

8 Tips for Exercising Outdoors When You Have Allergies



JUST BECAUSE IT'S ALLERGY SEASON DOESN'T MEAN YOU HAVE TO MOVE YOUR WORKOUTS INDOORS. With a few smart tweaks, you can continue being active outside while keeping your allergy symptoms under control.

For starters, be sure to consult with your allergist. Your doctor may perform an allergy test to find out what triggers your symptoms. That way, you can find the treatments that work best for you. In addition, knowing which allergens make your symptoms worse means you can do your best to steer clear of them. Here are eight more things you can do to sweat safely outdoors:

1. Always take your medication as prescribed to help reduce symptoms.
2. Breathe through your nose—your nasal passages help filter out allergens.
3. Carry epinephrine with you at all times if you're allergic to insect stings.
4. Check the pollen counts before you exercise. They tend to be highest in the mornings and rise again in the afternoon, so a midday workout may be your best bet.
5. Wear sunglasses and a hat to prevent pollen from getting into your eyes and hair.
6. Avoid exercising by areas that may have higher concentrations of allergens, such as fields, busy roads, or woods.
7. Change your clothes as soon as you get inside to avoid bringing allergens into your home.
8. Wash your hair after your workout to remove pollen and any other allergens that may have hitched a ride.



BREATHE EASIER. Want suggestions on how to avoid allergy problems indoors? Wondering which medications may help you find relief?

Visit www.openairways.com/Rhinitis%20Flyer%202014.pdf.

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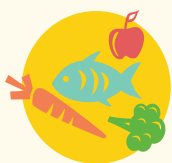


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5 Tips for a Better Night's Sleep

Sleep is vital to your health and a critical part of life. You need it to recharge your brain and body for another day. Stress, everyday demands, and even your smartphone are some of the culprits affecting your sleep.

To sleep better and wake up feeling more rested, follow this advice:



1

Eat your meals around the same time every day. Dinner should always be two to three hours before bedtime.



2

Limit naps to 30 minutes or less, and nap between 1 and 3 p.m. for the most benefit.



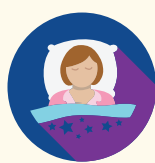
3

Stay active—any activity is good. Try to move for 20 to 30 minutes most days, at least five to six hours before bedtime.



4

Limit caffeine and don't have it after noon. Avoid stimulants (such as decongestants and nicotine) as well.



5

Go to bed at the same time every night and get up at about the same time every morning, even on weekends.

health facts

How Healthy Are Flavored Sparkling Waters?

Sweet, fizzy, fruity, and sugar-free, flavored sparkling waters seem to be popping up on many grocery store shelves. Sparkling waters are better for you than sugar-sweetened colas. But they also have some drawbacks compared with plain water.

SUGAR-FREE DRINKS CAN DAMAGE TEETH

Acidic beverages can wear down tooth enamel, contributing to cavities. Fruity carbonated waters often include flavorings such as citric acid and phosphoric acid. These provide a tart taste. They also make the drink acidic.

Carbonated drinks can also dry out the mouth. This is important because saliva washes acids and food products off the teeth. A regular flow of saliva, therefore, helps prevent tooth decay.

TIPS TO ENJOY BUBBLY BEVERAGES

Despite their drawbacks, zero-calorie carbonated waters are a better choice than sugary sodas. Sugar feeds the mouth bacteria that cause cavities. But unlike sugar, the artificial sweeteners used in diet drinks don't promote tooth decay.

If you do choose carbonated beverages, drink them along with a glass of water. This will help balance the acidity and protect your teeth.



LEARN HANDY TIPS FOR HEALTHIER MEALS.

Half of adults in Bermuda consume sugary drinks on any given day, so if you're looking for beverages that are good for you—as well as how to time your meals, add flavor to vegetables, and more, visit <https://www.gov.bm/sites/default/files/personal-eating-plan.pdf>.



Colorectal Cancers Strike Younger Patients

MOST OF THE TIME, YOU WON'T HAVE TO THINK ABOUT GETTING A COLONOSCOPY until you're 50. But a recent boost of colorectal cancers in younger patients may make you think twice about waiting to be screened.

A new study predicts that by 2030 there will be an increase in rectal and colon cancers in patients younger than age 50. Factors, such as a lack of physical activity, obesity, and eating a more traditional Western diet, may be to blame.

