



Inside This Issue:

- Self-Care Corner 2
- Health Tips 3
- Healthy Eating..... 4
- Medical News 6
- Family Life 7

HealthyLife® Letter

Promoting Health. Enhancing Life. Reducing Costs.

June 2013

Is walking the new running?
Yes, according to California researchers reporting in *Arteriosclerosis, Thrombosis and Vascular Biology*. Moderate (walking) and vigorous (running) exercisers used the same amount of energy and received the same health benefits (lowered cholesterol and blood pressure and controlled or prevented diabetes and heart disease) as long as the walkers walked more to get them.



Cancer: Exercise reduces tiredness.
Aerobic exercise can help relieve the fatigue often associated with cancer and cancer treatment, according to a review in *The Cochrane Library*. Fatigue is a common and potentially long-lasting side-effect of cancer and cancer treatment. It may last for months or years.



Practically free ways to get fit

“Can’t afford to get fit” is one of the top excuses people give when asked why they don’t exercise. That’s about as logical as saying, “I can’t drive because I can’t afford a Mercedes.” Here are penny-wise ways to get fit from University of Alberta exercise experts:

- Walk. Most people walk 4,000 to 5,000 steps per day anyway. Aim to add more steps in your daily activities.
- Use a pedometer to help keep track of your steps. You can get one for about \$10, but sometimes health fairs give them away free.
- Take the stairs every chance you get, even if it’s only one flight.
- Don’t use your children as an excuse not to exercise. Take them along for a walk or run in a stroller, wagon, or on a bike.
- Turn on your radio and dance up a storm for 20 to 30 minutes in the privacy of your own home.
- Use the lowest stair or stairs in your home and create your own step workout.
- Turn your canned goods into weights. Or pour sand or water into empty milk bottles to create weights.
- Grab a chair or the kitchen counter and do some push-ups, squats and leg lifts.
- Pair a favorite TV show with some sit-ups. Just hook your toes under the sofa. Stand up and jog during commercials.
- Got rope? Jump it for a total body workout.
- Check with your company wellness program, community league or local rec center for any exercise classes, walking clubs, or team sports you can join.
- Go for a walk or just stand by your workstation and stretch for 5 to 10 minutes every hour.



Self-Care Corner

Lifestyle changes can be as effective as medication, counseling

Lifestyle changes—such as getting more exercise, time in nature, or helping others—can be as effective as drugs or counseling to treat an array of mental illnesses, according to the American Psychological Association.

Dr. Roger Walsh of the University of California, Irvine's College of Medicine said helpful "therapeutic lifestyle changes," or TLCs, include exercise, nutrition and diet, relationships, recreation, relaxation and stress management, religious or spiritual involvement, spending time in nature, and service to others.

Many often unrecognized TLC benefits include these:

- Exercise not only helps people feel better by reducing anxiety and depression. It can help children do better in school, improve mental performance in adults, reduce age-related memory loss in the elderly, and increase new neuron formation in the brain.

- Diets rich in vegetables, fruits, and fish may help school performance in children, maintain mental functions in adults, as well as reduce symptoms in certain mental disorders.
- Spending time in nature can promote brain health and overall well-being.
- Good relationships can reduce health risks ranging from the common cold to strokes, as well as multiple mental illnesses and can enhance well-being.
- Recreation and fun can reduce defensiveness and foster social skills.
- Relaxation and stress management can treat a variety of anxiety, insomnia, and panic disorders.
- Meditation can improve empathy, sensitivity and emotional stability, reduce stress and burnout, and enhance brain health and even brain size.
- Religious and spiritual involvement that focuses on love and forgiveness can reduce anxiety, depression, and substance abuse, and foster well-being.
- Contribution and service such as doing volunteer work can enhance joy and generosity by producing a "helper's high." Such activity also benefits both physical and mental health, and perhaps even extends lifespan.



{Note:} Many topics like the one on this page are contained in a medical self-care guide, such as Healthier at Home®, Health at Home®, and HealthyLife® Self-Care Guide, and/or addressed by a nurse advice line. They serve as excellent resources. If you have a self-care guide and/or access to a nurse advice line, use it whenever you are unsure about what to do for symptoms and health issues you are experiencing. They can help you make better decisions about when to seek professional assistance and when you can treat yourself at home using self-care.}

Health Tips

June is garage door safety month



Follow this safety advice from the Overhead Door Corporation:

- Keep the garage door opener control button out of the reach of small children. And do not let children play with garage door remote controls.
- Never place fingers between door sections. Explain the dangers to children and consider pinch-resistant door panels.
- Consult the owner's manual and learn how to use your garage door's emergency release feature.
- Each month, inspect the springs, cables, rollers and pulleys for signs of wear. Do not try to remove, adjust or repair these parts or anything attached to them. These parts are under high tension and should only be fixed by a trained door technician.
- Test the reversing mechanism, monthly, too. Place a 2x4 board or a roll of paper towels in the door's path. If the door does not reverse after contacting the object, call a qualified professional for repair. If the garage door opener has not been replaced since 1993, get a new one that has safety beams and an auto-reverse as standard features.
- Do not leave the garage door partially open. When activated again, it may travel downward and come in contact with an object in its path. This also compromises a home's security.
- Never leave the remote control in the car when given to a parking attendant. A stolen remote leaves you more susceptible to home invasion. Always lock your car when left unattended. Store the remote out of sight.

