

# LIFESTYLE BENEFITS

FEBRUARY 2016

## Healthy Beat



### Health & Wellness

#### Battling the Rise of Superbugs



Have you ever stopped to think that the medication you're taking might not be good for you? Antibiotics cure disease by inhibiting or killing infectious bacteria and are some of the most frequently recommended medications. Unfortunately, half of all prescriptions written are for non-responsive viruses or are taken for too short a duration to allow the infectious bacteria to die.

In either case, the medicine destroys a wide variety of "good" bacteria needed to keep your body healthy while leaving the infectious germs resistant to future rounds of antibiotics.

The World Health Organization warns that antibiotic-resistant infections have become a global threat and urges that antibiotics be reserved for infectious disease management.

#### Combat Antibiotic Resistance

- ❖ Keep your hands clean
- ❖ Avoid contact with sick people
- ❖ Keep vaccinations current
- ❖ Protect yourself from sexually-transmitted infections
- ❖ Only use antibiotics when prescribed by a health professional
- ❖ Complete prescriptions even if you are no longer symptomatic

#### Your Heart Matters

The beat goes on: Heart disease is the nation's number one killer and February is American Heart month. Learn to protect yourself and the ones you love with these heart-healthy tips.



**Exercise regularly** Work physical activity into your daily routine by using your lunch break to take a quick walk.

**Drop the weight** If you carry extra fat — especially around the belly — you increase your risk for high cholesterol, high blood pressure and diabetes.

**Eat well** Follow a dietary pattern that includes fruits, vegetables, whole grains, and other healthy choices.

**Reduce blood sugar** Diabetes can quadruple your risk of heart disease or stroke.

**Manage blood pressure** Called the "silent killer," high blood pressure has no symptoms, which makes testing necessary.

**Stop smoking** Quitting can help prevent heart and lung disease, strokes and cancer.

#### Going Gluten Free

Fluffy rolls and piles of pasta aren't what dreams are made of for some people. Blamed for causing a wide range of symptoms from asthma and rashes to brain fog and joint pain, gluten has fallen from favor with many consumers.

A simple blood test can tell you if you have celiac disease, but there is no accepted medical test for gluten sensitivity. Tell your doctor



about any symptoms you are experiencing for help determining if you may have gluten-related issues.

If you're shunning gluten, read nutrition labels carefully to avoid contamination from gluten-containing grains, additives or preservatives.

Foods to Avoid	Gluten-free Substitutes
Wheat cereals	Corn or rice cereals
Wheat pastas	Quinoa, rice or corn pastas
Wheat crackers	Rice cakes and corn chips
Soy sauce	Tamari
Cakes and cookies	Many candies
Beer	Wine and liquors

### Benefit Spotlight

#### AD&D Insurance Break Down

An accidental death and dismemberment policy can be a great way to hedge your bets, but first take the time to understand what you are buying. This limited form of life insurance offers benefits for death, dismemberment, disability, or hospital and medical care resulting from specified types of accidents.



Read the fine print carefully. There are usually strict coverage guidelines that must fall during a specific period. For example, a disability rider may not fully cover a limb amputation. It may only pay at 100% if two or more limbs are lost within the policy's coverage dates.



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