Facing MS Challenges in the Workplace

When you have multiple sclerosis (MS), you may have to deal with unique issues at work. Should you tell your employer about your condition? Will the diagnosis put your job in jeopardy? What protections do you have? Unfortunately, there's no one right way to navigate MS in the workplace. The disease affects every person differently, and each situation is unique. As a result, it’s important to make decisions that are right for you.

Should I continue working?

If you’re just been diagnosed with MS or are experiencing new symptoms, you may question your ability to continue working. Many people with MS go on to work successfully long term. Your choice depends on your individual condition and job requirement. One thing is certain: Don’t be rash. Experts suggest waiting until condition has stabilized to decide. During an exacerbation the thought of working may seem overwhelming or impossible. But you may find your job quite manageable after symptoms subside or you begin a new treatment. In some cases, federal laws can help by giving you the time off you need to explore your options.

Do I have to tell my employer about my MS?

It can be difficult deciding whether to tell your employer about the disease. Some people want colleagues to understand how they’re feeling or why they might be acting differently. Others tell for practical reasons, such as asking time off for treatment or special accommodations like a different workstation. Keep in mind, there may be risks involved in sharing your diagnosis with your employer. Some people fear being passed over for promotions. Others worry it may put their job in jeopardy. Before you disclose your condition, think through the decision carefully and understand your rights under the Americans with Disabilities Act (ADA) and Family and Medical Leave Act (FMLA). If you want to discuss your decision with expert, call the National MS Society at 800-FIGHT-MS.

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Facing MS Challenges in the Workplace (cont.)

What rights do you have in the workplace?
Most people with MS who work for a company with 15 employees or more are covered by the ADA. The ADA helps protect people with disabilities from discrimination in the workplace, under the ADA, your employer must make reasonable accommodations to allow you to perform your job duties. This may include changing your work hours, proving you with a parking space closer to the building, or modifying your work equipment. But there are limits to this right. If the accommodations would pose undue harm to the company—for example, if it’s too expensive – they are not required to do it.

The ADA also prevents a company from hiring you or limiting your promotions or benefits because of your condition. However, this protects you only if you are still able to perform the duties of your job. If you aren’t able to perform your work tasks, your employer can let you go.

Like the ADA, the FMLA provides rights regarding time off from work. It may allow you to take short leaves of absence for treatment or other medical needs without losing your job.

What can I do to improve my working Life?

Talk with your doctor. In addition to eating right and getting regular exercise. Learn methods for reducing fatigue and conserving energy. Taking steps to care for yourself can help you feel better each day and give you more options for staying on the job.

Key Takeaways
Many people with MS go on to work successfully long term. Don’t make any decisions until your condition has stabilized.
Before you disclose your condition, understand your rights under the American with Disabilities Act and Family and Medical Leave Act.
Fatigue is a primary reason that people with MS leave the workplace.
Talk with your doctor about managing fatigue and other symptoms.

Source: www.inhealth.cnn.com

8 Mistakes People with Diabetes Make
When you have diabetes, it’s important to learn from your mistakes. You can learn from other people’s mistakes, too. It could help you avoid them and achieve your treatment goals.

#1: Not Storing Insulin Properly
Keep insulin as cool as possible, but not frozen. Insulin doesn't work as well if it gets too warm or too cold. If that happens, it will not control your blood sugar levels properly. It should not be stored at room temperature in a kitchen cabinet, desk drawer, or bedside table. Also, keep insulin out of the sun. Instead, keep insulin cool in the refrigerator. While traveling, be sure to keep insulin in a cooler.

#2: Not Checking Blood Sugar Properly
Be sure to put the test strip all the way into the glucose meter. Wash your hands before testing. Also, don’t squeeze your finger too hard to get a blood sample. It’s a good idea to closely watch while a doctor or nurse uses the meter to test you. Don’t be afraid to ask questions. Getting accurate test results is very important.

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8 Mistakes People with Diabetes Make (cont.)

#3: Not Following Your Insulin Routine
Set a schedule for your insulin injections. Then stick to it. Different foods will affect your blood sugar as well. Stress, physical activity, and illness also will have an effect. Checking your blood sugar regularly will help you control your condition. You don’t have to figure this out alone. Your doctor can help you set up a schedule that works for you. If you take pills for diabetes, it’s important to take them on schedule every day.

