

# HOPE

## HEALTH LETTER



VOL. 31, NO. 1

“An ounce of prevention is worth a pound of cure.”

JANUARY 2011

© HHI



### A timely tip for winter driving

Experts advise that you increase the “three second rule” to at least eight or 10 seconds when driving on slippery roads.

A key element of defensive driving, the three second rule helps you judge the minimum safe following distance. It involves picking a fixed object on the road ahead, such as a sign, tree, or overpass. After the vehicle in front of you passes the object, slowly count “one thousand one, one thousand two, one thousand three.” If you reach the object before completing the count, you’re following too closely.

Sources: St. Clair County Sheriff's Department, Belleville, IL; AAA

## 5 ways you can be happier and more productive in the new year

- 1. Look forward, not backward.** If you’ve had a setback or hit an unexpected bump in the road, stay positive and ask yourself what you can do to move ahead. Optimism will also rub off on your family, friends, and colleagues.
- 2. Set realistic goals.** Acknowledge that you are better at some things than others and focus on your strengths. When you’ve completed an important project give yourself credit and enjoy the satisfaction of crossing it off your list.
- 3. Seek help when you need it.** Balancing a career with taking care of the household, children, and aging parents is too much responsibility for just one person.
- 4. Find practical ways to simplify your life.** Buy clothes that don’t need to be ironed or dry-cleaned. Do all your errands and shopping on one day. Instead of trying to remember everything, write things down. Keep a single calendar for work and personal commitments.
- 5. Start a new project, take up a new hobby,** or give yourself permission to do something you’ve always wanted to try.

### Running late?

see page 6...

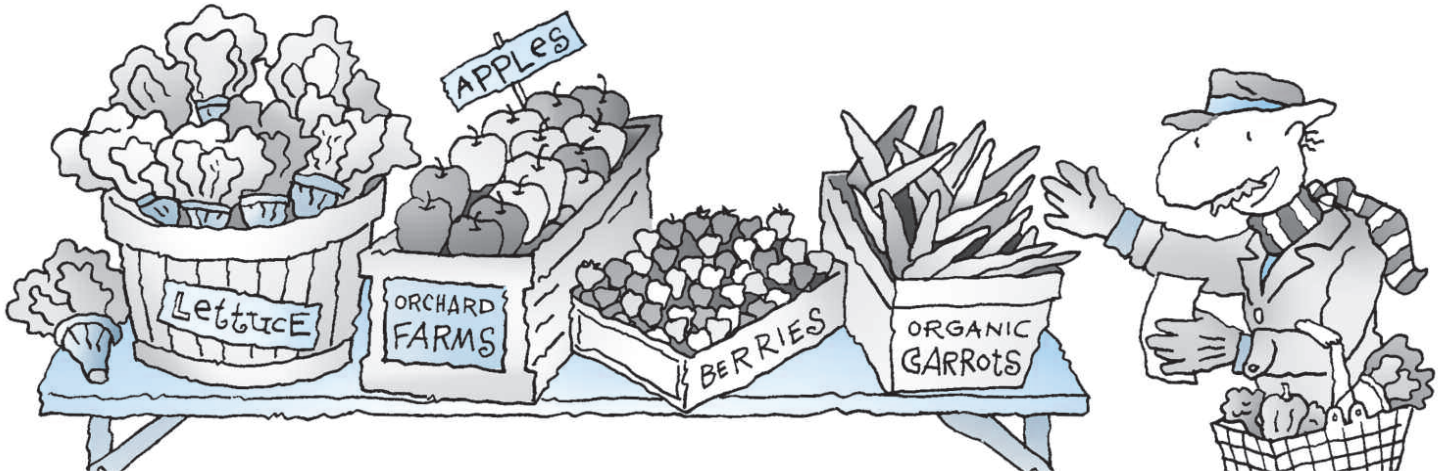


### What's Inside...

• Red, green, and in between	Page 2
• Zumba combines fun and fitness	Page 3
• Healthy Snip-its	Page 4
• Family matters	Page 6
• Smart-saver tips	Page 7
• Breathe easier	Page 8

