

Your Healthy Workplace

A Monthly Newsletter
June 2019



It's already time to schedule flu shots:



For some employers, it will come as no surprise that the 2018-2019 flu season extended well into spring. And now, it's already time to begin thinking about the 2019-2020 flu season.

Physicians Quality Care OCCMed is scheduling flu shots for this fall after the new vaccine arrives. We will come to your work place when it is most convenient for you at no extra charge. Employees can also come to our Milan and Jackson clinics for their flu shots.

Production of the new vaccine is underway. Flu viruses are constantly changing, so the vaccine composition is reviewed each year and updated as needed based on which influenza viruses are making people sick, the extent to which those viruses are spreading, and how well the previous season's vaccine protects against those viruses.

Though getting the seasonal flu vaccine each year is not a guarantee, it is still your best bet to not get the flu, the U.S. Centers for Disease Control and Prevention (CDC) says.

The CDC estimates that, from October 1, 2018, through May 4, 2019 ...

- ▶ 37.4 to 42.9 million people got the flu.
- ▶ 17.3 to 20.1 million people went to the doctor because of the flu.
- ▶ 531,000 to 647,000 people were hospitalized.
- ▶ The flu caused 36,400 to 61,200 deaths.

To avoid these statistics at your workplace, schedule your flu shots by contacting OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@physiciansqualitycare.com.

RESEARCH: BACK PAIN AFFECTS ONE IN FOUR EMPLOYEES

If your back aches while on the job, you have plenty of company: New research shows that nearly 40 million American workers suffer from chronic lower back pain.

In all, that's more than a quarter of the workforce reporting lower back pain severe

enough to affect their ability to work. As striking as these findings are, the researchers believe that many more workers suffer from lower back pain than the study captured.

In addition, many workers miss work because of the pain or change jobs because of it.

Both men and women reported suffering from lower back pain, and sufferers were more likely to be 45 to 64. Obesity can also contribute to lower back pain.

The greatest number of workers with lower

Continued on back ...

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Poor sleep, stress add to perils of high blood pressure

Job stress, high blood pressure and poor sleep may be a recipe for an early death, researchers report.

In a study of nearly 2,000 workers with high blood pressure who were followed for almost 18 years, those who reported having both a stressful job and poor sleep were three times more likely to die from heart disease than those who slept well and didn't have a trying job, the investigators found.

According to the study authors, a stressful job is one where employees have many demands but little control over their work.

Poor sleep was defined as having difficulty

falling asleep and staying asleep.

Logically, then, to lower the risk of an early death, people should keep their blood pressure low, develop good sleep habits and find ways to cope with stress.

The researchers think that employers can help by implementing programs that teach employees how to relax. Employers should provide stress management and sleep treatment in the workplace, especially for staff with chronic conditions like high blood pressure. Such programs should also include helping employees to quit smoking.

Source: HealthDay News

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- ▶ DOT, non-DOT & hair follicle drug screening
- ▶ Breath- & blood-alcohol testing
- ▶ Health fairs
- ▶ DOT, wellness & pre-employment physicals
- ▶ Strength & agility testing
- ▶ NIOSH-approved pulmonary function testing
- ▶ Respirator-fit testing & respirator medical evaluations
- ▶ Heavy-metal testing
- ▶ Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
- ▶ Nerve conduction studies
- ▶ X-rays & EKGs



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BACK PAIN AFFECTS ONE IN FOUR EMPLOYEES

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back pain work in construction, building maintenance and grounds cleaning or in jobs that require lifting, pulling or standing.

One specialist said it's difficult to determine if someone's lower back pain is work-related or if you already had back pain and it got worse on the job. "Work environment can worsen back pain, but often it's difficult to assign causative factors to the back pain in the absence of a specific incident," said Dr. Qusai Hammouri, an orthopedic surgeon at Staten Island University Hospital in New York City.

For example, it can be difficult to lift a package, whether in the warehouse or at home

lifting a baby where the 'package' has no handles and squirms.

Workers with back pain should talk with their employers to see if there are things that they can do to make the work healthier, researchers said.

Source: HealthDay News

Physicians Quality Care can teach employees how to lift objects properly and other ways to prevent lower back pain. Give us a call if back pain is a problem at your workplace.

