



SAFETY IS NO ACCIDENT



High Blood Pressure—The Silent Killer

Statistics

- In the USA approximately 80 million people have high blood pressure (also known as hypertension).
- It is the most common of all the cardiovascular diseases and the leading cause of stroke and heart attack. Other complications include blood clots, kidney disease, eye problems and aneurysms.
- Anyone whose blood pressure is 140/90mmhg or more for a sustained period is said to have high blood pressure.

Symptoms

- Symptoms include: headache, nausea, vomiting, dizziness, blurred vision, nosebleeds, irregular beating of the heart, shortness of breath.
- Anyone who experiences these symptoms should see their doctor immediately.

Causes

- 90-95% of high blood pressure cases are caused by unknown factors.
- Factors out of your control that contribute are: age, ethnic background and family history.
- **Factors within your control are:** excess weight, inactivity, tobacco use, sodium intake, potassium intake, excessive alcohol use, caffeine, not getting enough sleep and stress.

Help

- Knowledge is crucial to understanding and treating high blood pressure. Regular testing by a medical examiner can help discover, monitor and treat this potentially fatal disease.



TRIVIA QUESTION OF THE MONTH



Congrats to **Josh Belmer** who correctly answered the August trivia question... the name of the award that RJR Transportation, Inc. received from our insurance group was the "President's Circle Award".

September Question

According to the article on the front page of this newsletter... name something you can do to help prevent or control high blood pressure.

Submit your answer by contacting Rob Leetham:
robl@rjrtransportation.net Phone 209.858.1124
cell 209.256.9271 fax 209.858.1134

Correct answers will be entered in a drawing to win a \$25 Chili's Restaurant Gift Certificate

SURPRISE! SECRET GIFT! WINNER! CONGRATULATIONS!

IF YOUR NAME IS HANDWRITTEN BELOW CALL ROB L. or REBECCA by Thurs 09/29 to REDEEM YOUR PRIZE!

(209) 858-1124. _____



REBECCA'S CORNER



Happy Birthday!

Greg Correia	Sep 06	HAY
Khoeun Kheav	Sep 07	MIP
Chris North	Sep 09	ONT
Byron Ramirez	Sep 19	HAY
Mike Kissam	Sep 24	HAY
Merced Torres	Sep 24	HAY
Kelvin Lee	Sep 25	ONT



Company Anniversaries

Nasir Ali	9 Years!	ONT
Anthony Corona	6 Years!	LAM
Merced Torres	3 Years!	HAY
Byron Ramirez	2 Years!	HAY



What is a beneficiary and why should I designate one?

In the event of your passing, the beneficiaries you assign to each Fidelity account will receive the assets from your account. Maintaining up-to-date beneficiary information ensures your assets are distributed in the way you intend.

A beneficiary is an individual (or entity) who receives the assets from your accounts in the event of your death. Taking the time to designate your beneficiaries now can help your family avoid probate. You should let your beneficiaries know that you've chosen them, since Fidelity does not notify beneficiaries when they've inherited assets. In the event of your death, your beneficiaries must contact Fidelity themselves in order to receive their assets. However, Fidelity will distribute your assets to your beneficiaries without requiring a will or other legal documents. You can designate your beneficiary online at Fidelity.