



DUPUIS LANGEN
FINANCIAL MANAGEMENT

Your Benefit Consultants

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We have updated our website.
Please come take a look!

Words of Wisdom

" For he who has health has hope: and he who has hope, has everything."

-Owen Arthur.

The Wellness Report

A wellness newsletter for employees

Work-related musculoskeletal disorders

Work-related musculoskeletal disorders (WMSDs) are a group of painful disorders of muscles, tendons, and nerves. Carpal tunnel syndrome, tendonitis, thoracic outlet syndrome, and tension neck syndrome are examples. Work activities which are frequent and repetitive, or activities with awkward postures cause these disorders which may be painful during work or at rest.

Almost all work requires the use of the arms and hands. Therefore, most WMSD affect the hands, wrists, elbows, neck, and shoulders. Work using the legs can lead to WMSD of the legs, hips, ankles, and feet. Some back problems also result from repetitive activities.

What are the symptoms of WMSDs?

Pain is the most common symptom associated with WMSDs. In some cases there may be joint stiffness, muscle tightness, redness and swelling of the affected area. Some workers may also experience sensations of "pins and needles," numbness, skin colour changes, and decreased sweating of the hands.

WMSDs may progress in stages from mild to severe.

Early stage: Aching and tiredness of the affected limb occur during the work shift but disappear at night and during days off work. No reduction of work performance.

Intermediate stage: Aching and tiredness occur early in the work shift and persist at night. Reduced capacity for repetitive work.

Late stage: Aching, fatigue, and weakness persist at rest. Inability to sleep and to perform light duties.

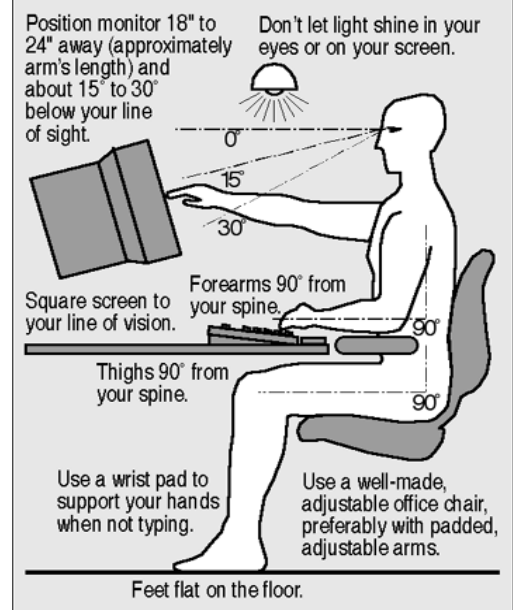
Not everyone goes through these stages in the same way. In fact, it may be difficult to say exactly when one stage ends and the next begins. The first pain is a signal that the muscles and tendons should rest and recover. Otherwise, an injury can become longstanding, and sometimes, irreversible.

The earlier people recognize symptoms, the quicker they should respond to them.

Preventative Measures at your desk

- Watch your posture. Your feet should sit flat on the floor, your upper and lower legs should bend at the knee at a right angle, your back should be slightly arched and your neck straight, and your upper and lower arms should also be at right angles. Keep your wrists straight, with the fingers dangling down comfortably.
- Do not crane your head and shoulders forward to look at the computer screen - your neck isn't designed to hold the weight.
- Use a keyboard wrist rest properly. Your wrists should not be bent or touch the pad while you type. Rest your wrists on the pad only when not typing.

Create a Healthy Working Environment



For additional tips visit:
Canadian Centre for Occupational Health & Safety
<http://www.ccohs.ca>

HEALTHY EATING

Dietary fats, oils and cholesterol

You need a certain amount of fat in your diet for healthy functioning. Oils and fats supply calories and essential fats and help our bodies absorb fat-soluble vitamins such as A, D, E and K. The type of fat consumed is as important for health as the total amount consumed.

That's why it's important to choose healthier unsaturated fats. Eating too much and the wrong kinds of fats (saturated and trans fats) may cause an unhealthy imbalance, raising the bad LDL cholesterol and lowering the good HDL cholesterol, which can increase your risk of high blood pressure, narrowing of the arteries (atherosclerosis), heart attack and stroke.

