



# Stall Street Journal

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Health Headlines

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## Medical Decisions and Advanced Directives, Are you Prepared?

What types of treatments do you want or not want during a medical emergency? Who will be responsible for making decisions for you if you are not capable of doing so?



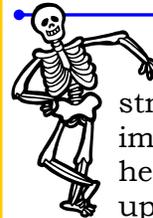
You are not required to have an advanced directive, but creating one allows you to decide who will be making medical decisions for you if you are unable to do so yourself. It will allow you to express the treatments you do or do not want in a medical emergency, especially near the end of a person's life.

With an advanced directive you can name a "health care agent" (also known as a "durable power of attorney for health care"). This person would be responsible for making your medical decisions once the doctor has determined, in writing, that you are no longer able to do so for yourself. Examples of decisions you can dictate in your advanced directive are: life support – such as breathing with a ventilator, CPR (efforts to revive a stopped heart or breathing), medicine for pain relief, or feeding tubes.

Advanced directive forms can be found in places such as medical, legal, religious and aging-assistance organizations, or you can make up your own. They can be changed as often as you see fit. To make the advanced directive valid it must be signed in the presence of two witnesses, whose signatures must also be on the document. Check your local laws to verify who can witness the document, as well as if it must be notarized. Copies of the document should be filed with your doctor and others you trust to have it available when needed.

*Source: [www.BCBS.com](http://www.BCBS.com)*

## What Do Your Bones Do For You?



Your skeletal structure plays a very important role in your health. It keeps you upright, protects your organs, anchors your muscles, and stores calcium. Protecting your bone health now can increase your mobility and quality of life as you age.

Weight bearing physical activity helps to build strong bones, maintains bone mass, and reduces your risk of osteopenia or osteoporosis as you age. It will also help strengthen your muscles, which will maintain your body's ability to balance and can decrease the risk of falls as you age.

Along with weight bearing activities, adequate calcium intake is also important in maintaining your bone health.

Visit the National Osteoporosis Foundation for more information on maintaining healthy bones.

*Source: [www.nof.org](http://www.nof.org)*

## Superfood Spotlight: Walnuts

All nuts offer a variety of heart-healthy nutrients like monounsaturated fats, fiber and several minerals, but walnuts are also filled with more omega 3 fats and contain double the amount of antioxidants. Eat them as a snack, toss a few on a salad, or incorporate them into your entree. Always opt for the low sodium version, noting that about 14 walnut halves is one ounce.



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