

# CONTRACTORS BENEFIT ASSOCIATION COMMISSION



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# Natural Relief From Arthritis Pain



Arthritis is a group of painful and degenerative conditions marked by inflammation in the joints that causes stiffness and pain. Osteoarthritis, the most common type of arthritis, gets worse with age and is caused by wear and tear over the years. Rheumatoid arthritis is caused by the immune system attacking the joints as if they were foreign tissues. Because of this, rheumatoid arthritis is classified as an autoimmune disease.

Doctors traditionally treat arthritis with anti-inflammatory medications and painkillers. However, some medications cause side effects, and a natural approach to pain relief is becoming more popular. Remember to consult your doctor before trying these natural remedies.

**1. Lose weight** - Your weight can make a big impact on the amount of pain you experience from arthritis. Extra weight puts more pressure on your joints — especially

your knees, hips, and feet. Reducing the stress on your joints by losing weight will improve your mobility, decrease pain, and prevent future damage to your joints.

**2. Get more exercise** - There are more benefits to exercise than just weight loss. Regular movement helps to maintain flexibility in your joints. Weight-bearing exercises such as running and walking can be damaging. Instead, try low-impact exercises such as water aerobics or swimming to flex

your joints without adding further stress.

**3. Use hot and cold therapy** - Simple hot and cold treatments can make a world of difference when it comes to arthritis pain. Long, warm showers or baths — especially in the morning — help ease stiffness in your joints. Use an electric blanket or moist heating pad at night to keep your joints loose. Cold treatments are best for relieving joint pain, swelling, and inflammation. Wrap a gel ice pack or a bag of



## Natural Relief From Arthritis Pain *continued from page 2*

frozen vegetables in a towel and apply it to painful joints for quick relief.

- 4. Try acupuncture** - Acupuncture is an ancient Chinese medical treatment that involves inserting thin needles into specific points on your body. This is supposed to reroute energies and restore balance in your body. Acupuncture is the most researched complementary therapy and is recommended by the World Health Organization for treatment of over 100 different conditions. It is thought that acupuncture has the ability to reduce arthritis pain. If you want to explore this treatment method, be sure to find a licensed and certified acupuncturist in your state.
- 5. Use meditation to cope with pain** - Meditation and relaxation techniques may be able to help you reduce pain from arthritis by reducing stress and enabling you to cope with it better. According to the National Institutes of Health (NIH), studies have found that the practice of mindfulness meditation is helpful for some people with painful joints. Researchers also found that those with depression and arthritis-

benefitted the most from meditation. When stress is reduced, inflammation and thus swelling and pain drop.

- 6. Include the right fatty acids in your diet** - Everyone needs omega-3 fatty acids in their diet for optimum health. These fats also help your arthritis. Fish oil supplements, which are high in omega-3s, have been shown to reduce joint stiffness and pain. Another fatty acid that can help is gamma-linolenic acid, or GLA. It's found in the seeds of certain plants such as evening primrose, borage, hemp, and black currants. You can also buy the oils of the seeds as a supplement. However, be sure to check with your doctor before taking them.
- 7. Add turmeric to dishes** - Turmeric, the yellow spice common in Indian dishes, contains a chemical called curcumin that may help to reduce arthritis pain. The secret is its anti-inflammatory properties. The NIH reports that turmeric given to lab rats reduced inflammation in their joints. More research on use of the supplement for humans is needed, but it can't hurt to add this tasty spice to your dinners. Spice up your life

by grabbing some online today.

- 8. Get a massage** - According to the Arthritis Foundation, regular massaging of arthritic joints can help reduce pain and stiffness and improve your range of motion. Work with a physical therapist to learn self-massage, or schedule appointments with a massage therapist regularly. Your massage therapist should be experienced with working on people who have arthritis. Check with your doctor for a recommendation.
- 9. Consider herbal supplements** - There are many kinds of herbal supplements on the market that claim to be able to reduce joint pain. Some of the herbs touted for arthritis pain include: boswellia, bromelain, devil's claw, ginkgo, stinging nettle, and thunder god vine.

Always talk to your doctor before trying a new supplement to avoid side effects and dangerous drug interactions. Herbs are not monitored by the U.S. Food and Drug Administration for quality, purity, or safety. Be sure to buy from a reputable source.

*This article is reprinted from <https://www.healthline.com>*



# Cough Culprits

## What's the Difference Between Bronchitis and Pneumonia?

Coughs help your body clear your airways of irritants and prevent infection. But a deep cough from your chest may signal bronchitis or pneumonia. Although they may have different underlying causes, their symptoms can be similar—and both can be serious enough to send you to the doctor.

Bronchitis and pneumonia both involve inflammation in the chest. Both can cause coughs that bring up a slimy substance called phlegm to help clear out germs and pus. And both can cause shortness of breath and wheezing.

Bronchitis is a condition in which the bronchial tubes that lead to the lungs become inflamed. Viruses, bacteria, and even toxins like tobacco smoke can inflame the bronchial tubes. Most of the time, though, bronchitis is caused by an infection with one of several types of viruses. If you develop bronchitis during flu season, a likely culprit may be the flu virus. Cold viruses are also common causes at this and other times of year.

Pneumonia is caused by an infection of the lungs. "About 1/3 of cases are caused by viruses, but most of them are bacterial related," says Dr. Kenneth Olivier, a lung infection expert at NIH. "They're from bacteria that are quite common, like *Streptococcus pneumoniae*, which is the leading cause of bacterial pneumonias in all ages in the U.S."

