

Balance

The Group Health Forum

FALL 2008

The Baicorp Buzz

Now that the summer holiday season is over, Baicorp Financial Inc. and Baitrak Benefit Administrators would like wish everyone a safe and healthy fall season. With the Back To School season over and Thanksgiving already behind us, we start to focus on the fast approaching Christmas season at hand. It's a very busy , fast pace time of the year for everyone and this is usually the time when people are most susceptible to the cold and flu bug. We have therefore concentrated this issue on health in general. You can never know too much about health. Take our quiz below to test your knowledge and to learn more about this broad topic. We hope you find it both interesting and knowledgeable.

Health Quiz

1) **Taking care of myself:** Which of the following precautions is not necessary for a woman to experience a healthy pregnancy at work?

- a) Avoiding standing up for too long
- b) Monitoring her physical environment
- c) Avoiding working with electronic devices
- d) Avoiding heavy work

2) **Taking care of myself:** What is anaphylaxis?

- a) A generalized state of fatigue manifested by muscle and tendon pain
- b) A specific, long-term problem involving the inability to read
- c) A physiological reaction to an allergen, characterized by swelling of the throat, rapid heartbeat, skin reactions, etc.
- d) Fear of spiders

3) **Adopting healthy habits:** How long after quitting smoking will take a smoker's sense of taste and smell to return to normal?

- a) 2 hours
- b) 2 days
- c) 2 weeks
- d) 2 months

4) **Adopting healthy habits:** True or false: Strong coffee help lower blood alcohol levels more quickly.

- a) True
- b) False

5) **Staying Active:** How many steps per day are required to improve your health by walking?

- a) Between 100 and 500
- b) Between 1,500 and 3,000
- c) Between 6,000 and 9,000
- d) Between 12,000 and 15,000



Quarterly Quote

“Without the concentration of the mind and the will, performance would not result.”

“The man who can drive himself further once the effort gets painful is the man who will win”

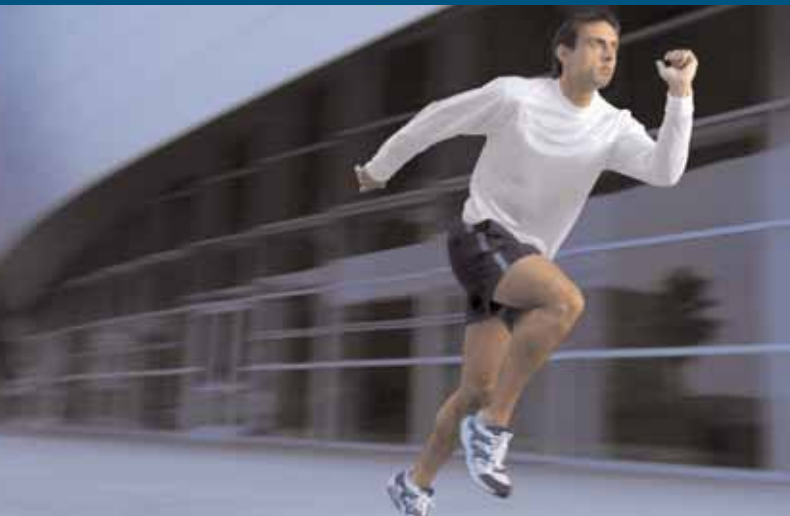
Roger Bannister First ever to run a 4 minute mile



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Health Quiz cont'd...

- 6) **Eating well:** The healthiest way to eat bread is...
- a) Fresh from the loaf
 - b) With a glass of wine
 - c) After a meal
 - d) Without butter or margarine
- 7) **Achieving balance:** "Season Affective Disorder" is due to:
- a) A lack of sun and light
 - b) The arrival of Christmas items in stores in September
 - c) A lack of fresh fruits and vegetables
 - d) Cold weather
- 8) **Eating well:** True or false: The right time to drink water is when you start to feel thirsty
- a) True
 - b) False
- 9) **Achieving balance:** What percentage of car accidents can be attributed to lack of sleep?
- a) More than 35%
 - b) Between 30 and 35%
 - c) Between 25 and 30%
 - d) Between 20 and 25%
- 10) **Achieving balance:** True or false: Vacations have a positive impact on productivity at work
- a) True
 - b) False

Answers to the health quiz

- 1) The answer is c). It is not hazardous for pregnant women to work with electronic devices, with the exception of heavy items that must be lifted, or those that may expose users to other risks (X-rays, illness, infection, chemical products, etc.)
- 2) The answer is c). Anaphylaxis is the intense physical reaction that occurs when a person with an allergy is exposed to that substance (an allergen). The reaction includes swelling of the throat, difficulty breathing, rapid heartbeat, nausea, etc.
- Severe cases of *anaphylactic shock* can result in loss of consciousness and can even be fatal, if not treated in time.
- 3) The answer is b). Quitting smoking provides a multitude of beneficial health effects, including a heightened sense of taste and smell. These are among the most readily observable benefits. It has been found that the senses of taste and smell begin to return to normal starting two days after a person has quit smoking.
- 4) The Answer is b). It is not true that coffee, however strong, has any kind of affect whatsoever on the amount of alcohol in your blood. Only the actions of the liver clear alcohol from the system, as this cannot be speeded up by drinking coffee.
- 5) The answer is c). Walking is an excellent way to stay fit, but if you really want to improve your health, you'll need to take between 6,000 and 9,000 steps each day. A pedometer is a good way to keep track of how much ground you've covered.
- 6) The answer is d). There are a variety of ways to eat healthier, even while eating out. Eating your bread without butter or margarine is a healthy choice.
- 7) The answer is a). Season Affective Disorder is a form of seasonal depression resulting from a lack of sun and light. It is generally associated with the fall and winter. Approximately 3-6% of Canadians are thought to be affected by this type of depression, and approximately 25% suffer from a host of symptoms related to a lack of light during the wintertime.
- 8) The answer is b). You need to drink water regularly well before you start to feel thirsty. Thirst is your body's way of telling you that you need to drink water because you're already dehydrated.
- 9) The answer is a). It is believed that more than 35% of car accidents are due to problems related to a lack of sleep: drowsiness, lack of concentration, fatigue, increased stress, slower reaction times, etc.
- 10) The answer is a). Vacations improve quality of life and energy levels so that you can be more efficient, creative and productive. While depriving yourself of a well-deserved rest period may lead to short-term gains, it can have a negative impact on your productivity at work and make you more vulnerable to physical or mental illness.

