

In The Pink



Striving to be in the best of health

Asthma

Asthma is a disorder of the lungs that causes the airway to:
Swell (or become inflamed), specifically in the airway lining
Produce large amounts of mucus that is thicker than normal
Become more narrow because of muscle contractions surrounding the airways

The symptoms of asthma include:

- Feeling short of breath
- Frequent coughing, especially at night
- Wheezing (a whistling noise during breathing)
- Difficulty breathing

What is adult-onset asthma?

When a doctor makes a diagnosis of asthma in people older than 20, it is known as adult-onset asthma.

Those who may be more likely to get adult-onset asthma are:

- Women who are having hormonal changes, such as those who are pregnant or who are experiencing menopause
- Women who take estrogen following menopause for 10 years or longer
- People who have just had certain viruses or illnesses, such as a cold or flu
- Obese people
- People with allergies, especially to cats
- People who are exposed to environmental irritants, such as tobacco smoke, dust, feather beds, or perfumes.

Irritants that bring on asthma symptoms are called "asthma triggers."

Asthma brought on by workplace triggers is called "occupational asthma."

Information submitted by Soror Lavardis

Weight Loss Programs

Principles of Healthy Weight Loss

Follow sensible and healthy guidelines for eating and physical activity for achieving and maintaining healthy weight.

Excess weight is caused by an interaction of genetic (inherited) and environmental (social and cultural) factors, which include metabolic maintenance, women need to understand that a quick and effortless weight loss is worthless.

As sedentary lifestyle is a significant barrier to successfully maintaining weight loss and preventing further weight gain, it is important to add more activity in your daily routine.

Losing weight requires burning more calories than the body takes in, by either reducing caloric intake or increasing caloric expenditure, or preferably, both.

Remember, achieving and maintaining even a modest amount of weight loss can reduce the severity of illnesses associated with obesity.

Healthy Weight is defined as a Body Mass Index (BMI) equal to or greater than 19 and less than 24.9 among all people age 20 or over.

To determine your BMI, divide weight in kilograms (2.2 pounds= 1 kg), by height in meters squared (39.4 inches= 1m)

Overweight is a BMI 25-29.9

Obesity is a BMI equal to or greater than 30

Mild Obesity is a BMI 30-34.9

Moderate Obesity is a BMI 35-39.9

Morbid Obesity is a BMI >40

Information submitted by: Soror Lavardis

What's HEALTHY going on in CZO?

Dear Sorors,

We, the Health Committee are in the process of compiling information for those that want to get fit or stay fit in 2011.

There are many in the chapter that are currently participating in some form of physical activity. I have heard comments stating they need to start.... Running as an example, but not sure who is in their area, that they can meet up with for company or motivation.

SO... The health committee came up with the idea to help us all get involved in activities with other Sorors.

We help each other to GET FIT!!

If you have a group that meets or are an individual that currently has an exercise routine, please log your information in the database on the Yahoo Website "Getting Fit".

If you are an individual that wants to start doing something, please log your name in under the desired activity in the log. Then we can help on getting you started down the right path.

If you would like to just email me your information feel free to do so... krista.card@yahoo.com

- ✦ The information that I need if you email me:
- ✦ The activity/ exercise that you participate in
- ✦ Where you meet
- ✦ What times you meet
- ✦ How many times a week/month
- ✦ Is there a cost
- ✦ Level of expertise in activity
- ✦ Group or individual
- ✦ Additional Comments

Thank you!



We will be having a chapter cookbook that will promote a few ideas for the Health Initiatives for the chapter. We are collecting various recipes from the entire chapter.

If you have any recipes that are geared towards those with health conditions... (vegan, diabetic, heart healthy, gluten free, etc)

If you have any recipes that you would like to submit for the book that are family favorites. (The thought behind this is that home cooking is healthier and economical for families. Home cooking helps contribute to family togetherness, which has an overall effect of mental health.)

Please submit your recipes that you would like to see in the chapter cookbook or any questions, to krista.card@yahoo.com

Keep an eye out for more information to be shared at a later date.



Prevent Fires AND Keep Warm

Information submitted by Soror Veronica

Chimneys and Fireplaces:

- Clean and maintain chimneys fireplaces and furnaces on a regular basis. Most fires in wood stoves, fireplaces and chimneys occur because of a lack of regular cleaning, leading to the buildup of creosote (the residue of unburned fuel).
- Keep sparks and embers inside the fireplace with fire screens made of heat-tempered glass or sturdy metal.
- Burn dry, well-seasoned hard wood because it's the most efficient fuel.
- Let ashes and ambers cool completely before emptying from the fireplace. Place them into a metal can with a lid and place the can outside away from the home or fence.

