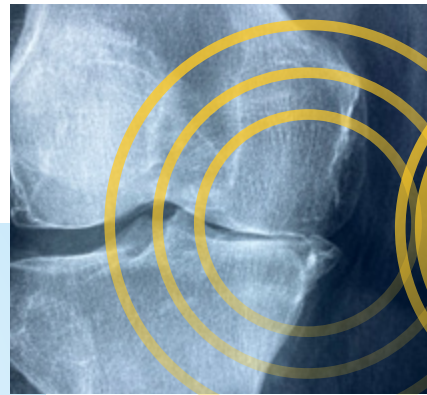


the **buzz**

August 2020

LIVING WITH **ARTHRITIS**

Arthritis is a general term used to describe conditions that affect the joints or tissues around the joints. Arthritis is the swelling and tenderness of one or more of your joints. There are over 100 different types of arthritis, and the most common form in the United States is osteoarthritis. Different types of arthritis have various symptoms with pain and stiffness in and around joints being the most common. Symptoms may develop suddenly or gradually, and may come and go or persist over time. Experts do not know the causes of arthritis, but there are ways you can manage it.



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Talk to your Doctor

If you experience joint pain and other arthritis symptoms, talk to your doctor. Arthritis treatment can include ways to reduce pain, minimize joint damage, and improve or maintain function and quality of life.

Stay active

Being physically active can reduce pain, improve function, and improve mood and quality of life for adults with arthritis. Stay as active as your health allows, and change your activity level depending on your arthritis symptoms. Click [HERE](#) to learn how to exercise safely with arthritis.

Manage weight

Maintaining weight or losing excess weight is important for people with arthritis. Extra weight places more stress on joints, particularly weight-bearing joints like the hips and knees. Click [HERE](#) to learn how to manage your weight.

Protect your joints

Joint injuries can cause or worsen arthritis. Choose activities that are easy on the joints like walking, bicycling and swimming. These low-impact activities have a low risk of injury and do not twist or put too much stress on the joints.

Exercise Tip

Strength training is one type of activity to help you to stay active. A strength training activity that may be easier on the joints is called isometric exercise. This strengthening exercise involves tightening the muscle group without moving the joint. The Glute Bridge is an isometric exercise that strengthens the glutes (buttocks), hamstrings (back of thigh) and quadriceps (thigh). This exercise is a great alternative to leg exercises like squats and lunges because it alleviates pressure on the joints, in particular the hips and knees. It is recommended you consult with your physician before trying this exercise to determine if it is right for your needs.

Exercise directions:

1. Lie on back, both knees bent, feet flat on floor and placed underneath knees.
2. Tighten stomach muscles and maintain throughout exercise.
3. Squeeze the glutes (buttocks) and lift hips to align with shoulders and knees. Strengthening the glutes will provide stability and support to low back muscles.
4. Hold at top of movement for 10-30 seconds.
5. Continue to breathe throughout exercise.
6. Return hips to floor, rest and if you like, repeat.

Exercise Challenge:

Complete this exercise with one leg on floor and one leg raised so that only one leg is holding hips.



LiveHealth Online

A doctor or therapist by your side

When your own doctor isn't available, LiveHealth Online can help you. See a board-certified doctor of your choice in minutes. You can get treated for a cold, the flu, allergies, a fever and more. If needed, you can even have a prescription sent to a pharmacy. All you need is a computer with a webcam, a smartphone or tablet with an internet connection.



Ready to get started?

1. Go to the Anthem Engage app.
2. If you have not downloaded Engage, follow the directions below:
 - a) On your Apple device, open App Store. On your Android device, open Play Store.
 - b) Enter Engage into the search bar and select Download.
 - c) Once downloaded, the Engage logo will appear on your device.
 - d) Click on Register and follow directions.
3. Go to Engage home page.
4. Go to Benefits.
5. Go to LiveHealth Online.

No smartphone? Engage is available online. Simply visit engage-wellbeing.com.

Mammography Screenings

New Siteman Mammography Van Screening Procedures during COVID-19 Pandemic

The following procedural changes will allow Siteman Mammography Van to maximize patient and staff safety, while maintaining a standard of excellence in patient care:

- For the safety of patients and staff, **all patients will be required to wear a mask** in order to enter the van. Masks will be available for patients who need one. Patients who refuse to wear a mask will not be screened.
- At this time, the screening will be **unable to accommodate walk-ins** unless there is a cancellation in the schedule. Walk-ins will require advanced approval from the van technologist.
- Patients will be given a scheduled appointment time, and on screening day, they will be notified when they can enter the vehicle. Van staff will send a text message or phone call to the employee when the staff is ready for her to board the van.

Aug 6	City Hall	1200 Market St., St. Louis, MO 63103	8 a.m.-3 p.m.
Aug 18	Police Division- South Patrol	3157 Sublette Avenue, St. Louis, MO 63139	1 p.m.-6 p.m.
Sep 8	St. Louis Lambert International Airport	10701 Lambert International Boulevard, St. Louis, MO 63145	9 a.m.-3 p.m.
NEW! Sep 9	City Hall	1200 Market St., St. Louis, MO 63103	8 a.m.-3 p.m.
Sep 18	1520 Market Building	1520 Market St., St. Louis, MO 63103	8 a.m.-3 p.m.
Sep 28	Water Division- Kingshighway	1640 South Kingshighway Blvd., St. Louis, MO 63110	8:15 a.m.- 1 p.m.
Nov 16	City Hall	1200 Market St., St. Louis, MO 63103	8 a.m.-3 p.m.

August Exercise Tip: Chair Squat

You may not know it, but you are probably completing squats everyday just by sitting. You can turn your sitting into a short leg strengthening and calorie burning exercise. Grab a sturdy chair without wheels and try the chair squat. It is recommended you consult with your physician before trying this exercise to determine if it is right for your needs.

Exercise directions:

1. Sit in chair with feet flat on the floor.
2. Slide hips forward near the edge of the chair and align ankles under knees. Feet should be shoulder width apart.

3. Tighten stomach muscles.
4. While keeping back straight, slightly lean torso forward at hips.
5. Place hands on thighs and shift part of upper body weight to hands to support lower back.
6. Press through heels of your feet and stand up.
7. Slowly return to sitting position.
8. Repeat this movement 5-15 times.

Exercise Modifications:

For those who may have muscle, joint and/or knee issues or are new to exercise, you may want to try one of the chair squat exercise modifications below:

1. Use a tall seated chair.



2. Use a chair with hand rails. As you stand, use upper body muscles to push on hand rails to help you come to a standing position.
3. Skip the squat. While seated, straighten both legs. While keeping leg straight, lift one leg up and down. Alternate legs.



Provided by:
Department of Personnel and BJC HealthCare
for the BeeFit Wellness Program

For more information:
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Look for us on:  

BJC HealthCare