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Q4 GYM REIMBURSEMENT

DUE TOMORROW (1/12)

Did you know that if you attended a gym from October 1 through December 31st, 2023 you can receive up to \$25/month toward the cost of your membership? Eligible memberships include boutique studios, personal training, at-home/virtual memberships, and more!

If you're not sure if your membership qualifies, contact ThriveOn – we're here to help! All you have to do is use your membership on 8 different days each month. Proof of payment and visits is required. Click [HERE](#) for more information and to complete your reimbursement request today. Quarter 4 (October 1 - December 31) requests are **due by Friday, January 12, 2024**.

MONDAY, JANUARY 15, 2024

MLK DAY MARCH & PROGRAM

MARCH BEGINS AT 4:00PM
PROGRAM BEGINS AT 4:45PM

LINCOLN THEATRE
769 EAST LONG STREET
COLUMBUS, OH 43203

MUSICAL GUEST: ISAAC CARREE

SPECIAL GUESTS:
CITY NEWSS
KERRY CHARLES

RSVP TODAY!
<https://www.columbus.gov/MLK2024/>

CITY OF COLUMBUS 2024 MLK SPEAKER
Joyce Beatty

MLK DAY MARCH

Monday, January 15 at 4:00 PM

This Monday, the nation observes the 41st year of recognizing Martin Luther King Jr. Day as a federal holiday, dedicated to honoring the influential civil rights leader and activist, Dr. Martin Luther King Jr. This special day provides an opportunity for reflection, community service, and the celebration of Dr. King's significant contributions to the civil rights movement.

To commemorate and pay tribute to Dr. King's enduring legacy, the city of Columbus invites you to participate in the MLK Day March and Program. The event will feature U.S. Congresswoman Joyce Beatty as the guest speaker. The march is scheduled to commence at 4:00 PM at the Lincoln Theatre (769 East Long Street), followed by the program starting at 4:45 PM.

This event is free and open to the public. If you're interested in attending, learn more about the occasion and RSVP at [columbus.gov/MLK2024](https://www.columbus.gov/MLK2024/).



THYROID AWARENESS

PREVALENCE AND IMPACT OF THYROID DISEASE

More than 12 percent of the U.S. population will experience a thyroid condition at some point in their lives, according to the [American Thyroid Association \(ATA\)](#). One in eight women will also develop a thyroid disorder during their lifetime.

Thyroid disease is a general term for a medical condition that keeps your thyroid from making the right amount of hormones. Your thyroid typically makes hormones that keep your body functioning normally. When the thyroid makes too much thyroid hormone, your body uses energy too quickly. This is called hyperthyroidism. Using energy too quickly will do more than make you tired – it can make your heart beat faster, cause you to lose weight without trying and even make you feel nervous. On the flip side of this, your thyroid can make too little thyroid hormone. This is called hypothyroidism. When you have too little thyroid hormone in your body, it can make you feel tired, you might gain weight and you may even be unable to tolerate cold temperatures. These two main disorders can be caused by a variety of conditions. They can also be passed down through families.

WHO IS AFFECTED BY THYROID DISEASE?

Thyroid disease can affect anyone – men, women, infants, teenagers, and the elderly. It can be present at birth (typically hypothyroidism) and it can develop as you age (often after menopause in women).

Thyroid disease is very common, with an estimated [20 million](#) people in the United States having some type of thyroid disorder. A woman is about five to eight times more likely to be diagnosed with a thyroid condition than a man. You may be at a higher risk of developing a thyroid condition if you:

- Have a family history of thyroid disease.
- Have a medical condition (these can include pernicious anemia, Type 1 diabetes, primary adrenal insufficiency, lupus, rheumatoid arthritis, Sjögren's syndrome and Turner syndrome).

- Take a medication that's high in iodine (amiodarone).
- Are older than 60, especially in women.
- Have had treatment for a past thyroid condition or cancer (thyroidectomy or radiation).

If you have diabetes, you're at a higher risk of developing a thyroid disease than people without diabetes. Type 1 diabetes is an autoimmune disorder. If you already have one autoimmune disorder, you are more likely to develop another one.

For people with Type 2 diabetes, the risk is lower, but still there. If you have Type 2 diabetes, you're more likely to develop a thyroid disease later in life.

DIAGNOSIS AND TESTS

Sometimes, thyroid disease can be difficult to diagnose because the symptoms are easily confused with those of other conditions. Fortunately, there are tests that can help determine if your symptoms are being caused by a thyroid issue. These tests include blood tests, imaging tests, and physical exams.

