:

- Eliminating whole grains, beans, and dairy foods from your diet could cause vitamin and mineral deficiencies.
- Cutting whole grains from your meal plan could increase your risk for heart disease, certain cancers, and diabetes.
- Consuming lots of high-fat, high-cholesterol meat and eggs is not in line with today's dietary recommendations.

Taking the best advice the diet offers—eating more fruits, vegetables, and unprocessed foods and less sugar and salt—is a good step toward better health.

The term "metabolically healthy obese" refers to people with a body mass index (BMI) greater than 30, but without the typical obesity-related health issues such as insulin resistance, lipid disorders, or hypertension. But are these folks actually healthy?

Know the Risks

Metabolically healthy obese people's risk for cardiovascular disease and obesity-related death hovers somewhere between the higher risks faced by unhealthy obese people and lower risks of healthy people with a BMI of less than 25. People with a normal weight have a BMI of 18.5 to 24.9. In Bermuda, the average BMI for men is 28 (overweight) and for women, it's 30 (obese).

Researchers are hesitant to classify this type of obesity as safe. People who are obese have a higher risk for anxiety, some cancers, depression, osteoarthritis, sleep apnea, and stroke.

Burn Those Calories

Want to lose weight to improve your health? You may lose 1 to 2 pounds per week by avoiding or burning 500 to 1,000 calories per day. Try brisk walking or biking for at least 50 minutes three times per week or about 22 minutes each day.

TRACK YOUR EATING HABITS
 About one in 15 adults in Bermuda eats less than one serving of fruits and vegetables per day. Keep tabs on how much healthy—and unhealthy—food you eat with a handy tracker. Check it out at www.gov.bm/sites/default/files/Food-groups.pdf.

A new way to eat healthier and feel better
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