What is antibiotic resistance?



Antibiotic resistance happens when bacteria change in a way that the antibiotics that used to treat them are less effective or not effective at all. As a result, stronger, more expensive antibiotics are needed to kill the same bacteria. People who develop antibiotic-resistant infections are more likely to need treatment in a hospital and are at increased risk for death. Using antibiotics the wrong way contributes to the rise in antibiotic-resistant infections.

How do I use antibiotics the right way?

Antibiotics treat infections caused by bacteria, not viruses. Do not ask for antibiotics for symptoms of colds and flu. These illnesses are caused by viruses. Often, antibiotics are not needed for ear infections, sore throats, and sinus infections because these can be viral infections, too.

If your doctor does prescribe an antibiotic, take it as prescribed. Do not skip doses. Take the entire course to make sure that no pesky bacteria linger because this can lead to a more serious infection.

Source: Association for Professionals in Infection Control and Epidemiology. Read more at www.cdc.gov/getsmart/.

Healthy Eating

Eat right for your lifestyle

What's your lifestyle? Busy parent, jet-setting exec, student, athlete, or vegetarian? Or some combination of these? Jim White, spokesperson for the Academy of Nutrition and Dietetics, says one size doesn't fit all nutritional needs. You have flexibility in making healthy eating choices. He offers some suggestions:

- **Career-minded.** Busy work days. Business travel. Eating on the fly. Suggestions: Keep single-serve packages of crackers, fruit, peanut butter, low-sodium soup, and canned tuna in your desk. Tuck portable, nonperishable foods in your purse, briefcase, or backpack for a meal on the run. Try granola bars, peanut butter and crackers, fresh fruit, trail mix, and single-serve packs of whole-grain cereal or crackers.
- **Athletes.** Even for the casual workout. Your body needs fuel to function, so eat a light breakfast or snack before you exercise. Try low-fat yogurt, graham crackers with peanut butter, a banana, or cereal with low-fat milk. Before, during, and after exercise, replace fluids with plenty of water or a sports drink.
- **Students.** Ah, the fast-paced lifestyle on a low budget. Stock smart grab-and-go snacks that combine protein and carbs to fuel you, such as apples with peanut butter, carrots and hummus, hard cooked eggs and fruit, banana and yogurt, almonds with low-fat cheese or whole-grain cereal. In the cafeteria, choose the salad bar but go easy on cheese, bacon, high-calorie add-ons, and salad dressings.
- **Families.** Quick and nutritious can be done. Keep things simple. Build a collection of favorite recipes and choose ingredients that you can use in more than one meal. For example, cook extra grilled chicken for chicken salad or fajitas the next day.
- **Vegetarians.** You can include nutrient-rich beans in vegetarian chili, a hummus-filled pita sandwich, or veggie burger. Make popular items vegetarian, such as veggie pizza and pasta primavera.



Osteoporosis begins in the teen years.

Girls achieve 42% of their total body bone mass between the ages of 12 and 18, yet 90% of girls do not get enough calcium.

Beginning at age 9, children (particularly girls) should include 1,300 mg of calcium in their diet by drinking milk and eating calcium-fortified foods, according to the Office on Women's Health.



Chocolate milk may be the best-kept secret for making sure kids get the calcium they need every day.

Contrary to popular myths, chocolate milk is nutrient-rich, adds only a few more calories and not much caffeine, and is kids' number-one flavor pick. Kids have a limited time to build up their "bone bank." The calcium in chocolate milk is one way to assure timely deposits, according to the National Dairy Council.



FREE nutrition website. The USDA's SuperTracker is an interactive, online tool that has helped millions of consumers eat more healthfully, manage their weight, and reach their physical activity goals. SuperTracker is part of the ChooseMyPlate.gov website and allows users to create a personal profile, diet, and physical activity plan. One feature allows users to set their own personal calorie level to meet their weight loss goal. Access SuperTracker at www.supertracker.usda.gov.

Featured Recipe:

Banana Breakfast Smoothie

A quick and nutritious way to start your day in just 5 minutes.

- 1 small banana, peeled
- 1/4 cup strawberries, washed and sliced
- 1/3 cup nonfat milk
- 8 ounces plain yogurt, nonfat

Combine all ingredients in a blender until smooth.

Serves 1 with 252 calories, 0.6 g fat, 16 g protein, 47 g carbs, 3.4 g fiber, and 203 mg sodium.

Thanks to Fruits & Veggies—More Matters recipes, courtesy of Produce for Better Health Foundation. This recipe meets CDC strict nutrition guidelines as a healthy recipe. Find this recipe and others like it online at www.fruitsandveggiesmorematters.org.



