



Partners in Prevention

Taking Health & Safety to Higher Ground

September 2017

YOUR GAMEPLAN TO LIVE

Heartburn, Acid Reflux, and GERD

Gastroesophageal reflux disease (GERD) and acid reflux are essentially similar, but different in the fact that acid reflux is more often referred to as a condition that can range from mild to severe and GERD is a chronic long-term disease, which is usually considered severe. GERD and acid reflux occur when acid or other stomach contents back up in the esophagus. Heartburn is the most common symptom of both.

Common symptoms:

- Heartburn—burning pain behind the chest that may move up toward the neck. Or burning pain that is worse when you are lying down or bending over. Heartburn often happens after you eat.
- Feeling like food is coming back up into your mouth, maybe with a bitter taste
- Sore throat that won't go away
- Hoarseness (scratchy-sounding voice)
- Cough that won't go away
- Asthma
- Chest pain
- Feeling like there is a lump in your throat.
- Pain when you swallow
- Feeling as though food sticks in the throat when going down.
- Nausea
- Frequent burping
- Throwing up

Alarming Symptoms:

Certain symptoms may point to complications or life-threatening problems. **Should you have any of these alarm-warning symptoms, talk to your doctor right away.**

- Chest pain with activity, such as climbing stairs
- Losing weight without trying
- Choking while eating or trouble swallowing food and liquids
- Throwing up blood or material that looks like coffee grounds
- Red or black stools

What causes GERD and acid reflux?

Muscle Weakness of the lower esophageal sphincter (valve), which is found between your stomach and esophagus. **This muscle is meant to close** after food goes into your



No-Carb Cloud Bread

Ingredients:

- 3 eggs, separated
- 3 Tablespoons cream cheese
- 1/4 teaspoon baking powder

Directions:

- Preheat oven to 300 degrees Fahrenheit (150 degrees Celsius).
- Separate the eggs, there must be no yolk in the white.
- In one bowl, mix together the egg yolks, cream cheese and honey until smooth.
- In the second bowl add 1/4 teaspoon of baking powder to the whites and beat the whites on high speed until they are fluffy, form nice peaks and hold their peaks.

These ingredients are optional and highly recommended: 1 TBS honey, or your favorite natural sweetener. (I like to use Coconut Palm Sugar because it is low glycemic and adds a subtle sweetness to my baking and is perfect for coffee or tea.) Also optional are salt, garlic powder, rosemary and other favorite spices/herbs.

The KEY to success to this recipe is that you need to fluff up your egg whites to stiff peaks. It takes about 5 minutes using an electric hand mixer.

Source: <http://thebigapplemama.com/2016/01/no-carb-cloud-bread.html>

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stomach and stay closed when you are not eating, but if this muscle is weak, the valve does not work the right way and what is in your stomach can come back up (reflux).

- The muscle can become weak because of:
 - ◇ Being overweight, obese or pregnant
 - ◇ Some medications (talk to your doctor and tell him or her exactly what you take).
 - ◇ Smoking
 - ◇ Alcohol
 - ◇ Getting older

Other Causes

- Reflux can also be **worsened by some foods**, how fast you eat and how much you eat.
- A **hiatal hernia**, which is a bulging of the stomach into the chest through the hole in your diaphragm normally occupied by the lower esophageal sphincter, can cause reflux. This condition is more common with aging and obesity.

If you are having persistent acid reflux or heartburn or think you may have GERD make an appointment to discuss your symptoms with your healthcare professional.

Trigger Foods:

- Tomato
- Garlic
- Onions
- Citrus Fruit
- Spicy Foods
- Coffee
- Alcohol
- Fatty Foods
- Chocolate

Source: <http://www.gastro.org>

September 2017 is National Preparedness Month – Plan Ahead for Disasters!

This September, National Preparedness Month will focus on planning, with an all-encompassing theme “Disasters Don’t Plan Ahead. You Can.” We should all take action to prepare! We are all able to help first responders in our community by training how to respond during an emergency and what to do when disaster strikes — where we live, work, and visit. The goal of National Preparedness Month is to increase the overall number of individuals, families, and communities that engage in preparedness actions at home, work, business, school, and place of worship.

