



## HEALTH & WELLNESS – part 2

Truck drivers are constantly faced with the challenge of having to transport and deliver goods in a safe and timely manner. The stress of having to drive defensively for yourself and others, long hours and seasonal weather changes can take a toll both mentally and physically. This stress often leads to high blood pressure, which increases the risk of heart attacks, strokes and kidney disease. High blood pressure can also prevent you from passing your DOT physical. Given these issues, it becomes even more important to pay attention to your health. Health and safety go hand in hand.

### Tips for keeping your blood pressure under control ~

- \* Maintain a healthy weight.
- \* Quit smoking. Smoking drastically increases the risk of heart attacks, strokes and several forms of cancer.
- \* Exercise as much as you can. Strive to be active a minimum of 30 minutes every day.
- \* Eat in heart healthy ways – fruits & vegetables, low fat dairy products, etc. and limit your sodium intake.
- \* Take medications as prescribed and be sure to talk to your healthcare professional if you have questions or concerns.



### \* Know the Warning Signs

#### Heart Attack Warning Signs ~

- \* Chest discomfort. You may feel uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back.
- \* Shortness of breath, which may occur with or without chest discomfort.
- \* Dizziness – Cold Sweats – Nausea

#### Stroke Warning Signs ~

- \* Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- \* Sudden confusion, trouble speaking or understanding.
- \* Sudden trouble seeing in one or both eyes.
- \* Sudden trouble walking, dizziness, loss of balance or coordination.
- \* Sudden, severe headache with no known cause.



**F**ace drooping  
**A**rm weakness  
**S**peech difficulty  
**T**ime to call 911

bayforhealth.com #StrokeAwareness

**congrats!**

*Doug Charles*

... is the lucky winner of the gift certificate this month for turning in his signed newsletter.

Going into 2019, we want to wish you and your family a very **HEALTHY** and

**Happy New Year**

I have read and understand the above information regarding “HEALTH & WELLNESS – part 2”.

Signature

Date