



COLD & FLU PRECAUTIONS

With the winter season comes the joy of days spent admiring the pristine beauty of wintry landscapes and cozy nights spent home with family. However, another annual tradition has begun to make its rounds; cold and flu season is upon us.

For most of us, this means a great likelihood to come in contact with people carrying these viruses. To help you remain healthy and alert, we've gathered these helpful tips on avoiding the cold and flu:

1. Wash your hands.

According to the 2012 Tork Sustainability Report, it is estimated that the average person touches 300 surfaces every half-hour. Imagine, then, what happens when somebody does not wash their hands after touching surfaces that are often touched by others (such as door knobs, faucet handles, or light switches)! It is highly recommended you either wash your hands with warm, soapy water or use an alcohol based sanitizer.

2. Maintain a healthy lifestyle.

Fending off the flu or cold starts with maintaining a robust immune system, and that starts with your diet and physical activity. You should make sure you are taking in a diet rich in vitamins and minerals (fresh fruits and vegetables are great for

this), and drinking lots of water. Additionally, exercise helps boost your immune system, so make sure you are getting a reasonable amount of exercise for yourself.

3. Avoid germs.

It should go without saying that if you do not come into contact with flu or cold germs, you are not likely going to contract the symptoms. If you know a friend is sick, advise that they stay home and steer clear unless absolutely necessary.

4. Get a flu shot!

There can be a lot of confusing information about the effectiveness of flu shots, but it is recommended by the World Health Organization, the Center for Disease Control (CDC) and many other medical organizations that you get a flu shot. Most studies show that individuals who have received a flu shot are likely to recover quicker than those who forego immunization.

If the worst happens and you do contract the flu or a cold, makes sure you continue to practice these tips. Additionally, it is widely recommended that sick individuals stay home and stay rested to ensure a speedy recovery.

We wish you good health and best of luck staying well this season!

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Healthy Blood Pressure Numbers

New Guidelines Aim to Increase Awareness of Warning Signs

A blood pressure reading is composed of two numbers. The top number is what is

referred to as the systolic number, and it is the higher of the two numbers that measures the pressure when the heart muscle contracts, or beats. The bottom number is called the diastolic number. It is the lower of the two numbers and measures the pressure in the arteries between heartbeats.

New Guidelines

Back in November, the American College of Cardiology and the American Heart Association announced new high blood pressure guidelines, which was the first update in 15 years.

Blood pressure used to be considered high when it reached 140/90 mm Hg. With the new guidelines, blood pressure will be considered high when it reaches 130/80 mm Hg.

These new guidelines will eliminate the term prehypertension altogether, and will instead use the terms elevated or Hypertension 1 or 2, as seen in the chart here.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (Upper Number)		DIASTOLIC mm Hg (Lower Number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HYPERTENSION 1	130 - 139	or	80-89
HYPERTENSION 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSION CRISIS	HIGHER THAN 180	and/or	HIGHER THAN 120

The purpose of the change is to allow patients to be more aware of high blood pressure. It will also give physicians more time to help patients treat or lower their elevated blood pressure with lifestyle changes before the numbers become more severe.

How to Lower Blood Pressure

- Eat a well-balanced, low-salt diet
- Limit alcohol
- Enjoy regular physical activity

- Manage stress
- Maintain a healthy weight
- Quit smoking
- Take your medications properly
- Work together with your doctor
- Know your numbers

**Information and table found on Heart.org, the website for the American Heart Association.*

Gloomy Winter Weather Got You Down? How to Cope with Seasonal Affective Disorder

Seasonal Affective Disorder, or SAD, is a depression that is caused by the changing of seasons. Most commonly those diagnosed with SAD begin experiencing symptoms in the colder months and see them improve as the weather turns warmer.

A diagnosis of Seasonal Affective Disorder is supplemental to a diagnosis of major depression. In order to be diagnosed with SAD, a person must experience the following symptoms* of major depression:

- Feeling depressed most of the day, nearly every day
- Feeling hopeless or worthless
- Having low energy
- Losing interest in activities you once enjoyed
- Having problems with sleep
- Experiencing weight or appetite changes
- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide,

as well as the following symptoms of SAD



during winter months for more than two consecutive years:

- Having low energy
- Hypersomnia
- Overeating
- Weight gain
- Craving for carbohydrates
- Social withdrawal (feel like “hibernating”).

Treatments for SAD include medication, light therapy, and exercise. Talk to your doctor today if you feel like you may have Seasonal Affective Disorder.

**Symptoms found via the Mayo Clinic website.*

We Referrals

We would love to assist all those we can, so please don't hesitate to send friends and family our way!



Our firm assists with:

- Social Security Disability
- Supplemental Security Income
- Personal Injury
- Long Term Disability
- Workers' Compensation
- Employment Law

We are not limited to the types of cases we litigate. We often refer clients to attorneys who specialize in:

- Medical Malpractice
- Veteran's Benefits
- Defective Drug Cases



POTS Causes Dizziness & Other Cognitive Issues

Postural orthostatic tachycardia syndrome, or POTS, is a condition in which the system that maintains bodily functions like blood pressure, body temperature and heart rate does not function normally.

