

LIVE WELL WORK WELL

October 2019

 MORETON & COMPANY

CDC Urges Consumers to Stop Vaping After More Than 215 Hospitalized

[Note: As of September 26th, 2019, CDC is now reporting 805 cases of lung injury and 12 deaths connected to e-cigarette use or vaping.*]

On Friday, August 31st, 2019, the Centers for Disease Control and Prevention (CDC) issued an advisory warning consumers of the dangers of vaping after over 215 cases of a mysterious lung disease have occurred. The advisory also urges consumers to refrain from purchasing cannabis and e-cigarette products off the street, and stop modifying vaping devices.

Over 215 people from 25 different states have been hospitalized with severe breathing difficulties that are attributed to vaping, according to the CDC. The vast majority of those who have been hospitalized are young adults. In these cases, doctors aren't entirely sure what's causing these hospitalizations.

According to the CDC's advisory, the symptoms of this vaping-related illness are gradual. Many patients reported difficulty breathing, shortness of breath, and chest pain prior to hospitalization. Some patients also reported mild to moderate diarrhea, vomiting, fever, and fatigue. In some cases, the illness can become severe, resulting in a coma or death. The mysterious lung illness has resulted in the death of one adult so far.

The CDC, Food and Drug Administration, and other public health agencies are currently investigating these cases. Additionally, states are conducting separate investigations into the mysterious illnesses. While the investigations are still ongoing, public health officials are warning consumers to refrain from using e-cigarettes and to seek medical attention if they experience any symptoms.

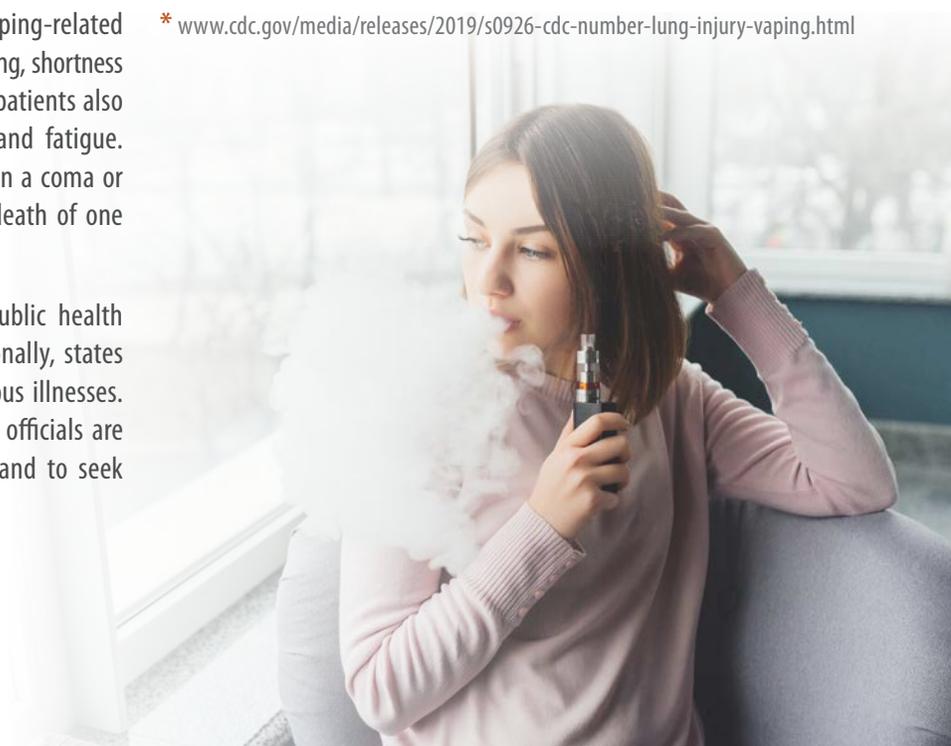
"HHS and the Trump administration are using every tool we have to get to the bottom of this deeply concerning outbreak of illnesses in Americans who use e-cigarettes."

-Department of Health and Human Services (HHS) Secretary Alex Azar

The investigation into these vaping-related illnesses is underway. While this investigation is ongoing, federal and state public health officials urge consumers to avoid vaping. Additionally, the CDC warns that youth, teens, and pregnant women shouldn't use e-cigarettes.

If you currently use or have recently used a vape pen or e-cigarette and experience breathing difficulties, chest pain, or shortness of breath, seek immediate medical attention. For more information about the risks of vaping, please consult your doctor.

* www.cdc.gov/media/releases/2019/s0926-cdc-number-lung-injury-vaping.html



October is National Breast Cancer Awareness Month

Breast cancer is the second-leading cause of cancer deaths for women in the United States. To help spread awareness of this disease, October is recognized as Breast Cancer Awareness Month.

About 1 in 8 U.S. women will develop invasive breast cancer over the course of her lifetime. While there are some breast cancer risk factors that you can't control, these prevention strategies can help you reduce your risk:

- Maintain a healthy weight
- Exercise regularly
- Abstain from drinking alcohol or limit intake to one drink per day

If you're concerned about your personal risk of developing breast cancer, call or visit your doctor.

