Blood Donation Gives Gift of Life

PEHP wishes members a Happy New Year! We begin 2015 with a seasonal webinar titled ‘Beat the Blues’ to assist those experiencing winter depression.

In this edition we recognize National Blood Donor month. Did you know that blood is traditionally in short supply during the winter months? According to the Association of Donor Recruitment Professionals January is particularly low. Hospitals and emergency treatment facilities report that every day in our country 39,000 units (pints) of blood are required to save lives.

Donating blood is a service that most people can provide to help those in need. The American Red Cross encourages you to understand eligibility requirements, such as minimum height and weight, and to support their cause. Learn more here.

– Your PEHP Wellness Team

Blood Donor Fact
After a blood donation drink an extra four (8-ounce) glasses of liquids and avoid alcohol over the next 24 hours.

– American Red Cross

Beat the Blues
What: Discover ways to curb seasonal depression and lift your spirits.
When: Friday, Jan. 2 at Noon
Presenter: Richard Andelin, PEHP Health and Wellness Coach
Register here.
Can’t make it? All webinars are archived for future viewing – visit our archive section here.

We’ve added a new page to our newsletter highlighting the PEHP WeeCare program. This page includes a health article and resources for expectant and new mothers. Navigate with the tabs below and check it out!
Move It
By Melissa Miller

Donate, Rest, Then Exercise

Staying fit helps you to increase circulation, improve blood quality, and makes you a better blood donation candidate.

Have you ever wondered why you are encouraged to rest and avoid exercise for a period of time after donating blood? The American Red Cross suggests waiting at least five hours before resuming strenuous physical activity after a blood donation. The reason for this is that when you donate one unit of blood you typically lose 8 to 10 percent of your total blood volume. Your red blood cells carry oxygen to areas of your body such as working muscles during exercise.

After donating blood your body’s ability to transport oxygen may be affected. Blood plasma levels normally return to pre-donation levels within a day or two. Staying hydrated and allowing yourself to rest will help. Learn more here.

Workout Warrior

150 Participants in November

The theme of the November Workout Warrior was Focus on the Future – 150 Workout Warriors participated. Wendy S. was the random winner of an Amazon gift card. Congratulations Wendy!

The theme for January is Pump Up Your Winter. Learn more about Workout Warrior and how to participate here. Keep moving!

Blood Donor Fact

After donating blood do not participate in any heavy lifting or vigorous exercise for the rest of the day.

– American Red Cross
Nutrients for Healthy Blood

The American Red Cross asks that you eat a healthy meal before donating blood and follow suggested donation tips here. Improve your blood health by including important nutrients in your diet such as iron, B12, and vitamin K. Here’s why:

Iron
Iron-rich foods such as seafood, nuts, spinach, and lean meats help keep red blood cells healthy. Iron is an essential component of hemoglobin that transports oxygen from the lungs.

Vitamin B12
Vitamin B12 is required for proper red blood cell formation, neurological function and DNA synthesis. Vitamin B12 is naturally found in animal products, including fish, meat, poultry, eggs, milk and milk products. Fortified cereals also contain vitamin B12.

Vitamin K
Without vitamin K, blood would not clot. Vitamin K is found in vegetables such as kale, spinach, turnip greens, Brussels sprouts, cabbage and cauliflower. Those taking blood thinning medications may need to limit their intake of vitamin K foods, or keep vitamin k intake consistent.

Non-Donor? Give Time & Talent

Some individuals may not choose to donate blood for a variety of personal reasons; one is a fear of needles.

The American Red Cross offers ideas on their website to help potential donors overcome this fear here. There are also those who are ineligible to donate due to temporary or permanent health conditions.

Non-donors can still support this great cause. One way is to host a blood drive. If you cannot give blood because of medical or personal reasons consider giving your time and talent. Stories shared by American Red Cross blood drive coordinators may inspire you, read them here.

REASONS FOR INELIGIBILITY

» Low hemoglobin/hematocrit
» Cold, flu or other symptoms
» Temporary deferrals (certain travels, some medications)
» Permanent deferrals (certain travel, some medical conditions)
January is a time of renewing motivation towards better health. Enjoy these quotes from PEHP Waist Aweigh members that may inspire you along your wellness journey. Happy New Year!

