



Partners in Prevention

Taking Health & Safety to Higher Ground

March 2017

YOUR GAMEPLAN TO LIVE

Signs You Have Developed a Food Allergy as an Adult

Once you reach adulthood you don't really expect to discover a food allergy. While most food allergies do start in childhood, it's not uncommon for adults to suddenly react to a food they've seemed fine eating before.

Symptoms of a food allergy can happen immediately after consumption, or can sometimes take up to about 2 hours to appear. After you're exposed to a food protein that your immune system mistakenly thinks is harmful, it releases antibodies and other chemicals that try to get rid of the "invader" from your body. Food allergy symptoms can appear in different body systems, as you can see the breakdown below.

"Mild/Moderate" Symptoms of a Food Allergy:

- Skin Symptoms: Hives (reddish, swollen, itchy areas on the skin), eczema (a persistent dry, itchy rash), redness of the skin around the eyes.
- GI Symptoms - Nausea, diarrhea, abdominal pain, and vomiting. (People may confuse this with a stomach virus or food poisoning).
- Cold-like/Seasonal Allergy Symptoms (Respiratory) - Sneezing, runny nose, nasal congestion, dry cough that seems to come on after eating a certain food could signal a food allergy. Your tongue might also swell, or you might notice an odd metallic taste in your mouth.
- Oral Allergy Symptoms - Tingly, itchy mouth and throat and maybe even an itchy ear canal.

Severe Symptoms of a Food Allergy:

- Obstructive swelling of the lips, tongue, and/or throat
- Trouble swallowing
- Shortness of breath or wheezing

The most severe manifestation of a food allergy is anaphylactic shock. It is a



Chicken Quinoa Soup

4 Servings

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, sliced
- 3 stalks celery, chopped
- 2 cups roughly chopped carrots
- 1 teaspoon Cajun seasoning
- 1 cup quinoa
- 1 quart fat-free low-sodium chicken broth
- Kosher salt and freshly ground pepper
- 2 cups chopped broccoli florets
- 2 1/2 cups shredded rotisserie chicken, skin removed
- Sour cream (optional)

Directions:

Heat olive oil in a large pot over medium heat. Add the onion, celery, carrots and Cajun seasoning and cook, stirring occasionally, until the vegetables are slightly soft, about 4 minutes. Stir in the quinoa, then add the chicken broth, 3 cups water, 1/2 teaspoon salt, and pepper to taste. Partially cover and bring to a simmer, then reduce the heat to medium and cook until the quinoa starts to soften, about 12 minutes. Add the broccoli and cook, uncovered, until just tender, about 5 minutes. Add the chicken and stir to warm through. Season with salt and pepper. Serve with a dollop of sour cream.

Food Network

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life-threatening reaction that requires emergency treatment. Anaphylaxis is a combination of symptoms that involves different body systems.

Anaphylaxis Symptoms:

- Difficulty breathing
- Swelling of the upper throat and/or tongue
- Very rapid or irregular heartbeat
- Low blood pressure
- Cardiac arrest

People who have had a severe allergic reaction are at risk for future reactions. Even if your first reaction is mild, future reactions might be more severe. That's why it's important to carry self-injectable epinephrine, if you are at risk, and 911 should be dialed in the event of a serious reaction.

If you have experienced any symptoms of a food allergy, whether it is mild/moderate or severe, it is recommended that you consult with a healthcare provider.

Occupational Athletic Trainer Tip of the Month By Derek Bracken, MS, ATC, CES



Derek works in Western Pennsylvania. He has been a certified Athletic Trainer since the spring of 2009 and received his Bachelors of Science in Athletic Training from California University of Pennsylvania. He also received his Masters of Science in Exercise Science and Health Promotion from California University of Pennsylvania. Derek specializes in evaluating biomechanical issues involving the body's muscles and joints and can develop corrective exercise programs that will not only alleviate the immediate symptoms but also keep them from coming back.

