

March 2009



DIABETES AND HEARING LOSS

Diabetes may affect hearing. People with diabetes are more than twice as likely as those without the disease to have hearing loss, according to a recent National Institutes of Health study. Overall, more than 40% of people with diabetes in the study had some degree of hearing loss.

“People with diabetes should ask their doctors to check their hearing. This should be routine,” said Sergei Kochkin, PhD, executive director of the Better Hearing Institute. Both vision loss and hearing loss are associated with diabetes.

Training to choose a personal trainer

A growing demand for personal trainers makes it even more important to check them out first, say Indiana University fitness experts. Bad advice from a poorly trained trainer can cost more than the hefty hourly fee. It can result in unnecessary aches and injuries and derail important health and fitness goals.

Without industry standards, it's up to you to make the most of your relationship with a personal trainer:

- * **Sticker shock?** Expensive rates do not mean a trainer is qualified or smart about fitness. Hourly rates often range from \$40 to \$100 depending on location and services.

- * **Check certification.** Certification means little unless it's current and from a reputable national organization such as the American Council on Exercise, American College of Sports Medicine, National Strength and Conditioning Association, or member organizations of the National Organization of Competency Assurance.

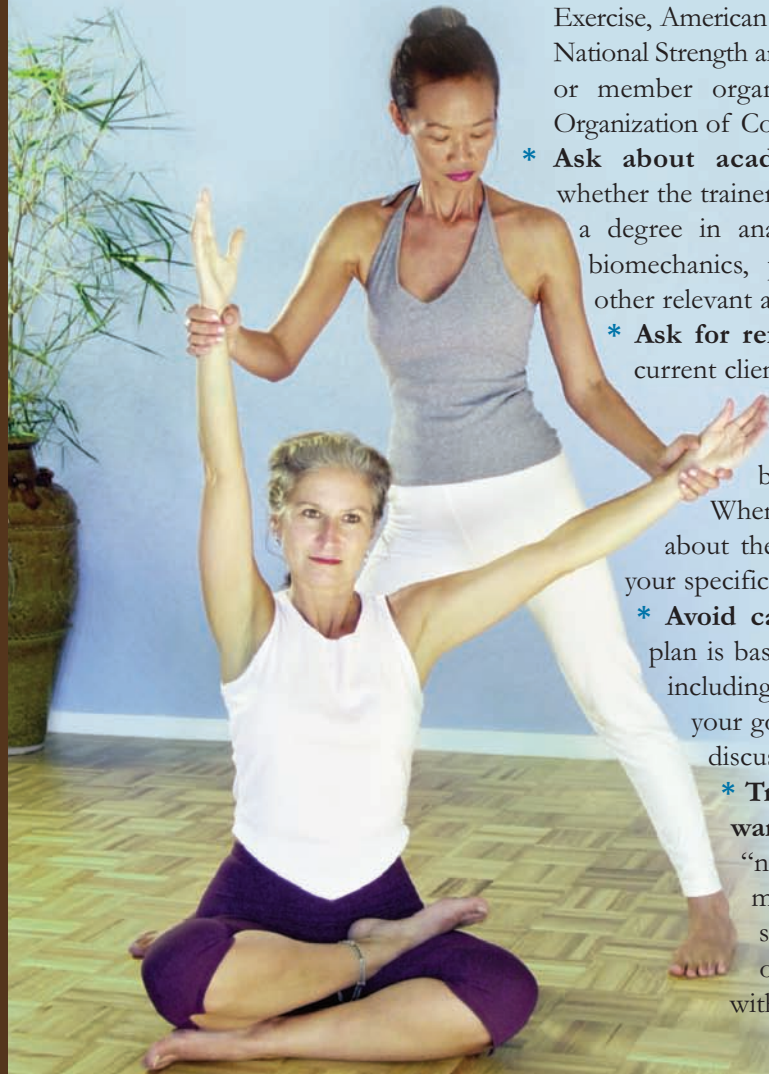
- * **Ask about academic background.** Ask whether the trainer has taken courses in or has a degree in anatomy, exercise physiology, biomechanics, physiology, kinesiology, or other relevant areas.

- * **Ask for references** from previous or current clients. Then call.

- * **Question experience.** Experience is important but knowledge is critical. When discussing experience, ask about the trainer's history related to your specific needs.

- * **Avoid canned programs.** A good plan is based on a number of factors, including a thorough medical history, your goals, medical referrals, and a discussion about behaviors.

- * **Trust your instincts and be wary of pain.** The old adage “no pain, no gain” can do more harm than good. You shouldn't feel like a truck ran over you when you work with a trainer.





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EVERY 14 SECONDS

In the time it takes you
to read this message,
the U.S. population will
increase by one person.
Current estimates from
the U.S. Census Bureau
put the total population
at 305.5+ million
people.

Success Over Stress: Make ends meet

With 44% of employees living paycheck-to-paycheck and 60% of employees very concerned about having enough money to make ends meet, it is easy to see how financial uncertainty could add to daily stress, according to the 6th annual MetLife Study of Employee Benefits Trends. "Worries about their own financial security seem inevitable for many Americans," says Ronald Leopold, MD, MetLife vice president. When the going gets tough, Dr. Leopold offers these insights to help you maintain peace of mind during trying times:

- * **Listen to your body's warning signs for stress.** Teeth grinding, headaches, irritability, and depression (among others) are all signs of stress. It is important to recognize these symptoms in order to address them before the situation gets worse and more serious health conditions follow.
- * **Take stress relief seriously.** Nobody can avoid the potential negative effects of stress. Take action: meditation, walking, and other exercises are all good outlets for stress.
- * **Make the most of what you're offered at work.** Take advantage of benefits available to you through your employer. Financial protection products, including insurance, can help you prepare for unplanned risks. Your employer may also provide access to financial planners. Wellness programs, employee assistance programs, gym discounts, child care services, commuter programs, and adoption help are often available to ease personal and financial strains.

