

Bicycle Helmet Safety—

What to Look For

Look for a helmet that:

1. Meets the CPSC standard.
(Look for the sticker inside)

2. Fits you well.

And preferably:

3. Has a rounded, smooth exterior with no snag points.
4. Has no more vents than you need.



How to Fit a Bicycle Helmet: Helmets

are not hats! They must be level on your head and strapped on securely to be protective in a crash. You want the helmet to be level on the head, with the fitting pads inside touching all the way around and the strap comfortably snug.

First, adjust the fit pads or ring: Most helmets come with extra foam fitting pads to customize the fit. You can usually remove the top pad or use a thin one there to lower the helmet on the head, bringing its protection down further on the sides. Use thicker pads on the side if your head is narrow and there is a space, or add thicker pads in the back for shorter heads. Move pads around to touch your head evenly all the way around. If you have a model with a fitting ring instead, just adjust the fit by tightening the ring if needed.

Then, Adjust the Straps: Put the helmet on, level on your head. Adjust the rear (nape) straps, then the front straps, to locate the Y fitting where the straps come together just under your ear. You may have to slide the straps across the top of the helmet to get them even on both sides. Then adjust the chin strap so it is comfortably snug. Now adjust the rear stabilizer if the helmet has one.

Are you done? Shake your head around carefully but rigorously. Then put your palm under the front edge and push up and back. Can you move the helmet more than an inch or so from level, exposing your bare forehead? Then you need to tighten the strap in front of your ear. Now reach back and pull up on the back edge. Can you move the helmet more than an inch? If so, tighten the nape strap. When you are done, your helmet should be level, feel solid on your head and be comfortable. It should not bump on your glasses (if it does, tighten the nape strap). If it still does not fit that way, keep working with the straps and pads, or try another helmet.

—BICYCLE HELMET SAFETY INSITUTE

Relieve Aching Joints with Lubricant

Americans are living longer, but their knees aren't. New drugs may provide limited relief. Now, a new non-drug alternative give aching joints the lube job they need.

When osteoarthritis develops in knees, getting around becomes an uphill battle.

When the disease is severe total knee replacement surgery is needed. Doctors and patients like to delay surgery for as long as possible.

To help, Michele Hooper, M.D., Rheumatologist, gives patients lubrican injections using a substance called hyaluronic acid. Hyaluronic acid is a molecule that the body produces, particularly in the knee joint.

When osteoarthritis sets in, the hyaluronic acid around the joint becomes thinner. Doctors think that you lose at least a third to two-thirds of your hyaluronic acid with osteoarthritis.

By injecting hyaluronic acid into the knee, it acts like a lubricant, coating the joint and making the bones glide more smoothly. It greases the joints just like we grease the joint on a car. The treatment gives patients mobility and delays surgery. Patients get three shots of this lubricant over a two-week period. Research shows the pain relief can last from six months to a year. But the treatment is still in the early stages, so it may take a few more months before all doctors are offering this treatment.

—DR. DEAN EDELL

Tips for having your blood pressure taken:

- DON'T DRINK COFFEE OR SMOKE CIGARETTES 30 MINUTES BEFORE HAVING YOUR BLOOD PRESSURE MEASURED.
- BEFORE THE TEST, SIT FOR FIVE MINUTES WITH YOUR BACK SUPPORTED AND YOUR FEET FLAT ON THE GROUND. REST YOUR ARM ON A TABLE AT THE LEVEL OF YOUR HEART.
- WEAR SHORT SLEEVES SO YOUR ARM IS EXPOSED.
- GO TO THE BATHROOM PRIOR TO THE READING. A FULL BLADDER CAN CHANGE YOUR BLOOD PRESSURE READING.
- GET TWO READINGS, TAKEN AT LEAST TWO MINUTES APART, AND AVERAGE THE RESULTS.
- ASK THE DOCTOR OR NURSE TO TELL YOU THE BLOOD PRESSURE READING IN NUMBERS.