Blood tests - One of the most definitive ways to diagnose a thyroid problem is through blood tests. Thyroid blood tests are used to tell if your thyroid gland is functioning properly by measuring the amount of thyroid hormones in your blood.

Imaging tests - Your healthcare provider might do an imaging test called a thyroid scan. This allows your provider to look at your thyroid to check for an increased size, shape, or growths (nodules).

Physical exams - Another way to quickly check the thyroid is with a physical exam in your healthcare provider's office. This is a very simple and painless test where your provider feels your neck for any growths or enlargement of the thyroid.

A thyroid disease is often a life-long medical condition that you will need to manage constantly. This often involves a daily medication. Your healthcare provider will monitor your treatments and make adjustments over time. However, you can usually live a normal life with a thyroid disease. It may take some time to find the right treatment option for you and manage your hormone levels, but then people with these types of conditions can usually live life without many restrictions. If you think you might have a thyroid disease, contact your healthcare provider. If you do not have a healthcare provider, contact your Health Engagement Nurses at **614-525-6773** for help finding a provider that meets your needs.



WINTER WELLNESS

SKINCARE ESSENTIALS

As temperatures gradually drop outdoors and we make adjustments to our indoor thermostats, a noticeable change occurs—the onset of dry air. This reduction in humidity becomes even more apparent when wind is introduced, intensifying the dryness, and creating an environment that can be irritating to the skin. This dryness can compromise our skin's protective barrier, especially during the winter, potentially leading to dry and itchy skin for everyone and presenting additional challenges for those dealing with conditions like eczema and psoriasis.

To address dry skin, various products are available on the market, including facial and body cleansers, moisturizers, and yes, sunscreen, even in the winter! When choosing skincare products during winter, opt for those labeled “gentle,” “moisturizing,” or “fragrance-free.” Avoid products containing alcohol, as these can contribute to skin dryness. For individuals with eczema, the [American Academy of Dermatology](#) recommends body cleansers with petrolatum, shea butter, and silicones to alleviate inflammation and restore hydration.

When selecting moisturizers, especially in colder, drier climates, lighter lotions may not provide sufficient protection. According to the [American Academy of Dermatology](#), creams, oils, or balms work well for maintaining facial skin hydration. Facial skin is thinner and more sensitive, so choose face moisturizers designed to be lighter and less likely to cause acne compared to body moisturizers. For the body, opt for ointments and creams in tubes or tubs, as thicker formulations typically pack more moisture. Ingredients such as glycerin, lanolin, mineral oil, petrolatum, and shea butter work well for dry skin. *However, if you suffer from eczema or psoriasis you may want to avoid lanolin as it is known to [cause allergic reactions in eczema and psoriasis sufferers](#), aggravating the flare-up rather than calming the itch.*

Lastly, a product often overlooked in colder months is sunscreen. The [American Academy of Dermatology](#) emphasizes year-round sunscreen use on areas not covered by clothing, such as the face, neck, ears, and hands. Look for moisturizing sunscreen products like creams over lotions or sprays, ensuring they offer broad-spectrum protection, water resistance, and an SPF of at least 30. While sunscreen can offer an extra layer of moisture for your skin it is also crucial in protecting your skin from sun damage when doing outdoor activities such as hiking, shoveling the driveway, or participating in snow sports.

Taking care of your skin can have long term benefits and it is important to remember that more expensive skin care products are not necessarily more effective. Consistency in a skincare routine, coupled with choosing products that suit your skin's specific needs, plays a pivotal role.

PREPARE FOR COLD WEATHER

PROTECT PEOPLE, PETS AND PROPERTY

Preventing issues related to cold weather requires planning and preparation. To effectively tackle extreme cold conditions, proactive measures are essential. Here's a concise guide on how to prepare for cold weather:

Monitor Weather Forecasts: Check the Forecast at [weather.gov](#) or your favorite weather app, station, etc.: Make checking the forecast part of your regular routine so you'll know when to expect cold weather.

Stock Up on Supplies: Create a winter emergency kit with non-perishable food, bottled water, blankets, extra clothing, and first aid supplies. Ensure you have supplies to last for several days.

Prepare Your Vehicle: Make your vehicle winter-ready. Check antifreeze levels, replace wiper blades, and keep a full gas tank. Pack an emergency kit with essentials like a blanket and flashlight.

Protect Yourself and Your Pets: Dress in layers—thermal undergarments, insulating layers, and a waterproof outer layer—to retain body heat and shield against wind and moisture. Protect both yourself and pets from excessive cold exposure. Find a warm spot for children waiting for the school bus to ensure their well-being in extreme cold.

By implementing [these preparations](#), you'll be well-equipped to face extreme cold weather, minimizing potential challenges before they arise.