Be Informed

Know what disasters could affect your area, how to get [emergency alerts](#), and where you would go if you and your family need to evacuate.



Cauliflower Fried Rice Bowl

Serves 1

Ingredients:

- 3 cups raw cauliflower florets
- 1 garlic clove, minced
- 2 teaspoons sesame oil
- 1/8 teaspoon sea salt
- 1/8 teaspoon black pepper
- 1/2 cup frozen peas
- 1/2 cup shredded carrot
- 2 eggs, beaten
- 2 tablespoons almonds, chopped
- 1 green onion, chopped

Directions:

Pulse cauliflower in a food processor or blender until it resembles a rice texture. In a skillet over medium-high heat, sauté garlic in sesame oil for 30 seconds. Add cauliflower, salt and pepper, and cook for 1 minute. Add peas and carrots and cook for another 3 to 5 minutes until everything is heated and cauliflower is tender. Slide veggies to side of the pan, and scramble eggs on empty side. Stir veggies and cooked eggs together. Place mixture in bowl, top with almonds and green onion and serve.

Source: <http://www.shape.com/healthy-eating/healthy-recipes/cauliflower-fried-rice-bowl-will-make-you-forget-about-takeout>



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Visit <https://www.ready.gov/be-informed> to learn specific ways to prepare for hurricanes, severe weather, tornados, power outages, nuclear blasts, active shooters, and much more.

Make a Plan

Creating your *Family Emergency Communication Plan* starts with one simple question: “What if?” “What if something happens and I’m not with my family?” “Will I be able to reach them?” “How will I know they are safe?” “How can I let them know I’m OK?” During a disaster, you will need to send and receive information to your family.

Communication networks, such as mobile phones and computers, could be unreliable during disasters, and electricity could be disrupted. Planning in advance will help ensure that all the members of your household—including children and people with disabilities and others with access and functional needs, as well as outside caregivers—know how to reach each other and where to meet up in an emergency. Planning starts with three easy steps:

1. Collect important information you will need.
2. Share – Make sure everyone in your family has a copy of the Family Emergency Communication Plan that they can carry with them. If you complete a plan online at the link below, you can print it onto a wallet-sized card. You should also post a copy of your plan in a central location of your home.
3. Practice – Have a household meeting to review and practice your plan.

Visit: <https://www.ready.gov/make-a-plan> for more information and to complete a Family Emergency Communication Plan.

And of course, DON’T FORGET YOUR PET! Click on the link to get the full printable checklist of what your pet needs in a disaster.

https://www.fema.gov/media-library-data/1392389819026-75460345a2f4adcc5418a1da7cb25eef/2014_PrinterFriendly_PetOwners.pdf

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!



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Toasted Gnocchi with Mushrooms, Basil and Parmesan

Serves 4

Ingredients:

- 1 pound (uncooked) potato gnocchi*, homemade or store-bought
- 8 ounces baby bella or white button mushrooms, sliced
- 8 ounces shiitake mushrooms, sliced
- 3 tablespoons butter (or use olive oil)
- 3 garlic cloves, minced
- 2/3 cup dry white wine
- 1/2 cup julienned or roughly-chopped fresh basil leaves, loosely-packed
- 1/2 cup freshly-grated Parmesan cheese, plus extra for serving

Directions:

Cook gnocchi, drain, set aside. As the gnocchi is cooking, melt the butter or olive oil in a large sauté pan over medium-high heat. Add the mushrooms and sauté for about 3 minutes until the mushrooms are soft and slightly browned. Add in the cooked gnocchi and garlic and continue cooking (and stirring) until the garlic is fragrant and the gnocchi is lightly toasted and browned around the edges. Add in the wine, and give the mixture a good stir. Continue cooking for 3-4 minutes, until the wine has reduced by half. Remove pan from heat, stir in the fresh basil and Parmesan until combined.

Source: <https://www.gimmesomeoven.com/toasted-gnocchi-with-mushrooms-basil-and-parmesan/>