EAP Newsletter - October 2003



When Our Grown Kids Disappoint Us: Letting Go Of Their Problems, Loving Them Anyway, and Getting On With Our Lives

...What distinguishes baby-boom parents from those of earlier generations is how much importance we place on our kids' inner psychological qualities as well as their educational and occupational success, moral and ethical values, and satisfaction in their relationships. A recent study that examined how we evaluate our adult children's achievements and adjustment - and how those assessments affect how we feel about ourselves - indicated that wanting our kids to be personally fulfilled is a goal unique to our generation. Having gone to sometimes extraordinary lengths to ensure it, it's no surprise that our kids grow up expecting us to provide it and give up the responsibility for finding it themselves, in the places that truly adult people discover it; in the satisfactions of work, love, connection, commitment, self-sufficiency and achievement. We cannot make our grown kids happy: As long as we expect that we can, they will, too. And we will both be disappointed.

...It may be very difficult to move away from a job that wasn't done perfectly, especially parenting, but parenting skills were never designed to work for grown kids. We need to define the limits of our relationships with them and our involvement in their problems, since those are the only limits we can set now. We need to find ways to stay in meaningful contact with them while we work through our own midlife tasks of coming to terms with our gains and losses, reconsolidating our identity, and reclaiming our lives now that we have reached the limits of our parental role....What Dr. David Gutmann calls the "postparental imperative" demands that we make sense of who and what matters when we return to the self we put aside to raise our kids. Because we've done that — whether we think we flunked or passed parenting, it's over. We won't get another chance at it, which is the good as well as the bad news. Our job now is to come to terms with the choices we've made in our own lives, abandon some dreams and commit to fulfilling others, allow the silenced voices inside us to be heard, and make the most of the time that's left. We can do that - we must do that - regardless of whether our kids ever achieve what we still believe is their golden, unlimited potential. But that will only be possible if we start concentrating on our own lives while we're waiting for them to get lives of their own.

BY: JANE ADAMS, PH.D. EXCERPT FROM HER BOOK, "WHEN OUR GROWN KIDS DISAPPOINT US:"

Bipolar Disorder may go misdiagnosed for years—Knowing the Signs:

This questionnaire, called the Mood Disorder Questionnaire, was developed to help recognize the signs of bipolar disorder. It is a screening tool but cannot be used for a definitive diagnosis and is not meant to take the place of an evaluation by a physician or mental health professional.

Question 1: Has there ever been a period of time when...:

- ... you were not your usual self?
- ... you felt so good or so hyper that other people thought you were not your normal self or you were so hyper that you got into trouble?
- ... you felt much more self-confident than usual?
- ... you got much less sleep than usual and found you didn't really miss it?
- ... you were much more talkative or spoke much faster than usual?
- ... thoughts raced through your head or you couldn't slow your mind down?
- ... you were so easily distracted by things around you that you had trouble concentrating or staying on track?
- ... you had much more energy than usual?
- ... you were much more active or did many more things than usual?
- ... you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?
- ... you were much more interested in sex than usual?
- ... you did things that were unusual for you or that other people might have thought were excessive, foolish or risky?
- ... spending money got you or your family into trouble?

Question 2: If you answered yes to more than one of the above, have several of these ever happened during the same period of time?

Question 3: How much of a problem did any of these cause you - being unable to work; having family, money or legal troubles; getting into arguments or fights? No problem, minor problem, moderate problem or serious problem?

Scoring: If there are "yes" answers to seven of the 13 questions in the section of Question No. 1 *and* you answered yes to Question No. 2 *and* you answered either "moderate problem" or "serious problem" to Question No. 3, you screen positive and should be evaluated further.

This questionnaire is also available on the Web site of the National Depressive and Manic-Depressive Association, www.ndmda.org.

Human Behavior Associates, Inc.

HBA is the provider of your Employee Assistance Program. Employees and their family members can call **1-800-937-7770** 24 hours per day, 7 days per week to request assistance with personal or family problems.