Thankfully, maintaining a healthy lifestyle can decrease your chances

of developing colorectal cancer. Follow these four tips to reduce your risk:

- **Lose extra pounds.** Did you know that one out of three adults in Bermuda is obese?
- **Exercise.**
- **Don't smoke.** Cigarettes have been linked to adenomas—growths that can turn into cancer.
- **Get screened.** If you have colitis, Crohn's disease, or a family history of colorectal cancer, your doctor may suggest an early screening. Talk with your doctor to decide what's best for you.

Expired Medication: Keep or Toss?

SO YOU'VE WOKEN UP WITH A HEADACHE. That bottle of pain relievers that's been sitting in your medicine cabinet might seem like a simple fix, right? Well, before you grab the pills, check whether they're expired.

Outdated drugs have less potency. That may not sound dangerous when it comes to easing minor aches with ibuprofen. But consuming expired medications that treat chronic or life-threatening illnesses such as heart conditions, seizures, or chronic obstructive pulmonary disease (COPD) can be a dangerous oversight, since they won't work as well to keep you healthy.

Other medications that should always be taken at full strength include:

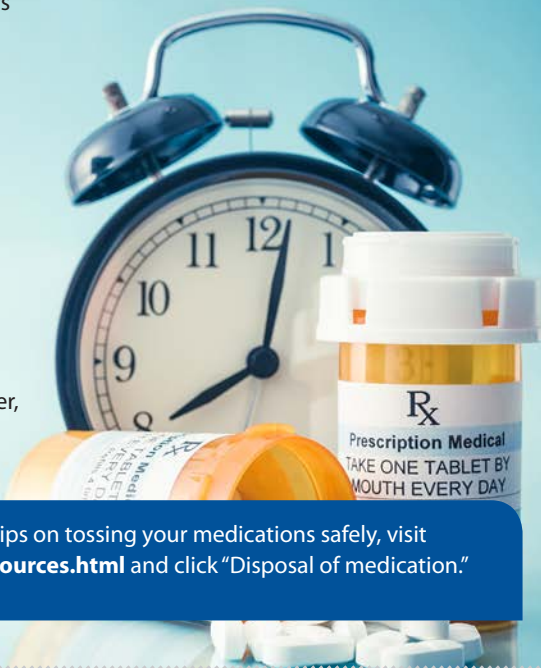
- Oral nitroglycerin—for angina (chest pain)
- Insulin
- Eye drops
- Antibiotics

As for disposing of expired medications safely, follow these simple steps:

- 1 Mix uncrushed medicines with an unpalatable substance, such as dirt or coffee grounds.
- 2 Place the mixture in a sealed container, such as a plastic bag.

- 3 Throw the container into the trash.
- 4 Scratch out any personal information on the prescription label of your empty bottle or package. Then throw it into the garbage.

Proper storage of your medication is also key to keeping you and your family safe. Check the labels for specific instructions—certain drugs need to be kept in the refrigerator and others shouldn't be exposed to extreme heat. It's best to store most medications in a cool, dry place such as a closet shelf or a kitchen cabinet far from the stove.



MIND YOUR MEDS. For more tips on tossing your medications safely, visit www.bpa.bm/community-resources.html and click "Disposal of medication."

health facts

5 Daily Habits to Ease Chronic Pain

Chronic pain can last for weeks, months—even years—but know that you can find relief. For starters, try these strategies:

Get out of bed. Staying active daily will help keep your body and mind in better shape. Avoid movements that would make your pain worse, but try low-impact activities that minimize the risk for further injury.

Relax. Certain relaxation techniques, such as meditation or breathing exercises, have proven to be helpful in managing chronic pain. Try downloading a guided imagery app on your smartphone.

Take the right medication for your pain.

You can purchase acetaminophen and nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen over the counter. Antidepressants and muscle relaxants are also possible options.

Practice yoga. Yoga can be key in preventing or even reversing the mental effects of chronic pain.

Feed your body well. Certain foods can fight inflammation, make your bones stronger, and therefore help alleviate pain. The best foods for arthritic pain, for example, include fish, soy, and olive oil. Plus, a healthy diet can help lift your spirits.

Talk with your doctor about which self-care solutions are best for you.



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