

Flu Facts: Spot the Signs and Beat the Bug!

THE FLU CAN KNOCK YOU OFF YOUR FEET, BUT KNOWING HOW TO PAMPER YOURSELF CAN HELP YOU FEEL BETTER FASTER..

FLU SYMPTOMS

The following symptoms pack a powerful punch, but usually clear up within two weeks. If symptoms linger or worsen, call your doctor.

- A fever between 102 and 104 degrees Fahrenheit that lasts three days
- Muscle aches and pains
- Extreme fatigue
- Headache
- Chest discomfort

Other symptoms include a cough, stuffy nose, sore throat, and sneezing. Children may experience nausea and vomiting.

COMFORT MEASURES

The best thing you can do when you have the flu is take good care of yourself. Try these comfort measures:

- **Eat well and drink lots of fluids**, such as water, soup, and caffeine-free beverages.
- **Get plenty of rest.**
- **Consider over-the-counter medications.** Nasal decongestants can help unclog a stuffy nose, and antihistamines stop sneezing. Acetaminophen can tackle a fever and minor aches.

A SHOT IN THE ARM

An annual flu shot can greatly lower your chance of getting the flu. There are typically two options for the flu vaccine: the traditional flu shot and a nasal spray. For the 2016-2017 flu season, the CDC has deemed the nasal spray ineffective. Your best bet is to get the traditional flu shot.

Steer Clear of the Flu

These strategies also can help you dodge the flu:



Frequently wash your hands with warm, soapy water for at least 15 seconds.



Disinfect telephones, doorknobs, keyboards, and other items touched by people who have the flu.



Make sure that people with the flu blow their noses in disposable tissue and discard it right away.



WHAT'S YOUR FLU IQ? See how much you really know about the flu with a quick quiz. Visit the Bermuda Hospitals Board at www.bermudahospitals.bm/health-wellness/influenza.asp and click the red start button.

www.bfm.bm

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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Go Ahead, Slurp Your Supper

STIR TOGETHER A STEW, MIX UP SOME MINESTRONE, or cook up a pot of chili. If you choose your soup wisely, your waistline—and your health—can benefit. In a recent study, people who spooned up more soup tended to weigh less and have smaller waists.

Soup works its magic by packing in water and fiber, which can make you feel fuller on fewer calories. Plus, it often contains a variety of veggies rich in nutritious vitamins and minerals.

Soup is also convenient, easy to prepare, and budget-friendly. You can throw together a simple vegetable soup with items already around your kitchen for less than 50 cents a serving.

TO GET THE MOST OUT OF EVERY BOWLFUL:

- **Go broth-based.** Choose veggie-based soups, tomato soup, or recipes made with chicken or beef broth. They're lower in calories and fat than creamy blends, like bisques.
- **Swap in produce.** Replace meat or noodles in your soup with chopped vegetables. Good choices include beans, greens, and broccoli, peppers, or carrots.
- **Stay low-salt.** About half of Bermudians don't look at the salt content on food packages, so check nutrition labels carefully and choose low-sodium options. Better yet, make your soup from scratch using fresh or frozen veggies, water, and salt-free herbs and spices.



HPV Cases Plunge as Vaccination Takes Effect

SINCE 2006, HEALTH EXPERTS HAVE RECOMMENDED that all young women receive the HPV vaccine, which targets human papillomaviruses. A new study suggests that the strategy has worked—the number of HPV cases has dropped by nearly two-thirds among teen girls.

THE LINK BETWEEN VIRUSES AND CANCER

HPV refers to a group of more than 200 viruses. Some strains of HPV cause low-risk conditions, such as warts. Others may have no symptoms at all. But over time, some may cause cell changes that increase the risk for cancer in the cervix, throat, and anus, among other places.

VACCINES OFFER PROTECTION

Even condom use can't completely protect against HPV. Fortunately, the FDA has approved three vaccines to prevent their spread.

The Bermuda Cancer and Health Centre recommends that girls ages 11 to 12 have the HPV vaccine. It can also be given at age 9 or 10 and as late as age 26. Talk with your child's doctor to learn more.