Canada's Food Guide recommends that you include a small amount 30 to 45 mL (2 to 3 tablespoons) of unsaturated fat each day (also known as mono- and polyunsaturated fat). This includes oil used for cooking, salad dressings, soft non-hydrogenated margarine and mayonnaise.

Monounsaturated fats

These have been shown to improve blood cholesterol levels. They're found in olive oil, canola oil, peanut oil, non-hydrogenated margarine, avocados and some nuts such as almonds, pistachios, cashews, pecans and hazelnuts.



Polyunsaturated fats

These fats can lower bad cholesterol levels (LDL cholesterol). One type of polyunsaturated fat is omega-3, which can help prevent clotting of blood, reducing the risk of stroke and also helps lower triglycerides, a type of blood fat linked to heart disease. The best sources of omega-3 fat are cold-water fish such as mackerel, sardines, herring, rainbow trout and salmon, as well as canola and soybean oils, omega-3 eggs, flaxseed, walnuts, pecans and pine nuts.

Another type of polyunsaturated fat is omega-6. It helps lower LDL cholesterol, but in large amounts it's thought to also lower the good HDL cholesterol. Eat it in moderation. It's found in safflower, sunflower and corn oils, non-hydrogenated margarine and nuts such as almonds, pecans, brazil nuts and sunflower seeds. It is also in many prepared meals.

Saturated fat

This can raise the bad LDL cholesterol. Foods high in saturated fat include fatty meats, full-fat dairy products, butter, hard margarines, lard, coconut oil, ghee (clarified butter), vegetable ghee, and palm oil.

Trans fat

Like saturated fat, trans fat raises the bad LDL cholesterol. Try to limit products that list vegetable oil shortening or partially hydrogenated oil in the ingredients. Trans fat is found in partially hydrogenated margarines, deep-fried foods from fast-food outlets (fries, doughnuts), and many packaged crackers, cookies and commercially baked products.

How much fat should you eat in a day?

Remember that since all fats are calorie-heavy, you'll need to use even the healthier ones in moderation. A healthy eating pattern includes between 20% to 35% of your day's calories from fat. For women, this works out to 45 to 75 grams of fat a day, and for men, 60 to 105 grams of fat a day. The amount of fat a child or adolescent needs depends on their height, build, gender and activity level.

Young children need a slightly higher amount of fat for growth and development, but this need decreases as they age. A tablespoon (15 mL) of oil, for example, equals about 14 grams.

Source: Canada Heart & Stroke Association

RECIPE CORNER

Fall Frittata

Ingredients:

5 slices turkey bacon
2 cups thinly sliced red potato
2 cups red onion
½ cup chopped red bell pepper
2 tsp dried rosemary
1 tsp salt
2 tbsp olive oil
2 cups chopped spinach
2 tsp minced garlic
4 whole eggs
8 egg whites
½ tsp black pepper
4 oz reduced-fat feta, crumbled

Directions:

Cook bacon until crisp. Let cool. Chop and set aside. In a 10 inch skillet, sauté potato, onion, bell pepper, rosemary, and ½ tsp salt in 1 tbsp of oil 5 minutes over medium heat. Cover and cook 10 minutes. Stir in spinach and garlic and sauté 1 minute.

Remove from heat. Beat eggs and remaining salt in large bowl. Add vegetables, bacon, black pepper, and feta. Preheat broiler. Place cleaned 10 inch skillet on a burner over medium heat and add remaining oil. Pour in egg mixture and cook 4 minutes. Move skillet to broiler and broil, uncovered, 3 minutes. Slide onto plate. Cut into 6 wedges and serve hot or cool.

Nutritional analysis per serving:

283 calories, 11 g fat (3 g sat. fat), 27 carbohydrates, 19 g protein

Serves 6

www.epicurious.com

Pass the Parsley Please

To boost flavor and nutrition in salads, consider adding parsley. Just one ounce provides 43% of the Recommended Dietary Allowance for vitamin C and 18% of the RDA for iron in men (12% in women) – plus 1mg of beta-carotene.

- Welborn Heath Plans