



MAY 2020

# WORKSITE WELLNESS NEWS!

*City of Bryan Employee Health Newsletter*



## May is American Stroke Month

### What is stroke?

Stroke kills nearly 150,000 of the 860,000 Americans who die of cardiovascular disease each year—that's 1 in every 19 deaths from all causes.

A stroke, sometimes called a brain attack, happens in one of two ways:

- **Ischemic stroke**- when the blood supply to the brain is blocked
- **Hemorrhagic stroke**- when a blood vessel in the brain bursts

A stroke causes brain tissue to die, which can lead to brain damage, disability, and death. Stroke is the fifth leading cause of death in the United States and the leading cause of serious long-term disability. This is disturbing because about 80% of strokes are preventable. You can greatly reduce your risk for stroke by making lifestyle changes to help control your blood pressure and cholesterol levels and, in some cases, by taking medication.

### Are you at risk?

Anyone, including children, can have a stroke at any time. Every year, about 800,000 people in the United States have a stroke—and about 1 out of 4 of those strokes are recurrent strokes. Having one stroke means you have a greater risk of having another stroke. Several factors that are beyond your control can increase your risk for stroke. These include your age, sex, and ethnicity. There are many unhealthy habits, such as smoking, drinking too much alcohol, and not getting enough exercise, that you can change to lower your stroke risk. Using tobacco products and having high blood pressure, high cholesterol, diabetes or obesity can also increase your risk. Treating these can reduce your risk.

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## What are the signs and symptoms of a stroke?

An easy way to remember the most common signs of stroke and how to respond is with the acronym **F.A.S.T.**

**F**= Face drooping: Ask the person to smile. Does one side droop?

**A**= Arm weakness: Ask the person to raise both arms. Does one arm drift downward?

**S**= Speech difficulty: Ask the person to repeat a simple sentence. Are the words slurred?

**T**= Time to call 9-1-1: If the person shows any of these signs, call 9-1-1 immediately. Stroke treatment can begin in the ambulance.

Source: [https://www.cdc.gov/stroke/facts\\_stroke.htm](https://www.cdc.gov/stroke/facts_stroke.htm)



## TRY THIS LOW-CARB SPAGHETTI SQUASH SALAD FOR YOUR MOTHER'S DAY BRUNCH OR LUNCH

*This Spaghetti Squash Salad is tossed in a zesty dressing for an easy, healthy side dish that's a cinch to make and guaranteed to please. It tastes great warm or cold-perfect for a side dish! It's easy to throw together and tastes amazing!*

### Ingredients

#### SALAD

- 1 medium spaghetti squash (approximately 4 cups of flesh)
- 1 small red onion (diced)
- 1 red pepper (diced)
- 1/4 cup fresh basil (or 1 Tbsp dried)
- 1/2 cup sun-dried tomatoes (reconstituted and chopped)

#### DRESSING

- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- 2-3 cloves garlic (crushed)
- 1 1/3 tsp dried oregano
- 1/2 tsp salt
- 1/2 tsp mustard powder (optional)



### Instructions

1. Slice squash in half, lengthwise, and remove the fibrous strings and seeds. Brush with olive oil and season with salt and pepper. Place facedown on a foil-lined baking sheet. Bake at 400° F for 30-40 minutes or until the squash pulls apart in "spaghetti" strings. Cool. Alternatively, cook the spaghetti squash in a pressure cooker for a much faster alternative.
2. Using a fork, remove the squash's flesh and place in a medium bowl.
3. Add in all other salad ingredients.
4. Place dressing ingredients in a jar and shake to mix well.
5. Pour over salad, then toss and serve.

Source: <https://wholenewmom.com>

# MORE THAN A MOOD

## Watch for warning signs of depression



Everyone feels down sometimes. You might be coping with everyday stress, feeling lonely or grieving the loss of a loved one. But how do you know if you are just feeling blue or on the brink of a major depression?

The signs and symptoms are hard to detect, and might go unnoticed by you or others who are close to you. Depression can hide behind a person's smiling photos posted on social media. It can be a constant drain on someone who appears otherwise happy and functioning in their career.

### Diagnosing depression

If you're concerned about depression, talking with your medical provider is a good first step. Your doctor might ask questions about your symptoms and discuss any family history of depression or mental illness. Lab tests may help rule out other conditions that could be affecting your mood.

The following questions can help uncover symptoms of depression:

- Do you feel sad most of the day or almost every day?
- Have you lost interest in your favorite hobbies and activities?
- Have you had a change in appetite or significant weight gain or loss?
- Are you sleeping too much or unable to sleep?
- Do you lack energy and motivation almost every day?

- Do you feel hopeless, worthless or guilty almost every day?
- Do you have problems with concentrating, making decisions or remembering?
- Do you have recurring thoughts of death or suicide?

### Let's talk

There's no need to suffer in silence or hide your feelings. Reaching out to set up an appointment can take just a few words: "I don't feel like myself lately, and I wonder if it could be depression or something else. I'd like to talk to a medical provider about it."

If you need help right now, call the National Suicide Prevention Lifeline at 800-273-8255

Find out more about the telehealth options available to City of Bryan health plan participants by visiting:

<https://cobweb2.cobnet.org/coronavirus-info-for-employees/#cigna>

Source: Cigna Vita Min



Open Monday–Thursday 7:30 am–5:30 pm (closed Noon–1 pm)

Friday 7:30 am–3:00pm (open Noon–1pm)

Walk-ins have been suspended temporarily.

Call 979-821-7690 for an appointment!

Questions or concerns?

Email [CityofBryanHealth@st-joseph.org](mailto:CityofBryanHealth@st-joseph.org)

If you have wellness related news to share with other City of Bryan employees and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Ward

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<https://wellness.bryantx.gov/>