“I have reduced medications, eliminated others, and have energy to do things with my family.”

“I’m shrinking on the outside and growing on the inside.”

“I don’t dread going to my doctor!”

“I used to avoid cameras but no longer feel anxious being in pictures!”

“Exercising consistently has been my saving grace. It’s an outlet for my stress.”

“Who knew chicken and salad for lunch would be cheaper than a fast food burger?”

“The support during the holidays has been very encouraging. I don’t think I would have made it without knowing I had a coach to hold me accountable.”

By the Numbers
PEHP Waist Aweigh 2014 statistics:
» 2,804 total calls made and received.
» 504 new members enrolled.
» 15 members graduated.

PEHP Waist Aweigh
Have a BMI of 30 or higher? With your dedication and our support, a healthier lifestyle is within reach with PEHP Waist Aweigh.
Pregnancy Increases Risk of DVT

When a woman is pregnant, pressure increases in the pelvis and legs. This fact greatly increases the risk for developing deep-vein thrombosis. DVT occurs when a blood clot forms in one or more of the deep veins in the body, usually your legs. Women may not realize this increased risk lasts up to six weeks postpartum due to pregnancy-related factors.

There are additional risks of developing DVT, such as:
- Prolonged bed rest
- Injury or surgery
- Being overweight
- Smoking

Blood clots can be caused by anything that prevents blood from circulating normally.

If you experience symptoms such as swelling and pain in either leg contact your physician immediately. If left unattended, DVT may lead to a life-threatening complication – pulmonary embolism. Learn more here.

BLOOD DONOR FACT

Pregnant women are ineligible to donate blood. One possible exception is if your doctor expects you may need a blood transfusion for a high-risk pregnancy or delivery. You may be asked to bank some blood for yourself in this situation.

– American Red Cross
**PEHP Healthy Utah Health Challenge**

Project Happiness February 2-27, 2015. Sign up at your myHealthyUtah account [here](#), registration runs January 17 – February 1. Join us!

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- January 4: 56 Facts About Blood and Blood Donation
- January 5: HU TESTING SESSION
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- January 6: HU TESTING SESSION
  - West Jordan: 9-11:15
- January 7: January Workout Warrior Registration closes
- January 8: HU TESTING SESSION
  - SLC: 8:30-12:15/1:30-4:15
  - SLC: 1:30-4:15
- January 9: HU TESTING SESSION
  - West Jordan: 12-5:15
- January 10: HU TESTING SESSION
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- January 11: HU TESTING SESSION
  - West Jordan: 9-11:15
- January 12: HU TESTING SESSION
  - West Jordan: 9-11:15
- January 13: HU TESTING SESSION
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  - SLC: 1:30-4:15
- January 14: HU TESTING SESSION
  - SLC: 8:30-12:15/1:30-4:15
  - Heber City: 10-12:45/2-5
- January 15: HU TESTING SESSION
  - Heber City: 10-12:45/2-5
- January 16: Project Happiness Health Challenge registration opens
- January 17: Health Tool of the Week: History of Blood Banking
- January 18: HU TESTING SESSION
  - Clearfield: 9-12:15/1:30-4:15
- January 19: HU TESTING SESSION
  - Farmington: 9-12:15/1:30-4:15
- January 20: HU TESTING SESSION
  - West Jordan: 12-5:15
- January 21: HU TESTING SESSION
  - West Jordan: 12-5:15
- January 22: HU TESTING SESSION
  - SLC: 8:30-12:15/1:30-4:15
- January 23: HU TESTING SESSION
  - Heber City: 9-12:15/1:30-4:15
- January 24: Martin Luther King, Jr. Day
  - PEHP Offices Closed
- January 25: Health Tool of the Week: 56 Facts About Blood and Blood Donation
- January 26: Food for Thought
- January 27: Workout Warrior Registration opens
- January 28: Health Tool of the Week: History of Blood Banking
- January 29: Health Tool of the Week: Signs and Symptoms of Iron Deficiency Anemia
- January 30: Health Tool of the Week: Get Ready for Donation
- January 31: Calendar

**Sign up for a PEHP Healthy Utah testing session.**