

APRIL  
2020



## 4 TIPS FOR lunchtime walking

Sometimes lunchtime is the only time you have to exercise. That's OK! Walking at lunch can boost your health. Here's how to succeed:

1. Keep walking shoes and clothes at work. Then you don't have to remember them each day.
2. Ask others to go with you. Having a friend can make walking more fun.
3. Put it in your calendar. If it's scheduled, you may be more likely to do it.
4. Pack a lunch each day. Have healthy food ready to eat when you're done.

Source: American Heart Association

# Should you be taking daily aspirin?

Taking a low dose aspirin every day can lower the chance of a heart attack. But that doesn't mean that a daily aspirin is right for everyone. The National Institutes of Health says some people take aspirin each day — but they shouldn't. The NIH has new guidelines about who should or should not take it.

## WHAT DOES ASPIRIN DO?

Aspirin is a non-steroidal anti-inflammatory drug (NSAID). It is a pain reliever for headaches and other aches and pains.

Aspirin also thins the blood. This can prevent clots that can lead to a heart attack or stroke. Taking a low-dose aspirin every day can be life-saving for many people.

However, aspirin also has risks. It can cause bleeding in the stomach and brain bleeding in rare cases.

## NEW GUIDELINES TO FOLLOW

Researchers think many people are taking aspirin without their doctor's approval. This can mean they could put themselves in danger of bleeding or stomach problems. Aspirin can also interact with other medications or supplements.

Experts no longer think everyone over age 70 should take daily aspirin. People who have a low risk of heart attack or stroke may not need it. Also, people who have a higher risk of bleeding — no matter what age — should not take it.

People who benefit from daily aspirin have a higher risk of heart attack or stroke. They may have already had a heart attack or stroke in the past. They may have a family history of heart problems or other risk factors.

## THE BEST PROTECTION

If you don't need daily aspirin, you can help prevent heart disease with simple healthy habits.

- Get more exercise.
- Eat a heart-healthy diet.
- Don't smoke.
- Get regular cholesterol and blood pressure checks.



### What's the bottom line?

Don't start taking daily aspirin unless your doctor says you should. And, tell your doctor and pharmacist about all medications and supplements you take.

WELL-BEING  
TIP

# Q & A Blood donation

Every day, people need life-saving blood transfusions. These transfusions are possible because people donate their blood. Despite the need for donated blood, many people are afraid to donate. They may have fears about the process, needles or even their own health. Get the facts about blood donation so you can make an informed decision.

## Q: Is blood donation safe?

A: Yes. Each donation uses a new, sterile needle that is thrown away after one use. You may also be given a quick health check to be sure you're healthy enough to donate. This may include taking your temperature, blood pressure and pulse.

## Q: What if I don't like needles?

A: Many people have a fear of needles. But blood donation is a quick process that can help save up to three lives. Facing your fears can mean the world to another person. Try listening to relaxing music, deep breathing or reading a book during your donation. Drinking fluids before donating will make donation easier and faster.



More than 4 million lives are saved each year because of blood donations.

## Q: Will I faint afterward?

A: Some people feel lightheaded after donating blood. But most people feel fine afterward. If this concerns you, you can have a few extra minutes to sit or lie down. You can also lower the risk of this happening by eating a healthy meal before your donation and drinking at least 16 ounces of water. When you feel well enough, slowly sit up. Blood donation only takes about 1/10th of the blood from your body. Your body replaces this lost blood quickly.

## Q: Don't they only need rare blood types?

A: Sometimes there is a public appeal for certain blood types. But all blood types are needed and valuable. If you don't know your blood type, you can find out after your donation.

If you have any health conditions, you can ask your doctor whether blood donation is right for you.

Source: American Heart Association