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What You Can Do to Prevent Diabetes


Did you know that nearly one in eight adults in Bermuda has raised blood sugar or diabetes? You can find out if you're at risk with a simple blood test that checks for a condition called prediabetes.

With prediabetes, your blood sugar levels are higher than normal. However, they are not yet high enough for a type 2 diabetes diagnosis.

Having prediabetes is serious, but don't get discouraged. Here are some changes you can make to lower your blood sugar levels within the normal range:

 **Lose weight.** If you're overweight, aim to lose around 7% of your total weight.

 **Exercise.** Aim for 30 minutes of moderate-intensity physical activity, such as brisk walking, five days per week.

 **Diet.** Cut back on the amount of fat and calories you eat per day. For example, try eating a salad before dinner every evening. Also try switching from drinking regular soda and juice to calorie-free water.

Ask your doctor whether you should get a screening for prediabetes.

HAVE A FREE TALK WITH A DIABETES COUNSELOR.

You can receive FREE diabetes counseling if you have been recently diagnosed with type 1 or type 2 diabetes or prediabetes. To make an appointment, visit the Bermuda Diabetes Association at www.bermudadiabetes.org or call 1-441-297-8427.

Simple Changes Can Improve Your Health

A RECENT STUDY FOUND THAT 10 HEALTHY HABITS—including maintaining healthy blood pressure, being more active, and reducing stress—could prevent nine out of 10 strokes. Another paper showed that eating healthier foods helped curb heart disease. A third report revealed that being more active reduced the risk for 13 types of cancer.

Here's a checklist to boost your well-being in 2017.

GET MOVING

- Store comfy workout clothes and shoes in your car and office. Adults in Bermuda are inactive for more than five hours each day, so move when you can.
- Avoid boredom. Swim one day and take a yoga class the next. Wash the car or weed the garden on the weekend.
- Join a walking group.
- Stay active alongside your kids. Walk up and down the field while they play team sports.
- Limit family members to two hours a day of screen entertainment.

EAT SMART

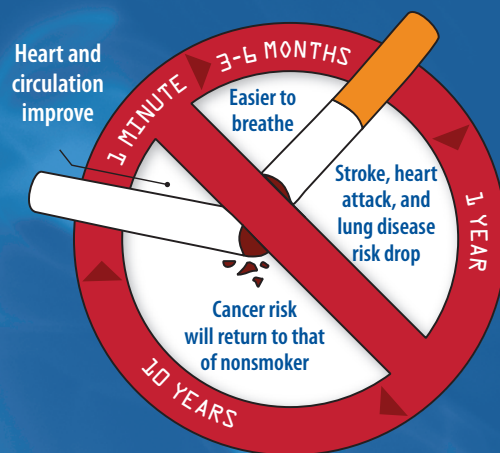
- Choose water, fat-free or low-fat milk, unsweetened tea, or other nonsugary drinks.
- Carry healthy snacks—such as fruit, cut-up veggies, low-fat cheese, or unsalted nuts—when you travel.
- Improve flavor with herbs and spices instead of salt.
- Cut sodium by checking nutrition labels on packaged foods.
- Create scrumptious smoothies with frozen fruit and buttermilk or yogurt.

STAY CALM

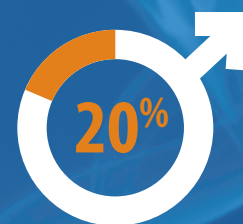
- When life stresses you out, talk to a friend, read, or play a game.
- Try to take five minutes a day for deep breathing or another kind of relaxation.
- Avoid getting overwhelmed by cutting big problems into manageable parts.
- Set your watch five minutes ahead to prevent being late.
- Take a few deep breaths or count to 10 before speaking.

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The Health Benefits of Quitting



Almost **1 in 7** adults in Bermuda smokes.



About **20%** of men in Bermuda are smokers.

Fewer smokers in Bermuda have been trying to quit.

BE A QUITTER! From books and seminars to programs, there are a number of ways you can get support as you quit smoking. Visit Open Airways at www.openairways.com/smokingcessation.html.



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- ◆ no withdrawal
- ◆ no weight gain!

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