

MAY 2021

REVITALIZE:
YOUR SUMMER



FISH DISH BENEFITS

Incorporating more fish into your diet can be highly beneficial. Nutrients that can be found in fish include:

Omega-3 fatty acids. This nutrient can be linked to benefiting heart health, aiding in growth and development, potentially fighting depression and other mental health conditions, reducing the risk of autoimmune diabetes, and protecting against vision loss in old age.

Vitamin D. Many people don't get enough Vitamin D, which acts like a steroid hormone, controlling blood calcium concentration and impacting your immune system. Vitamin D has been speculated to help defend against autoimmune diseases and improve sleep quality.

41.6% OF PEOPLE IN THE U.S. ARE DEFICIENT IN VITAMIN D, ACCORDING TO NUTRITION RESEARCH.



Not only is fish loaded with nutrients, but it has been proven to help with health risks, including improving quality of sleep. Eating fish might also help increase brain health and prevent asthma in children. Fish is packed with protein and iodine, as well.

Want to incorporate more fish into your diet but don't know where to start? Salmon is always a good option. Like most fish, it can be cooked a variety of ways including baking, broiling or searing. Fish oils like cod liver oil are also great sources of vitamin D, with more than 200% of its daily value in one tablespoon! Try adding fish or fish oil to a meal at least twice a week to reap the fish-licious benefits.

LIVING WITH SLEEP APNEA

Could your sleepiness be caused by apnea? Sleep apnea is a condition where one breathes abnormally during sleep. Extended pauses in breath during sleep cause lower-quality sleep and affect oxygen supply, which can lead to serious health consequences. The most common form of sleep apnea is obstructive sleep apnea (OSA), where the airway at the back of the throat becomes blocked. **2-9% of adults have OSA, according to the MSD Manual.**

What are the symptoms?

Disrupted breathing

Irritability

Excessive daytime fatigue

Brain fogginess

Headaches

Snoring

Sleep apnea can be caused by anatomy, being overweight, family history and hormone conditions. Luckily, it can be treated through nightly use of a continuous positive airway pressure (CPAP) machine and lifestyle changes like losing weight or sleeping on your side.

BENEFIT SPOTLIGHT

VENTURE INTO TRAVEL ASSISTANCE

Travel assistance insurance provides support when the unexpected happens while you're traveling. You may be able to receive support services through your employer's travel assistance vendor. These vendors are available through toll-free emergency phone call 24/7, typically when you are traveling 100 or more miles from your home for less than 90 days.

How can they help?

- Tracking lost or delayed luggage
- Access to a medical help line
- Emergency medical evaluation
- Emergency travel arrangements
- Replacing lost or forgotten medications
- Legal or medical referrals
- Emergency cash advances and credit card replacement
- Translation services

Before your next trip, check with Human Resources to see what assistance is available to you.



BONUS ARTICLE
OF THE MONTH:
BANISH PANIC ATTACKS



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