



BalanceHealth Newsletter

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Your Spring Check Up

Spring is a time of renewal, growth and self reflection. As a general theme many people use spring as a time to take stock of various aspects of their life from house-cleaning to reviewing their finances. In the spirit of the season, everyone should add an overall health check-up to their spring to-do list. It's so important to really examine your own physical health and then evaluate steps you can take to ensure you remain in great physical condition for years to come.

Start your self check up by inspecting a few key body parts and bodily functions that can clue you into your overall health and some common health issues.

Weigh Yourself – This will help to ensure that your Body Mass Index (BMI) is within a healthy range. Once you know your weight, simply log on to the internet and type your height and weight into an online BMI calculator, which is readily available on the Web. Remember BMI isn't always an accurate indicator of a healthy weight, especially if you have a large amount of muscle mass, you could actually be in pristine shape, but have a high BMI. However, in most other instances it is a pretty good indicator of a healthy weight.

Also, take note of any substantial weight gain or loss since the last time you

weighed yourself. Unintentional weight loss can be a sign of an underlying medical condition and should be checked out by a doctor just to be safe. On the other hand, excessive weight gain can be a sign of an unhealthy lifestyle. Take steps to get in shape since carrying around too much weight can lead to an increased risk for medical conditions including heart disease and diabetes.

Check your Breath – Surprisingly, a simple sniff test can actually tell you a great deal about your health. To properly test your breath it is more effective to lick your wrist, let it dry, and smell it rather than just blowing into your cupped hand. Of course be sure to take the test when you didn't just finish off a big piece of garlic and onion pizza! If you notice a stinky smell after conducting your sniff test the first step is to simply step up your dental hygiene by brushing, flossing, and using mouthwash on a regular basis.

If you are practicing excellent oral hygiene and still notice an odor it could be a symptom of acid reflux, diabetes, a respiratory infection, and liver or kidney problems. So take note of any other symptoms you may have and be sure to see your doctor.

For more information or advice about your health contact your Wellness Coordinator by calling

1.800.327.2255

eni's BalanceHealth program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.





Scan your Skin – Skin cancer affects over 2 million people per year making it the most common form of cancer. Luckily it is also the most curable if it is diagnosed and treated early. Thoroughly scan your entire body, as skin cancer can occur anywhere, and look for any abnormal or new marks. Some warning signs to look for include:

- Existing moles, birthmarks, or beauty marks that changed color, increased in size or thickness, or changed texture
- Marks that are larger than a pencil eraser
- Marks that have an irregular outline – it could have uneven edges or be asymmetrical
- Marks that are more than just one solid color
- Spots or sores that continuously itch, hurt, scab, or bleed
- Open sores that do not heal within 3 weeks

If you notice any of these marks on your body, schedule an appointment with a dermatologist right away, so (s)he can look into it. Remember, the vast majority of moles, freckles, spots, etc... are completely harmless, but it's better to be safe than sorry. Even if you do not notice anything abnormal on your skin, it's smart to visit a dermatologist once per year so they can establish a baseline and make note of any skin changes.

Measure your Heart Rate – This self test is so easy it only takes 2 fingers and 1 minute! It's important to know your resting heart rate because it can provide some insight into your heart health. If your resting heart rate is high, it means that your heart is working harder than it should be to pump blood through your body. An average resting heart rate ranges from 60-100 beats per minute. An athlete may have a resting heart rate as low as 40 beats per minute which is fine for an extremely active person.

A good time to test your heart rate is before you get out of bed in the morning so you are in an optimally rested state. Simply take your index and middle fingers and place them on your pulse (underneath your jaw is usually

the easiest place to find a strong pulse) then count the number of beats for 1 minute. If your resting heart rate is above 100 it may be a good idea to schedule an appointment with your doctor to figure out the root cause and techniques to help lower it, so your heart is not being overworked.

Check your Breasts – In addition to getting a yearly breast exam from a doctor, women are instructed to conduct a self check on their breasts each month, so if you haven't been doing this start now! To start just examine your breasts in the mirror and check to make sure that there is no distortion such as dimpling, puckering, bulging, or swelling and that they are their normal size, shape, and color. Next lie down on your back, place your arm behind your head and use your 3 middle fingers to gently but firmly feel all the way around each breast including the nipple. If you notice any unfamiliar lumps, hard spots, or bumps, schedule an appointment with your doctor.

To finish up your spring check up conduct a medical history on yourself. Make sure that you are up to date on any necessary health maintenance or preventative exams that are recommended for your age, sex, or lifestyle such as mammograms, colonoscopy, lipid screenings, STD testing, bone density scans, etc. If you are past due on any of these screenings schedule an appointment and get them done. Also, be sure to make a list of any chronic conditions you have been experiencing such as back pain or headaches and talk about them with your doctor the next time you have an appointment.

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