Supplemental Heating Devices:

- Use and maintain supplemental heating devices in accordance with manufacturer recommendations.
- Do not leave heating devices unattended or turned on while you are sleeping.
- Provide all heating devices with at least 3 feet of clear space, away from beds, drapes, furniture and other combustible materials.
- Examine gas lines for punctures or splits. Check the connectors and valves for leaks.

Avoid Frozen, Bursting Pipes

Shut off the outside water valve, disconnect water hoses and drain water from pipes, via an open faucet.

Allow a trickle of hot and cold water to drip. The cost of the wasted water is small compared to the damage from frozen pipes. Be certain you are not running water into a drain line that is exposed to extreme cold as that line might freeze as well.

Open kitchen and bathroom cabinet doors under sinks to allow heat from the room to circulate around un-insulated pipes.

Heat unused rooms with plumbing, especially if the plumbing is in a north wall.

Insulate all pipes in areas where there is no heat, such as the garage or crawl space. Apply heat tape or thermostat-controlled heat cables around pipes exposed to the weather and prone to freeze. A variety of insulating and heating devices installed on both inside and outside plumbing can be purchased locally through a plumbing supplier.

Seal any air leaks around doors and windows to reduce cold air penetration.

Winter Appliance Rebate Program

Texans who want to save money on ENERGY STAR® appliances will soon have a chance to apply for mail-in rebates on those purchases. Texas Comptroller Susan Combs announced the purchase period for the Texas Appliance Mail-In Rebate Program will start on Dec. 20.

Additional Funds Added to Mail-In Appliance Rebate Program

The Texas Comptroller's office is adding more money to the upcoming ENERGY STAR® appliance mail-in rebate program to allow more Texans to take advantage of rebates. An additional \$8.5 million is being added to the initial \$10 million. The money is from unused public sector energy efficiency funds transferred from the State Energy Program to the rebate program. All funds are part of the federal stimulus program. Consumers can start buying appliances on December 20 and, after installation, mail in a completed rebate application form and a copy of the receipt to apply for the rebates. The mail-in rebate program will remain open until the available funds are distributed.

Get Involved

Courtesy of www.plano.gov

The next series of Live Green in Plano Volunteer Training will be held on six consecutive Monday evenings from Jan. 24 through Feb. 28. In exchange for 12 hours of training on basic "best practices" for living green, volunteers provide 24 hours of volunteer service. Learn from experts about green building, energy and water conservation, air quality, waste management, soil and water protection and the advantages of using native plants in your landscape. Volunteer opportunities are diverse and abundant. You leave the training eager to converse with the public at an information table, help maintain demonstration and community gardens, create education props, get involved with school and Scout groups, speak to civic groups, or teach a class. Join more than 200 volunteers who make a difference in our region because of their experience in this training. The classes will be held from 7 to 9 p.m. at the Environmental Education Center, 4116 W. Plano Parkway at Commerce Road. To register, contact Deb Bliss at debb@plano.gov or (972) 769-4313.

Top 10 Reasons to Recycle

1. **Good For Our Economy** - American companies rely on recycling programs to provide the raw materials they need to make new products.
 2. **Creates Jobs** - Recycling in the U.S. is a \$236 billion a year industry. More than 56,000 recycling and reuse enterprises employ 1.1 million workers nationwide.
 3. **Reduces Waste** - The average American discards seven and a half pounds of garbage every day. Most of this garbage goes into to landfills, where it's compacted and buried.
 4. **Good For The Environment** - Recycling requires far less energy, uses fewer natural resources, and keeps waste from piling up in landfills.
 5. **Saves Energy** - Recycling offers significant energy savings over manufacturing with virgin materials. (Manufacturing with recycled aluminum cans uses 95% less energy.)
 6. **Preserves Landfill Space** - No one wants to live next door to a landfill. Recycling preserves existing landfill space.
 7. **Prevents Global Warming** - In 2000, recycling of solid waste prevented the release of 32.9 million metric tons of carbon equivalent (MMTCE, the unit of measure for greenhouse gases) into the air.
 8. **Reduces Water Pollution** - Making goods from recycled materials generates far less water pollution than manufacturing from virgin materials.
 9. **Protects Wildlife** - Using recycled materials reduces the need to damage forests, wetlands, rivers and other places essential to wildlife.
 10. **Creates New Demand** - Recycling and buying recycled products creates demand for more recycled products, decreasing waste and helping our economy.2.5.
- National Recycling Coalition