With this condition, moving from a lying or reclining position to an upright or standing position causes an abnormal increase in heart rate and/or a drop in blood pressure.

Common POTS symptoms include lightheadedness, blurred vision, dizziness, or trouble thinking. Some people with POTS will experience fatigue, headaches, fainting, anxiety, and sleep or sensory disorders.

It is recommended you see a doctor so they can make a professional diagnosis if you are experiencing symptoms of POTS. You may be given a tilt table test to measure your body's response to the change from a sitting to a standing position, digestive system testing, x-rays, or lab work to establish the presence of POTS.

A POTS diagnosis with symptoms that affect your ability to work can certainly demonstrate disability. Depending on the specifics of how POTS affects you, you may be eligible for Social Security Disability.

To speak to our team of experienced disability attorneys at the Hankey Law Office, please call 317-634-8565 today.



"NEVER BE LIMITED BY OTHER PEOPLE'S LIMITED IMAGINATIONS."

- DR. MAE JEMISON

Winter Frost Puzzler

Brrr! It's cold outside. Stay warm, grab a hot chocolate and settle down with the winter word-find puzzler. See how many of the words below you can find.

Remember, words can go forwards, backwards, up, down, and diagonally.

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E D E F W L E X E O M M P R M
A Z L B E V C T T N B M O D M
Y U E V S V A Y C I N P T S R
P L O E N N L F D N B Z H L D
U H T S R X P Z E X H D O U I
S U U E K F E N Q B I V L S J
Y F B D C C R B T R R D E H Q
I I P X F J I P N H V U S G S
H P S N O W F L A K E X A L P
M W V Z X S S T W R U B E R F
N I U G N E P G K E K D I U Y
L I L E K V F I X K D A D L H
W T Q W B O U U Q I H Q A D S
A Y D I K L J G N B H Z E H S
C O C O A G M G P P J X D Q Q
  
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Cocoa	Hibernate	Sledding
Fireplace	Icy	Slush
Flu	Parka	Snowflake
Freeze	Potholes	
Gloves	Shovel	
February	Penguin	



Cold Weather Safety Tips Take Your Time Getting Around Town



With the most recent wave of cold weather conditions sweeping across Indiana, and recent news of related injuries, it is important to keep in mind that walking and driving can be hazardous. Unless absolutely necessary, it is recommended that you reduce the risk of injury by avoiding travel in hazardous wintry conditions. If you do not need to walk on ice, don't!

However, if you cannot avoid travel during these dangerous months, here are a few helpful tips to keep you safe throughout the winter season:

1. Dress for the weather. Wear shoes or boots with gripp soles to reduce the risk

of slipping, and dress in layers to stay warm.

2. Watch for ice. This can be particularly tricky at night. If you see areas that appear to be wet, and it is freezing out, that is likely black ice. Also keep in mind that walking on snow can be almost as slippery as well.
3. Walk slowly and deliberately. Do not try to walk as you would normally. Take short, shuffling steps, keep your arms free to steady yourself if needed, and walk as flat-footed as possible. When you have to take a long or high step, try to brace yourself with a handrail, or against a wall.
4. Avoid hazardous obstacles. Walking on ice is not a time to practice parkour. If you don't feel stable climbing over or walking on an obstacle, don't try it.
5. Keep your own property safe. Shovel as soon as possible after it snows (or have it shoveled if you are unable). Use an ice-melter (ideally pet-safe) or salt to keep ice to a minimum.



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With 80 years of combined experience, both in and out of the courtroom, the legal professionals of the Charles D. Hankey Law Office can resolve cases involving:

- Disability Claims (SSD/SSI)
- Long Term Disability
- Short Term Disability
- Worker's Compensation
- Employment Law
- Workplace Discrimination
- Wage & Hour Issues
- Insurance Law
- Personal Injury
- Car Accidents
- Truck Accidents
- Motorcycle Accidents
- Bicycle Accidents
- Railroad Crossing/
Train Accidents
- Airplane Accidents
- Highway Defects
- Workers' Compensation
- Premises Liability
- Product Liability
- Brain/Head Injuries
- Spinal Injuries
- Dog Bites /Animal Attacks
- Child Injuries
- Construction Accidents
- Burn Injuries
- Drowning

Employee Spotlight: John



Meet John, a Social Security Case Administrator and Marketing Paralegal at the Hankey Law Office. Before working at Hankey, he worked in higher education.

John was born and raised in central Pennsylvania, and earned his degree in political science at Kutztown University of Pennsylvania.

He currently lives in Indianapolis with his wife and three black cats. In his free time, John enjoys reading and listening to music.

Past results afford no guarantee of future results. Every case is different and must be judged on its own merits. The contents of this newsletter do not constitute legal advice.

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