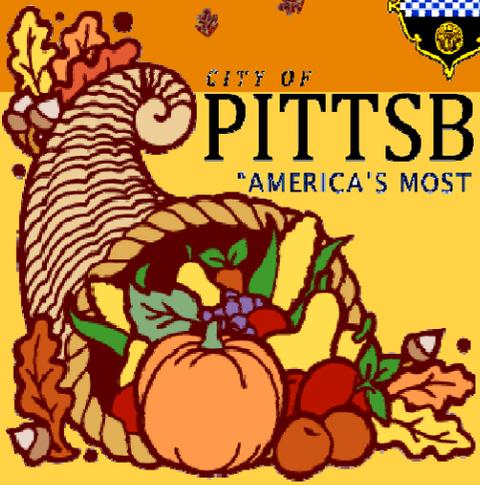




SAFETY DISPATCH

AUTUMN 2014



CITY OF PITTSBURGH CHECK IT OUT "AMERICA'S MOST LIVABLE CITY"

"Autumn, the year's last, loveliest smile."
William Cullen Bryant

There are only two days of the year when you can stand an egg on its end, the spring and autumn (Sept 23) equinox. Place the egg on a hard, flat surface on its largest end. Carefully pull your hands away and it should remain upright.



AUTUMN HIGHLIGHTS

- **FREE FLU SHOTS** starting in October, call 255-2403 for info
 - **WELLNESS FAIRS** starting Sept 10th, call 255-2532 for info
 - **BOWLING** starts Sept 14, Registration Deadline Sept 22
 - **GREAT RACE**, Sept 28th
 - **JOIN VENTURE OUTDOORS** for monthly CITYFIT subsidized activities
 - **BLOOD DRIVES** @ City-County Building 9/16/14 & 12/9/14
 - **YMCA TRIAL WEEK** 11/9 thru 11/15
- CITYFIT EVENTS** city.fit@pittsburghpa.gov or 255-2383 & check <http://pittsburghpa.gov/personnel/cityfit/>



Last week's barbecue

There are 2 kinds of cholesterol: high-density lipoprotein (HDL) & low-density lipoprotein (LDL). HDL is also called "good" cholesterol. LDL is called "bad" cholesterol. When we talk about high cholesterol, we are talking about "bad" LDL cholesterol.

September is National Cholesterol Education Month

Too much cholesterol in the blood is one of the main risk factors for heart disease and stroke - two leading causes of death in the United States. One way to prevent these diseases is to detect high cholesterol and treat it when it is found.

How can you prevent or treat high cholesterol?

Make therapeutic lifestyle changes by...

- **Eating a healthy diet.** Avoid saturated fats & trans fats, which tend to raise cholesterol levels. Unsaturated fats can actually lower blood cholesterol levels. Eating fiber also can help lower cholesterol.
- **Exercising regularly.** Physical activity can help lower cholesterol. The Surgeon General recommends adults engage in moderate-intensity exercise (biking, hiking, twerking) for 2 hours & 30 minutes each week.
- **Maintaining a healthy weight.** Being overweight or obese can raise your cholesterol levels. Losing weight can help lower your cholesterol.
- **Not smoking.** If you smoke, quit as soon as possible. This includes electronic-cigarettes & the use of smokeless tobacco (Yuck!)

Different Kinds of Fat

Fatty acids, which are the building blocks of fat, are long chains of carbon & hydrogen atoms. They are essential to nutrition & can only be obtained through food. Some fats are harmful, however.



UNSATURATED FATS
The so-called "good" fats can be found in nuts, avocados & other vegetables. Unsaturated fat's molecular structure causes it to be lower in calories than other fats.



SATURATED FATS
These "bad" fats are found mostly in animal products. It is recommended that people reduce their consumption of saturated fats in order to stay healthy.



TRANS FATS
Trans fats are unsaturated fats which have been saturated with hydrogen to extend their shelf life. Unfortunately, trans fats elevate "bad" cholesterol & should be avoided.

What's The Bottom Line?

Seventy-one million American adults have high cholesterol, but only one-third of them have the condition under control. One study suggested that every 10% increase in the prevalence of treatment among adults with high LDL-Cholesterol could prevent approximately 8,000 deaths per year in those aged <80 years.

AUTUMN SAFETY TIPS

Daylight Savings Ends Sunday, November 2, 2014

Turn clocks back, sleep an extra hour & replace the batteries in your smoke & carbon monoxide detectors. Yes it has almost been 6 months since Spring began!

Autumn brings plenty of Slip, Trip & Fall Hazards

What is lurking beneath those fallen leaves? Be careful when navigating areas with fallen leaves, as in addition to them being inherently slippery (or slippery if you aren't from around here), they could hide other dangerous objects such as holes, walnuts, acorns, trash or a banana (why do you think some call it Fall?).



Food Safety for those Thanksgiving Leftovers

Not cooking food to a safe temperature and leaving food out at an unsafe temperature are the two main causes of foodborne illness. Safe handling of leftovers is very important to reducing foodborne illness.

- Bacteria grow rapidly between 40°F and 140°F; discard any leftovers that have been left out for more than 2 hours at room temperature (1 hour for temperatures above 90°F).
- Leftovers can be kept in the refrigerator for 3 to 4 days or frozen for 3 to 4 months. Dating leftovers is a good way to avoid foodborne illnesses (although they don't offer good conversation nor do they pick up the check).
- Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145°F as measured with a food thermometer; ground meats to 165°F; poultry to 165°F.
- Leftovers should be reheated to 165°F; re-heated soups, sauces and gravies should be brought to a rolling boil.
- Primanti sandwiches are meant to be eaten the day they are made. No exceptions.



Take a Walk in the Woods for Serenity Now

There is no doubt Autumn bring plenty of stress (holidays, football/ hockey season, back to school). A walk in the woods as the leaves change color can help release tension & promote wellness. Take a deep breath, smell the clean air, listen to the wind blow, gaze at the splendor of Autumn...life's good.