



Health Fund

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Dear Participant:

The following information is a quarterly income and expense summary to inform you the member of the Fund's financial position and additional information that will help you in understanding your benefits that are available.

The Fund experienced a \$740,607 increase in Fund assets for the quarter ended 4/30/2011. Plan expenses were \$14,498,304 in benefits paid to participants and administrative costs. Total income was \$15,238,911 that includes employer contributions, employee self pays and investments.

Please remember that this is an unaudited summary and is subject to change. The reserves for estimated liabilities are determined annually by the Fund's Consultant. No adjustments of these liabilities have been made since the prior year-end. Appropriate adjustments will be made to the audited year-end financial statements to be issued subsequent to these summaries. You will be receiving a quarterly summary in the future any questions please address them to the Fund Office.

News & Views

Two common conditions that can cause serious pain are **carpal tunnel syndrome (CTS)** and **osteoarthritis**. Happily, relief for both is at hand.

Coping with carpal tunnel syndrome

CTS, which numbs your hand or wrist, happens when the median nerve from your forearm to your hand gets pressed or squeezed at the wrist. This condition can affect anyone whose job or hobby includes repeated pinching or gripping with a bent wrist.

If your hand feels numb, don't wait to call your doctor. An early diagnosis of CTS can prevent permanent damage to the median nerve. Your doctor may suggest:

- Avoiding activities that cause pain
- Applying cool packs
- Taking aspirin or ibuprofen
- Stretching and strengthening the area

Still hurting? CTS symptoms that linger beyond six months can be surgically relieved. This procedure can release the pressure on the median nerve.

– AARP Spring/Summer 2011

Getting a handle on osteoarthritis

Typically affecting older adults, osteoarthritis happens when the cartilage that pads your finger and hand joints begins to wear away. But arthritis shouldn't mean constant pain or inactivity.

Many treatments can take place at home. Find out if certain exercises may help to lessen your hand pain. You might also try hot or cold applications to ease pain, or splinting your thumb or wrist to give it a rest.

Aspirin, ibuprofen, and naproxen can all help to reduce the swelling of arthritis. You might request a cortisone shot for longer-term relief. If you get insufficient relief from these strategies, ask your doctor whether hand surgery is a good option.

Sources include: American Academy of Family Physicians; American Society for Surgery of the Hand; National Institute on Aging; National Institute of Arthritis and Musculoskeletal and Skin Diseases

Protect Yourself from Medication Errors

Partner with your doctor and pharmacist to prevent drug errors by:

- **Making a list of every medicine you take including herbal supplements and vitamins.** Keep one with you, give a copy to loved ones, and bring one to doctor visits and the pharmacy. This helps your health care team spot dangerous interactions.
- **Asking questions about new prescriptions.** Make sure you understand what the medication is for, how long to take it, and any side effects. You can also ask about lower-cost generic versions.
- **Checking labels.** Make sure the prescription labels match what your doctor ordered.
- **Reading the information included with your medicine.** It might instruct you on where to store it, whether to avoid certain foods or alcohol, and when to take your dose.

GET A FREE MEDICATION RECORD

You can download a form to keep a record of all the medications you take. Just visit www.aarp.org/medicationrecord and click on "My Personal Medication Record."

Health Tips

Maintain a healthy weight

Being overweight or obese makes your heart work harder. You're more likely to have high blood pressure, heart and blood vessel disease, or type 2 diabetes. Losing weight through diet and physical activity may help reduce your risk of a heart attack or stroke by lowering blood pressure and improving cholesterol levels.

What is a healthy weight?

Consider your weight healthy if:

- You don't have a medical problem that's caused or aggravated by your weight
- You don't have a family history of a weight-related condition
- Your weight falls within the recommended limits for healthy weight

The National Institutes of Health bases recommendations for healthy weight on the body mass index (BMI). The link between this indirect measure of your body fat and risk of death provides the recommended limits for weight.

Losing weight safely and permanently

If you need to lose weight, here's how to improve your chances of getting rid of the pounds for good:

- **Make a commitment.** Lose weight because you want to, not because you want to please others. Become self-motivated.
- **Get your priorities straight.** It takes a lot of mental and physical energy to change your habits. Plan to lose weight when you aren't distracted by any major problems or commitments.
- **Set a realistic goal.** If you've always been overweight, you may not need to lose as much weight as you think. A loss of only 5 to 10 percent of your current weight may be enough to significantly improve your blood pressure, energy, cholesterol and blood sugar.
- **Don't starve yourself.** Cutting calories to less than 1,200 if you're a woman or 1,400 if you're a man generally won't provide enough food to be satisfying in the long term. Eating fewer than 1,200 calories makes it difficult to get enough of some nutrients. To lose weight, the daily calorie goals below often work well, but check with your doctor or dietitian if you have a medical condition.

Weight Pounds	Calorie goal	
	Women	Men
250 or less	1,200	1,400
251 to 300	1,400	1,600
301 or more	1,600	1,800

- **Get and stay active.** To lose weight, gradually increase your physical activity to 60 minutes on most days of the week. It should be moderately intense, but you don't have to do it all at once.

Eating for your heart Ingredients for health

If you want to eat as if your heart depends on it, the Dietary Approaches to Stop Hypertension (DASH) eating plan may be for you.

The DASH diet is the result of several key studies that compared various eating plans with their impact on high blood pressure (hypertension). Research data backs up DASH's value as a lifelong approach to healthy eating that's designed to help treat or prevent hypertension.

Following the DASH eating plan may help reduce blood pressure by a few points in the first couple of weeks. Continuing on the plan over time could net a drop of eight to 14 points. Even greater blood pressure reductions are possible when the DASH diet is combined with physical activity and weight loss.

A typical American diet can easily include 3,500 milligrams (mg) of sodium or more a day. Most of that sodium comes from eating processed foods. A key component of the DASH eating plan is reducing the amount of sodium in your diet. Sodium can dramatically increase blood pressure in people who are sensitive to its effects.

The DASH diet comes in two versions. They are:

- The standard DASH diet, which sets the daily sodium limit to 2,300 mg
- The lower sodium DASH diet, which limits sodium to no more than 1,500 mg a day.

Studies show that the lower sodium goal is especially effective at lowering blood pressure for middle-aged or older adults, African-Americans, and people who already have high blood pressure.

– June 2011, www.HealthLetter.MayoClinic.com

Use the website

- Basic fringe benefit information;
- Summary Plan Descriptions, Notices and Newsletters;
- Links to Health Fund's Preferred Provider Organization (PPO) and to the Ohio State Carpenters Pension Plan Websites.
- Links to Delta Dental – www.deltadentaloh.com

Visit us at www.ohiocarpenters.com

Sincerely,

Board of Trustees of the Ohio
Carpenters Health Fund