

HEADACHE HELP:

Eat This,

Not That

Migraines are extreme headaches that can come with nausea, vomiting, dizziness, and sensitivity to sound, light, touch, and smell. The cause of migraines is not well-understood, but food may play a role in triggering them for some people. Want to head off a headache? Try these substitutions for common food triggers:

Try this

Water, white milk



Fresh meats



Fresh cheeses

Caffeine-free herbal tea

White chocolate

Melons



Rice

Olive oil and white vinegar

Pumpkin seeds, sesame seeds



Cottage cheese

... Instead of that

Soda

Cured meats



Aged cheeses

Coffee



Dark or milk chocolate

Citrus fruits



Beans

Bottled salad dressing

Nuts



Yogurt



www.bfm.bm

BF&M Overseas Healthcare Toll-Free Helpline

BF&M medical assistance is available 24/7 with our toll-free numbers:

- 1-888-674-1367 (from Bermuda)
- 1-877-236-2338 (from outside Bermuda)
- 1-519-251-5186 (from Bermuda: collect calls)
- 1-519-251-5185 (from outside Bermuda: collect calls)

See back issues of *healthmatters* online at www.bfm.bm/news/healthmatters.

BF&M wants you to LiveWell!

Check out the LiveWell Program at www.bfm.bm/products/group/group-health.aspx#LiveWell.

Meet us on Facebook for hot news, policy info, and events.

The Do's and Don'ts of Finding Food Triggers



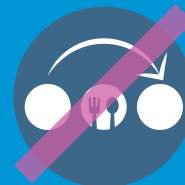
DO keep a headache diary and note what foods you ate within 24 hours of onset.



DON'T eliminate all potential triggers at once.



DO gravitate toward whole, unprocessed foods.



DON'T skip meals. Fasting can induce headaches.

NEED MORE HEADACHE HELP?

Be sure to check in with your provider if you have any concerns about the frequency or intensity of your headaches. Sometimes, headaches can be a sign of a more serious health issue.

EDITOR
Brenda Dale, AVP, Wellness

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Fight Aging with Strength Training

Strength training (also called resistance training) brings a range of benefits that counteract aging-related declines. It builds stronger muscles, which offsets the natural decline in muscle mass that starts after age 30 and speeds up after age 60.

Resistance training also helps boost your mood, improve your cholesterol levels, and increase your odds of being able to continue performing everyday activities as you age, such as climbing stairs or carrying groceries.

Just two 30-minute sessions per week will make a difference. No gym membership? No problem. Use household items like soup cans or water bottles, or even your own body weight, to work out. Just be sure to talk with your healthcare provider before starting a new exercise program.



GET A MOVE ON!

Most adults in Bermuda are inactive for more than five hours each day. Increasing your physical activity can lower your risk for heart disease, stroke, high blood pressure, diabetes, and certain types of cancer.

health facts

Men: Get Ahead of Stress



Men are less likely than women to talk about their feelings or be concerned about the effect stress is having on their health—and that can be dangerous. Start reducing stress with these steps.

Notice what's stressing you out. Take a week and jot down situations you perceive as stressful, including the setting, people, and your reaction. This can help you see where change is needed.

Accept that you can't control it all. Just do your best. When put in perspective, is the situation that is causing you stress as bad as you think?

Develop healthier responses. Making healthy food choices, getting enough sleep, exercising, and taking the time for activities you enjoy are better for stress management than pigging out on junk food or drinking to excess.

Establish tech boundaries. If possible, don't check email after 6 p.m. and put your phone in another room during dinner. These practices can help you focus on loved ones and allow you to relax.

Stay connected. Talking with friends and family, and planning pleasurable activities, can help reduce stress.

Talk with your boss. Healthy employees are an asset. Have a conversation with your supervisor about specific patterns or responsibilities that are adding to your stress levels. Collaborate on a plan for making changes.



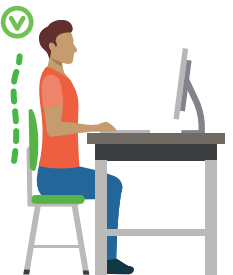
Straighten Up to Avoid Back Pain

Aching backs affect about 70% of people worldwide. One culprit is poor posture—just think of the time you spend staring at a screen with a craned neck and hunched shoulders.

You can take steps to correct your posture throughout the day.

- **When sitting:** Keep your feet flat on the floor or on a footrest, and your thighs and hips parallel to the floor. Your elbows should have a 90- to 120-degree bend and stay close to your body.
- **When standing:** Keep your shoulders back, stomach pulled in, and head level. Your feet should be about shoulder width apart, weight mostly on the balls of your feet.

Also shift positions every hour and take walk breaks from your chair.





A New View of Heart Attack Symptoms

Chest pain or discomfort signals a heart attack in anyone. Other signs—like neck or back pain, breathlessness, and indigestion—have been thought to strike more women than men. But a shift in the way doctors diagnose heart attacks and a different way of studying them have raised questions about this theory.

A Surprising Study

In one study, researchers asked emergency-department patients suspected of having a heart attack about their symptoms. Past studies often used secondhand information from doctors or medical records, not from patients themselves.

The researchers then checked blood levels for a marker called troponin, which is released from the damaged heart muscle. Doctors once used a single troponin threshold for everyone. But they've adjusted their

approach and now use sex-specific troponin levels to help diagnose heart attacks.

Looking at data in this new way, the researchers found that the odds of having chest pain with a heart attack were the same for men and women—about nine in 10. Meanwhile, atypical symptoms occurred in 41% of men and 23% of women.

Advice for Everyone

No matter your sex, if you notice these heart attack signs in yourself or someone else, call **911** immediately:

- Chest pain or discomfort
- Pain in the jaw, neck, or back
- Feeling light-headed, faint, or weak
- Arm or shoulder pain
- Shortness of breath

Swift help can mean the difference between life and death.

HPV vs. Pap Tests for Detecting Cervical Precancer

Today, women have two choices for cervical cancer screening: The Pap test, long the gold standard, involves checking a sample of cervical cells for abnormalities that could lead to cancer. The human papillomavirus (HPV) test checks those same cells for strains of HPV that may develop into cancer.

A study published in *JAMA* suggests HPV testing may detect precancerous cells earlier and more accurately than the Pap test. More than 19,000 women were divided into two groups, with one receiving the HPV test and the other the Pap test. Researchers detected significantly more cases of cervical precancers among women in the HPV test group than those who received a Pap. And women who received the HPV test at the start of the study were much less likely to develop cervical precancer four years later compared with those who were screened with the Pap test.

Talk with your provider about which cervical cancer screening you should receive and how often. Screening is the most important step you can take to prevent cervical cancer.



DON'T DELAY

If you think you're experiencing symptoms of a heart attack, call **911** immediately.

A wellness programme tailored for you

If your health insurance is with BF&M, you have access to LiveWell, our free online wellness platform that can be tailored to your needs and interests.

Our easy-to-use online wellness platform includes:

- An individualised Wellbeing Activity Hub
- Fun and engaging wellness challenges
- A personal Wellness Assessment
- Healthy habits programmes
- Access to health lifestyle and chronic disease management programmes and events
- Access to BF&M's LiveWell Rewards Programme



The BF&M difference? Insurance the way it should be. Visit www.bfm.bm and click on LiveWell or contact us at livewell.bm.

LiveWell is intended to complement rather than substitute for proper medical advice or treatment.

LiveWell
by BF&M



CARE FOR WOMEN

The Department of Health's maternal health and family planning clinics provide care for women of childbearing age, including Pap tests and tests for sexually transmitted infections. Find details at www.gov.bm/health-clinics-bermuda.