If you get a fever with bronchi-

tis, it is usually mild (below 101 degrees Fahrenheit). In more serious cases, you may have chest pain, feel short of breath, or wheeze when you breathe in.

"Pneumonia, on the other hand, typically is associated with fever, sometimes very high, spiking fever," Olivier says. Breathing problems, chest pain, and other symptoms also tend to be more severe with pneumonia.

If you have a fever and chills, trouble breathing, or a cough that is bringing up thick phlegm—especially if it's yellow or green—go see your doctor.

Your doctor can listen to your lungs by placing a stethoscope on your chest. "Frequently, the physician can hear areas where the breath sounds are altered," Olivier says. If you have pneumonia, your doctor may hear bubbling, crackling, or rumbling sounds from the lungs.

You may be sent for a chest X-ray, which can show whether the lungs contain fluid or pus from an infection. An X-ray is the best way to diagnose pneumonia and rule out bronchitis.

Whichever illness you have, resting and drinking plenty of fluids are important ways to care for yourself.

If you're diagnosed with bronchitis, your doctor probably won't give you antibiotics. Because viruses are the usual cause of bronchitis, antibiotics are seldom helpful. If you're

wheezing, however, you may be given medicine to open your airways. Your cough may last 10 to 20 days.

### Guard Against Airway Infections

- Wash your hands often with soap and water.
- Use alcohol-based hand gel if you're unable to wash them.
- Cough into a tissue, your elbow, or your sleeve.
- Ask your doctor about vaccines for you and your children. Certain vaccines can prevent airway infections caused by harmful viruses and bacteria.
- Avoid people who are coughing or showing signs of infection.
- Avoid tobacco smoke.

Because bacteria are often the cause of pneumonia, your doctor may prescribe antibiotics. It can take 1 to 4 weeks to recover from pneumonia. Some people require treatment in the hospital.

Germs that cause colds, the flu, and lower airway infections are contagious. The best way to prevent getting bronchitis or pneumonia is to avoid getting these infections. And when you're sick, take care not to spread your germs to others.

*This article is reprinted from the National Institutes of Health's NIH News in Health. For more information, visit: <https://newsinhealth.nih.gov/>*

# NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of Contractors Benefit Association will be held at 16476 Wild Horse Creek Road, Chesterfield, Missouri 63017, on Wednesday, November 7, 2018 at 11:00 a.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

## PROXY Contractors Benefit Association November 7, 2018 Annual Meeting of Members THIS PROXY IS SOLICITED ON BEHALF OF CONTRACTORS BENEFIT ASSOCIATION

The undersigned member of the Contractors Benefit Association does hereby constitute and appoint the President of Contractors Benefit Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of Contractors Benefit Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [     ], or to [     ] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors: Matt Merrifield, Kirk Luna, and Tom Ebner
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: \_\_\_\_\_, 2018.

Signature \_\_\_\_\_

Name (please print) \_\_\_\_\_

Please date and sign and return promptly to 16476 Wild Horse Creek Road, Chesterfield, Missouri 63017 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

Chesterfield, Missouri  
October 20, 2018  
Date



## Tips for Cutting Down on Sugar

Keeping tabs on how much sugar you're swallowing is an important part of a heart-healthy lifestyle, especially if you've been diagnosed with diabetes or pre-diabetes. The empty calories from added sugars in desserts, some drinks and candy can lead to weight gain and spikes in blood glucose levels.

The good news is that cutting down on sugar may be easier than you think

- Toss the table sugar (white and brown), syrup, honey and molasses. Cut back on the amount of sugar added to things you eat or drink regularly like cereal, pancakes, coffee or tea. Try cutting the usual amount of sugar you add by half and wean down from there.
- Swap out the soda. Water is best, but if you want something sweet to drink or are trying to lose weight, diet drinks can be a better choice than sugary drinks.
- Eat fresh, frozen, dried or canned fruits. Choose fruit canned in water or natural juice. Avoid fruit canned in syrup, especially heavy syrup. Drain and rinse in a colander to remove excess syrup or juice.
- Compare food labels and choose products with the lowest amounts of added sugars. Dairy and fruit products will contain some natural sugars. Added sugars can be identified in the ingredients list.
- Add fruit. Instead of adding sugar to cereal or oatmeal, try fresh fruit (bananas, cherries or strawberries) or dried fruit (raisins, cranberries or apricots).
- Cut the serving back. When baking cookies, brownies or cakes, cut the sugar called for in your recipe by one-third to one-half. Often you won't notice the difference.
- Try extracts. Instead of adding sugar in recipes, use extracts like almond, vanilla, orange or lemon.
- Replace it completely. Enhance foods with spices instead of sugar. Try ginger, allspice, cinnamon or nutmeg.
- Substitute. Switch out sugar with unsweetened applesauce in recipes (use equal amounts).
- Limit Non-nutritive Sweeteners. If you are trying to lose weight, a temporary fix to satisfying your sweet tooth may be with non-nutritive sweeteners. But watch out! Make sure that swapping sugary options for non-nutritive sweeteners now doesn't lead to eating more later.

*Reprinted from [www.heart.org](http://www.heart.org)*





For information regarding your membership  
and association services, call or write:

**Membership Services Office  
Contractors Benefit Association  
16476 Wild Horse Creek Road  
Chesterfield, MO 63017**

**1-800-992-8044 or (636) 530-7200**

Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment.

Consult your doctor before starting  
any exercise program.