#4: Skipping Meals
Don’t skip meals. Your blood sugar may drop too low when you do not eat regularly. This is especially true if you’ve already taken your diabetes medicine. Instead of eating one or two big meals, eat several small meals during the day. It’s important to avoid foods high in salt, sugar and fat. Your diet should include lots of fruits and vegetables, beans, whole grains, fish, and lean meats and poultry. If this seem like a lot to think about, then talk to your doctor, a nutritionist, or a certified diabetes educator, to help create a meal plan that is right for you.

#5: Not Exercising Regularly
Exercise can help you maintain a healthy weight and feel more energetic. It also helps insulin lower your blood sugar levels. Be active on a regular basis. Then see how your blood sugar responds to exercise. Tell your doctor about what you observe. This helps your doctor know how to adjust your insulin schedule to keep your blood sugar levels steady. If you are active only once in a while, it is harder to predict your insulin needs. A random bout of exercise could cause your blood sugar level to drop too low. So, try to be active for about 30 minutes every day.

#6: Ignoring Your Feet
Many people with diabetes have some form of nerve damage. The first sign of this often is numbness, tingling or pain in the feet. These symptoms may be easy to ignore at first, but they could get worse over time. Prevent bad foot problems by checking your feet every day. Look for swelling, cuts or blisters. Moisturize your feet and trim your toenails regularly. It’s also important to keep blood flowing to your feet. You can do that by wiggling your toes and moving your ankles 2 or 3 times a day. Also, don’t sit with your legs crossed for a long time.

#7 Not Getting Regular Checkups
Don’t forget to follow up with your doctor on a regular basis. Diabetes can affect many parts of your Body. It raises your risk of heart disease, kidney Disease, infections, and gum problems. Your Doctor may send you to specialist to treat one or more of these issues. It’s also important to visit an eye doctor at least once a year. People with diabetes are more likely than others to have eye problems.

#8 Setting Unrealistic Exercise
Set reachable goals. That’s especially important if you haven’t been active for a while and are starting a new exercise routine. Doing too much too soon can leave you sore and discouraged. You could even get hurt. Set specific goals. Don’t say you’re to walk more. Instead say you will walk briskly for 10 minutes every day during your lunch hour. Remember that losing just 5% to 7% of your body weight can make a difference in how well your body uses insulin—making your diabetes easier to manage.

Source: http://www.healthgrades.com/
There wasn’t anything that could bring singer Pharrell Williams down in his hit song “Happy.” Turns out he was on to something.

Being happy and optimistic can prolong your life, help you manage stress, lower your risk of death from cardiovascular disease and even help protect you from the common cold, according to the Mayo Clinic.

There’s no better time to try it out than on positive Thinking Day, which is celebrated each September 13. Here are five expert tips to help you think yourself well.

Be aware of your automatic reactions
Take a look at the following word:

opportunity nowhere

What do you see?

opportunity now here
or
opportunity nowhere?

You want to understand what is your go-to natural way of operating in the world. Are you the kind of person who spills your morning coffee or trips on the way to work, and suddenly the whole day is ruined? Or do you focus more on the positive aspects and the lessons that can be learned? Maybe you needed a break from caffeine or a reminder to not stare at your smartphone while walking.

Catch and reframe your thoughts
Once you catch yourself defaulting to a negative reaction, try to change your perspective and reframe your thoughts into something more positive.

A simple question to ask yourself is, “what might be some positives?”

Although it may seem clunky at first, hang in there. It’s just as important to not beat yourself up for having negative thoughts, he explains.

Positive thinkers don’t only see the positive. They realize that the negative exists but that we can choose where to focus.

Don’t believe everything your mind tells you
By observing your negative thoughts instead of judging, believing or acting on them, it becomes easier to let them go.

Let go of fear
The bottom of all negativity is fear. Most of the time, it is based in the future. What if this does or doesn’t happen?

The solution is to be in the present moment and identify a fearful thought as soon as you have it. Close your eyes; figure out where you feel that fear. Focus on that spot with your mind and breathe, and visualize the stress going away. Replace a fearful thought with a better thought.

A basic meditation practice that’s as short as 10 minutes a day can make a difference.

What that will buy you is two seconds of response time, “she said. ‘ Instead of believing what your fear is telling you, you don’t react.”

Source: http://www.cnn.com/