

healthmatters

Winter 2024

Heart attack vs. panic attack



We've all seen heart attacks portrayed on screen: An actor clutches their chest and cries out in pain, maybe even dropping to the floor. But not all heart attacks look like that. Plus, chest pain can be a sign of something else—a panic attack. How can you tell which is which?

A heart attack is a blockage that reduces or completely cuts off blood flow to the heart. Symptoms may start suddenly but can also develop slowly and get worse. They do not get better, or they go away for a short time and then come back. Symptoms include:

- Uncomfortable pressure, squeezing, pain or a feeling of fullness in the chest
- Pain in the jaw, arm, neck, or back
- Pain that worsens over time
- Shortness of breath

A panic attack is a sudden, intense wave of fear that can occur if the body's survival instincts become overactive. Symptoms come on fast and are immediately overwhelming. Symptoms peak in about 10 minutes and then begin to fade. They include:

- Chest pain (the exact sensations vary person-to-person)
- Pounding heart rate
- Difficulty breathing

If you're having symptoms that seem like a heart attack, get help right away. Although panic attacks aren't as dangerous, they deserve attention and care. Discuss your experience with your healthcare provider and ask about resources that can help.

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Improve your work-life boundaries for decreased stress

By Dr. Jennifer Card, C-entre
centre.bm

Here are a few tips to help you reestablish a 'crisper' line between work and home life to increase well-being.

- 1. Start with self-awareness.** Become more conscious about leaving work. Picking up your smartphone at night to check your work emails is a habit. Becoming more aware of this habit can help you determine whether you really need to check in with work or whether it can wait until the morning instead.
- 2. Establish a transition activity** to help you shift from a work mindset to a home mindset. Perhaps it is cooking dinner, exercising, or taking the dog for a walk. Choosing an activity that marks a line between work and home can help.
- 3. Dispel the myth** that one more late-night email is going to make your next workday easier. It won't. What it will do is potentially negatively impact your quality of sleep because you will be thinking about work right before bed.
- 4. Shut down your computer** or close your laptop at the end of the workday. It is more difficult to send long emails on your smartphone, and a shut-down computer will be a conscious reminder that work is done for the day.

- 5. Use the settings in your smartphone** to turn off notifications for work emails after hours so that you are less tempted to check work emails in the evening.
- 6. Choose a time each day to end work** and try to stick to it. There will be times when something requires longer hours, but don't make that the norm.
- 7.** Remember that **winding down from work** and allowing yourself decompression time in the evening will help improve your quality of sleep. Better sleep will help you be more efficient the next day.
- 8. Use my grandmother's motto** at the end of each day as you shut down your work area: "I have done what I can today. Now it's time to leave work, and tomorrow will be a new day."

FIND BALANCE

If you are struggling with work-life balance, you can seek help through **Solstice, a holistic wellness centre in the heart of Hamilton City. For information on services, or to make an appointment, go to solstice.bm.**



Prostate cancer: Understanding your options

There are several health screenings that are recommended for everyone. Prostate cancer, which is most often found in men ages 65 and older, is not one of them. Instead, men should discuss the screening with their healthcare providers.

In general, screening tests such as a digital rectal exam or prostate-specific antigen (PSA) blood test might occur at:

- Age 50 for men at average risk of prostate cancer and expected to live at least 10 more years
- Age 45 for men at high risk of developing prostate cancer
- Age 40 for men at even higher risk

Not all prostate cancer requires treatment. Your provider may suggest watchful waiting. Prostate cancer usually advances slowly and occurs late in life. So, it's possible you can delay treatment and avoid potential complications.

As you consider options for screening or treatment, have open conversations with your provider and your loved ones.

GET THE FACTS

Prostate cancer was the most common form of cancer among men in Bermuda in 2019 and the second most prevalent overall, behind breast cancer.



Be an #INFLUENCER

for safe teen social media use

From Instagram and TikTok to Discord and Twitch, here's how teens and their parents can keep social media usage healthy and safe.

DO ...

1. Create healthy online relationships. Many teens benefit from the support and companionship that comes from interacting online with peers—especially if they're anxious or lonely.



2. Watch for problematic social media use. Signs include being unable to stop using devices and lying to retain access to platforms.

Problematic use has been linked to sleep problems and attention deficits.



3. Limit use.

Social media shouldn't interfere with sleep, school, or physical activity. Parents: Set time limits for your teen—and for yourself as an example.



DON'T ...

1. Let younger kids use social media unsupervised.

Parents should review and discuss the social media use of kids younger than age 15. And they should stay up-to-date on the newest platforms teens might be using.



2. Engage with psychologically harmful content.

This includes content around self-harm or risky behaviours, as well as "cyberhate" like discrimination and bullying.



3. Use social media for comparison.

It can be unhealthy to compare yourself to other social media users—especially as it relates to appearance and engagement, such as number of likes or comments.



Mocktail: Citrus ginger fizz

If you're looking for an alternative to alcoholic drinks, this mocktail is a refreshing and healthy option that's perfect for any day or season.

Ingredients

- Juice of 2 oranges (about 1 cup)
- Juice of 1 lemon (about ¼ cup)
- 2-inch piece of fresh ginger, peeled and finely grated
- 1–2 tablespoons honey (to taste)
- Soda water
- Ice cubes
- A few fresh mint leaves (optional)
- Slices of orange and lemon for garnish

Directions

In a pitcher or large jug, combine the orange juice, lemon juice, and freshly grated ginger. Add honey to taste and stir until it's fully dissolved. You can adjust the amount of honey based on your personal preference for sweetness. Fill two glasses halfway with ice cubes, then pour the juice mixture over the ice. Top off the glasses with soda water, stirring gently to combine. If you have fresh mint on hand, lightly roll a few leaves between your palms to release the aroma and add them to each glass. Garnish the glasses with a slice of orange and a slice of lemon and enjoy immediately.

Preventative healthcare matters.

Remember to schedule the screenings and healthcare provider appointments to which you are entitled under your coverage, because preventative healthcare matters.

Learn more online at
bfm.bm/preventativehealthcare

With **BF&M** you can.



* LiveWell is intended to complement rather than substitute for proper medical advice or treatment.

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