Medical News

Temporary tattoos harmful too



What's the harm in a temporary tattoo applied at the beach or boardwalk or state fair? Maybe a lot is wrong.

The FDA is reporting problems such as redness, blisters, raised red weeping sores, loss of skin color, increased sensitivity to sunlight, and even permanent scarring from seemingly harmless henna tattoos.

Here's why. Some temporary tattoo "artists" are using harmful coloring such as hair dye or "black henna" instead of traditional henna, a reddish-brown coloring made from a flowering plant.

Inks marketed as black henna may be a mix of henna with other ingredients, or may really be hair dye alone. The reason for adding other ingredients is to create a tattoo that is darker and longer lasting, but use of black henna is potentially harmful. The temporary tattoos made with black henna are dark black.

Temporary tattooing is not regulated by anyone. No one is checking to make sure the artist is following safe practices. Don't assume this is a safe thing to do.

For any problems or long-lasting rashes, see a doctor. You may report a problem to the FDA's MedWatch: www.fda.gov/Safety/MedWatch/HowToReport/default.htm.



What men should know about prostate cancer, but don't

Men don't think prostate cancer is all that serious. They don't think they'll be affected by it. And most can't name the symptoms. Yet prostate cancer is the second leading cause of cancer deaths in American men.

Men were surveyed by a leading drug maker. Most did not know that the possible signs of prostate cancer are urinary problems, erectile dysfunction, frequent lower back pain, infertility, swelling of the legs and feet, and weight gain.

Without ample knowledge, men may fail to recognize signs and symptoms and may not be diagnosed until the cancer has progressed to an advanced stage.

According to the survey, 81% of men say they would be grateful if their "other half" scheduled their doctor's appointments. It's important for men to consult a doctor in order to work out a proper screening schedule, so making this initial appointment is a simple, yet important, way for their partners to get the ball rolling.

For more information, go to Janssen Biotech's helpful online resource: My Prostate Cancer Roadmap (www.myprostatecancerroadmap.com).

Family Life

7 keys to raising stronger and happier kids

- 1. Build confidence daily (even for 5 minutes):** It is the everyday things we do with our children that help them feel stronger and happier no matter what. Say affirmations together on the way to school or read a bedtime story every night that teaches about your child's power within.
- 2. Get them moving:** Children need to move their bodies and get their energy released in a healthy way. Be sure they do something they love from making a garden to becoming a soccer star. (Let them pick it!)
- 3. Sign them up for 1 weekly confidence-building activity:** Your children's weekly boost may be a sport like soccer or singing lessons. Most importantly, they need to see themselves succeed (really important) and also have a regular way to see themselves master a task. This builds outer and then inner confidence.
- 4. See success together:** Oprah always says that if you can believe it, you can achieve it. So help your children believe more fully in themselves. Do affirmations together like "I love me" and "I am amazing in every way." Or, do a guided meditation, sing a song that sparks them up or draw a vision board. Let your creativity loose so you both become more self-assured.
- 5. Get inspired:** Do something inspiring together whether it is going to see magnificent waterfalls, flying a kite, or learning hula-hooping. By doing something that lights your children up, they learn how to build a new skill and you'll see their confidence soar.
- 6. Create an uplifting space:** Decorate your children's space so they see happy photos of themselves, their awards displayed, goals (or vision board) hung up and they have their favorite things all around them. By making the space feel good to your kids, they'll realize this world is supporting them, their dreams can come true, and others want to see them succeed.
- 7. Play more:** Happier children know the importance of play whether they are outdoors helping their parents garden or playing tag with their buddies! So the more you help your children build skills, see their power within, and play in their daily lives, the happier they'll be.

Source: Maureen Healy, an emotional health and parenting expert, author of Growing Happy Kids: How to Foster Inner Confidence, Success, and Happiness





Change is good. It may save your life if fire strikes. Change the batteries in your smoke alarms. Also change batteries in your flashlights. Install fire extinguishers in your home, especially in the kitchen and know how to use one. Plan your "Great Escape" so all family members know how to escape from your home safely if fire threatens, advises the National Fire Prevention Association.

Piggy bank smarts

Smart money management begins at home. Washington University researcher Michal Grinstein-Weiss found that teaching kids about money in childhood helps them better manage their mortgage loans as adults. The study was in Social Work Research.

The professor offers 5 ways parents can teach their kids financial literacy:

1. Discuss and explain basic finances around the dinner table, especially the difference between needs and wants.
2. Teach kids how to save and set short-term goals (a new toy) and long-term goals (college). Kids will follow by example if they see you saving for something such as a family vacation.
3. Open a savings account for your child as early as possible. Even if you bank online, visit the bank with your child to make a deposit because actions reinforce behaviors. Review monthly statements together.
4. Teach kids budgeting and money-management skills. Help your child figure out how much money to save for how long to reach a goal amount.
5. Get kids involved in daily activities and decisions about spending. Take them grocery shopping and have them compare prices of different brands. Count out the cash during a sale.