There are a variety of ways that you can support Breast Cancer Awareness Month. Here are just a few ideas:

- Participate in a fundraiser event, like a walk or run, to help raise money for breast cancer research
- Donate to a charity that provides support and services to people and families that are affected by breast cancer
- Learn about the signs, symptoms, risk factors, and screenings for breast cancer
- Spread awareness about this disease to help educate friends and family

For more information on breast cancer, visit the National Cancer Institute's website: www.cancer.gov/types/breast

Making Happiness Last Longer

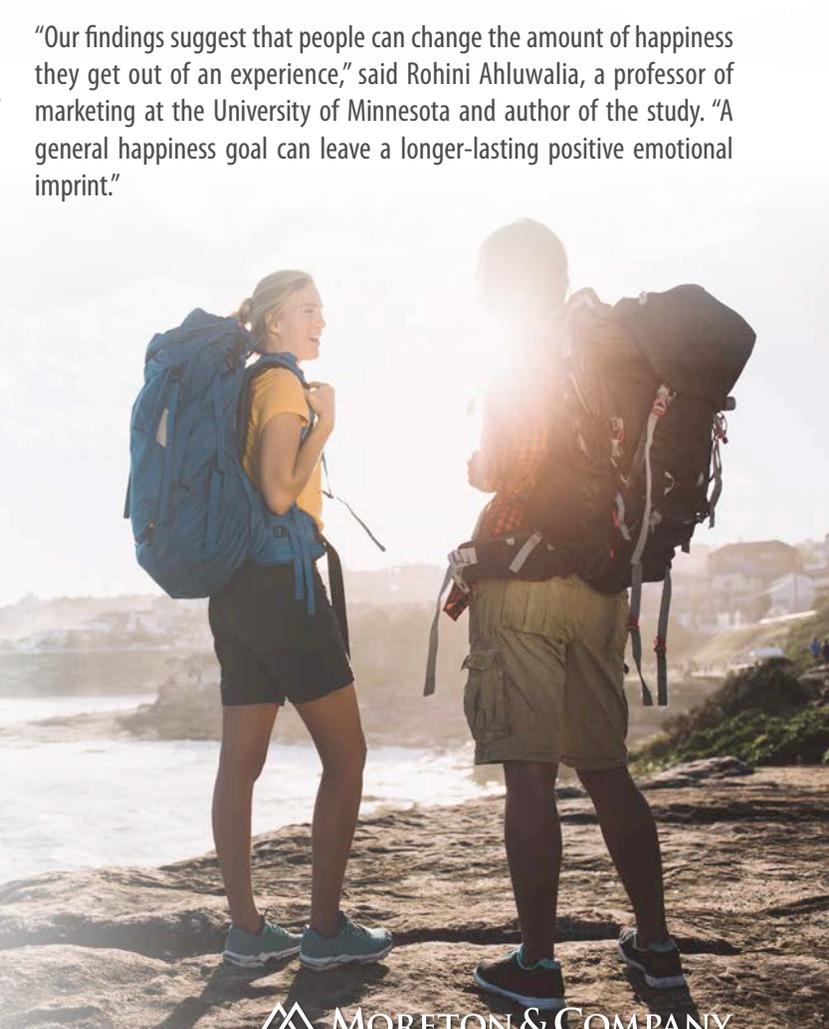
For most people, the sense of happiness derived from a luxurious vacation, a good movie, or a tasty dinner at a restaurant may seem short-lived, but what if it were possible to extend these feelings of enjoyment? Researchers from the University of Minnesota and Texas A&M University decided to explore whether the way people frame their goals for an experience influences how much happiness they glean from the experience over time.

In one experiment, the researchers asked participants to describe an important purchase they had made in the past month. One group described purchases aimed at increasing their level of joy and happiness in general. The other two groups described purchases they had made for more specific goals, like becoming happier by increasing excitement. Two weeks later, the participants received an e-mail asking how much their purchase was contributing to their overall happiness. They received an e-mail with the same questions six weeks after their initial purchase.

The results from the study showed that although the levels of happiness were equal for the three groups at the initial time of the purchase, those who had more general goals reported more happiness as time passed. The difference between the groups was the most significant six weeks later.

"Our findings suggest that people can change the amount of happiness they get out of an experience," said Rohini Ahluwalia, a professor of marketing at the University of Minnesota and author of the study. "A general happiness goal can leave a longer-lasting positive emotional imprint."

Society for Consumer Psychology. "Making happiness last longer: Goal setting strategies can influence positive emotions." ScienceDaily. www.sciencedaily.com/releases/2018/09/180918154819.htm (accessed September 17, 2019).



Don't Let These Devices Steal Your Sleep

If you have trouble falling asleep, your phone may be to blame. Researchers at Harvard found that using your phone, or any electronic device, before going to bed can derail your sleep schedule and prevent a good night's sleep. More specifically, using your electronic device before bed can disrupt your body's REM sleep cycle and production of melatonin, a sleep-promoting hormone.

According to a survey from global tech solutions company, Assurion:

“ Nearly 75% of adults bring their phone into bed with them ”



“ Nearly 25% of adults reported that their phone was the last thing they saw before falling asleep ”

October Recipe Fall Harvest Curry Chicken Salad

- 1 boneless, skinless cooked chicken breast, chopped or shredded
- 3 Tbsp. low-fat yogurt
- 1/2 C chopped apple
- 1 Tbsp. Fat-free mayo
- 1/2 C cranberries roughly chopped
- 1/2 tsp. curry powder



Roughly chop apple and cranberry. Chop or shred chicken breast. Combine all ingredients and serve on bread or in a wrap.

Yield: 2 servings. Each serving provides: Calories- 181, Carbs- 11g, Protein- 29g, Fat-2.2g, Dietary Fiber 2g, Saturated Fat 3g, Sodium 154mg, Cholesterol 71mg
Nattynation. "Fall Harvest Curry Chicken Salad Recipe." SparkRecipes, May 3, 2008. <https://recipes.sparkpeople.com/recipe-detail.asp?recipe=19834>.

This is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.

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