March is "National Athletic Trainer's Month"

During the month of March we like to appreciate and celebrate the athletic trainers that provide great healthcare services in a variety of settings. Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions.

Athletic trainers have a very wide skill set which includes but is not limited to:

- Evaluation of soft-tissue injuries
- Rehabilitation of soft-tissue injuries



Cauliflower Chowder

6 Servings

Ingredients:

- 4 slices bacon, diced
- 2 tablespoons unsalted butter
- 2 cloves garlic, minced
- 1 onion, diced
- 2 carrots, peeled and diced
- 2 stalks celery, diced
- 1/4 cup all-purpose flour
- 4 cups chicken broth
- 1 cup 2% milk
- 1 head cauliflower, roughly chopped
- 1 bay leaf
- Salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley leaves

Directions:

First, cook bacon to your liking. Next, melt butter in a large stockpot or Dutch oven over medium heat. Add garlic, onion, carrots and celery. Cook, stirring occasionally, until tender. Stir in cauliflower and bay leaf. Cook until barely crisp-tender, about 3-4 min. Whisk in flour. Gradually whisk in chicken broth and milk, whisking constantly, until slightly thickened. Bring to a boil; reduce heat and simmer until cauliflower is tender, about 12-15 minutes; season with salt and pepper. If the chowder is too thick, add more milk as needed until desired consistency is reached. Garnish with bacon and parsley.

<http://damndelicious.net/2014/03/22/cauliflower-chowder/>

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- Preventative care
- Development of individualized fitness programs
- Development of individualized nutritional plans
- An understanding of special medical conditions such as diabetes or asthma
- Provision of full body-movement analysis
- Provision of mental health techniques
- ...and much more!

Often an athletic trainer is confused for a personal trainer. The biggest difference is that personal trainers focus only on the fitness and sometimes the nutritional components of the body, and also cannot provide any kind of medical treatment. An athletic trainer is a board certified, state licensed healthcare professional who works under the direction of a physician to provide medical services. The athletic training academic curriculum and clinical training follows a medical model.

So let's take some time this month and thank your local athletic trainer for all the services they provide to our communities!

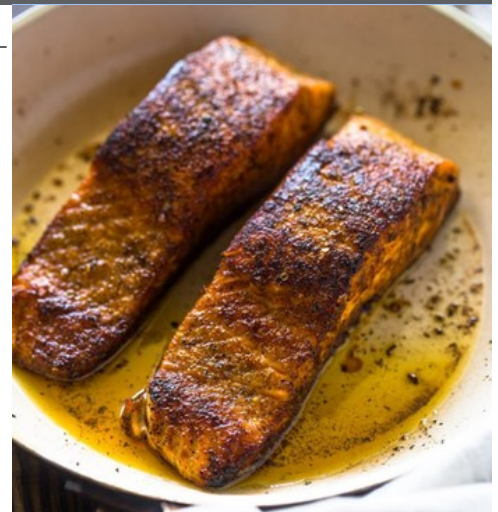
The Importance of Genetic History

At Occupational Athletics, it is our mission to find ways for employees to live a health and safe lifestyle to feel their best and live a quality life. But we also know it's extremely important to be aware of your genes and your family history. In order to be at your healthiest, you need to incorporate this information with your healthy lifestyle to reap the best benefits.

Tracing the illnesses suffered by your parents, grandparents, and other blood relatives can help you and your doctor to predict the disorders to which you may be at risk and take action to keep you and your family healthy. If one generation of a family has high blood pressure, it is not unusual for the next generation to have similarly high blood pressure. If your mother or father has diabetes, you may be at risk. If someone in your family has suffered an aneurism - this is something you should know. For your doctor to see your family's history of disease gives him/her huge insight into what kind of health screenings you may need.

The Surgeon General along with the National Institutes of Health have created this web-based tool (link below) to help users organize family history information and then print it out for presentation to their family doctor. In addition, the tool helps users save their family history information to their own computer and even share family history information with other family members.

[Access the My Family Health Portrait Web tool](https://familyhistory.hhs.gov/) at <https://familyhistory.hhs.gov/>.



Easy 10 Minute Crispy Salmon Serves 4

Ingredients:

- 4 skin-on salmon fillets (5-6 ounce pieces)
- ½ teaspoon cumin
- ½ teaspoon taco seasoning
- ¼ teaspoon oregano
- ¼ teaspoon garlic powder
- Salt and pepper to taste
- 1 tablespoon olive oil

Instructions:

Heat a large heavy-duty pan on high heat for about 2 minutes. While the pan is heating up, rub spices onto dry salmon. Pour oil into pre-heated pan (be sure pan is super hot) . Place salmon into pan, flesh side down and allow to sear for approximately 5 minutes then flip and sear the other side for 4-5 minutes or until center is cooked. Turn off heat and allow salmon to rest in the same pan for 5 minutes (it will continue cooking as it rests.)

<http://gimmedelicious.com/2016/09/08/easy-10-minute-crispy-skin-salmon/>

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Adding Pulse Movements to Your Workout

Want to add a little extra burn to your fitness moves without necessarily adding weight? Try PULSING your repetitions.

What is pulsing?

Imagine this. One complete rep of an exercise is when you perform the move one time in its' full range of motion. You begin in the start position and end in the start position. Pulsing is when you partially complete a rep without returning the whole way to the start position, but rather hold the exercise and pulse back and forth a few inches repetitively before returning to the start position. This helps work your muscles to exhaustion.

Let's take squats for example. One complete squat is when you start in a standing position, then sit all the way back into an imaginary chair and then come back up to return to a standing position. When you add pulsing movements, now you start at the standing position, sit back into the imaginary chair, start coming back up, but only a few inches, then go back down into the chair and back up a few inches and back down into the chair, etc.

Pulsing works well with many functional at-home exercises. Think you've mastered squats, lunges, bridges, leg raises and abdominal exercises? Try adding 5 pulses at the end of your reps. If you need more of a challenge, try adding 5 pulses halfway through your reps and at the end of your reps.

One important note to consider before adding pulsing to your exercises is to make sure you have mastered your form first with regular repetitions. Pulsing will intensify the exercise and if you have not yet perfected your form you will increase the risk of injury. It is much more important to perform the exercise as many times as you can using the proper form than it is to jeopardize your form to try to get in more repetitions. If you are not using proper form you may not be targeting the muscle correctly and may not get the intended results. Always be sure to make sure you keep breathing throughout the entire exercise.

At Occupational Athletics, we know that the future of healthcare is in the *prevention* of illness and injuries.

It is our mission to provide preventative care utilizing sports medicine principles and lifestyle modification training to create an atmosphere of health, safety, and performance to allow employees to enjoy an enhanced quality of life and reach their retirement—and beyond—SUCCESSFULLY!



Quinoa Stuffed Bell Peppers

6 Servings

Ingredients:

- 3 cups cooked quinoa
- 1 (4-ounce) can green chiles
- 1 cup corn kernels
- 1/2 cup canned black beans, drained and rinsed
- 1/2 cup petite diced tomatoes
- 1/2 cup shredded pepper jack cheese
- 1/4 cup crumbled feta cheese
- 3 tablespoons chopped cilantro leaves
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon chili powder
- Kosher salt and freshly ground black pepper, to taste
- 6 bell peppers, tops cut, stemmed and seeded

Directions:

Preheat oven to 350 degrees F. Line a 9x13 baking dish with parchment paper. In a large bowl, combine quinoa, green chiles, corn, beans, tomatoes, cheeses, cilantro, cumin, garlic, onion and chili powder, salt and pepper, to taste. Spoon the filling into each bell pepper cavity. Place on prepared baking dish, cavity side up, and bake until the peppers are tender and the filling is heated through, about 25 -30 minutes.

<http://damndelicious.net/2013/06/03/quinoa-stuffed-bell-peppers/>



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