## Red, green, and in between

### How to maximize the food value in fruits and vegetables



- 1. Choose dark, bright colors.** Red leaf lettuce has more nutrients than iceberg lettuce. Darker orange carrots may contain more beta carotene. Blueberries, strawberries, and raspberries are rich in health-promoting antioxidants.
- 2. Shop farmers' markets and buy locally grown whenever possible.** Vitamin C content can be higher in some produce that has a chance to ripen naturally.
- 3. Buy only as much fresh produce as you'll be able to eat within a few days.** Fruits and vegetables begin losing nutrients as soon as they are picked.
- 4. Steam, stir fry, or oven-roast vegetables.** Water-soluble nutrients leach out when vegetables are cooked in water.
- 5. Take care not to overcook.** To retain the most food value, vegetables should be slightly crunchy and bright in color.
- 6. To get a balance of nutrients, eat as many different types as possible.** Broccoli and citrus fruits are high in Vitamin C, for example, while spinach and peaches are a top source of Vitamin A.
- 7. Eat the skins on apples, potatoes, and stone fruits like peaches and nectarines after washing.** A significant amount of the fiber, vitamins, and minerals are lost when these foods are peeled.
- 8. Use canola or olive oil in cooking.** They're high in heart healthy monounsaturated fats. If you want to reduce calories, cut down on fat by using these oils in spray-on form or sautéing foods in chicken or vegetable broth.

## Go for whole grains

Barley and other whole grains retain all of their natural vitamins, minerals, fiber, and protein, unlike white rice and other refined grains. They are also an excellent example of complex carbohydrates that can help stabilize blood sugar. For a quick guide to popular whole grains, see page 5.

### Lentil Barley Stew

Even meat eaters will enjoy this hearty vegetarian dish

- 8 cups water
- 1 cup dry lentils
- ½ cup pearl barley
- 2 carrots, scrubbed and cut into large chunks
- 2 stalks celery, chopped
- 1 large yellow onion, chopped
- 1 clove garlic, pressed or chopped fine
- 2 bay leaves
- 2 ½ tsp. ground cumin
- 1 ½ tsp. ground thyme
- 1 ½ tsp. salt
- ½ tsp. cinnamon
- ¼ tsp. black pepper

Combine all ingredients in a large, heavy stew pot. Cover and simmer for 1 ½ hours over low heat, stirring occasionally. Adjust seasonings to suit your taste.  
Serves 4: Per serving: 270 calories, 50 g carbohydrate, 20 g fiber, 0 g fat, 16 g protein

Source: Diabetes Action, [www.diabetesaction.org](http://www.diabetesaction.org)



# get moving

JUST A NUDGE...

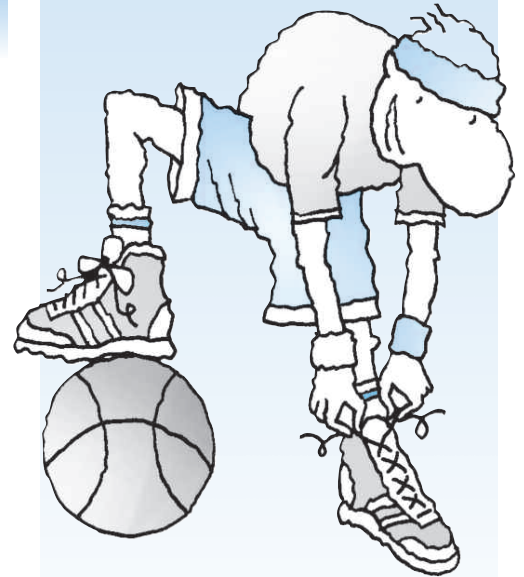
## A friendly reminder may be all you need to stay fit

An encouraging phone call, e-mail, or quick text message may be enough to get you — or someone you love — off the couch and into the habit of regular exercise.

In a study of would-be couch potatoes, people who received regular live phone calls with gentle reminders to exercise increased their average weekly activity from one hour and 40 minutes to two hours and 58 minutes, by the end of a year. Participants in the same study who received computerized phone calls increased their average activity, from one hour and 18 minutes to just over 2½ hours.

“Whether it’s smoking, alcohol abuse, or lack of activity, people trying to change unhealthy habits generally need something more than will power,” notes Dr. Abby King, the Stanford University researcher who conducted the study. Participants in the study were called roughly every three weeks and were always praised for their accomplishments. “Social support doesn’t need to be constant,” adds Dr. King. “A light touch can have a lasting effect.”

Source: *Health Psychology*, Vol. 26, pg. 718



## COURTSIDE Protect your feet and ankles when you play basketball, racquet ball, or tennis

- **Warm up for at least five to 10 minutes.** Walk around and do gentle stretches for the lower legs, feet, and ankles.
- **Wear the right shoes for the right sport.** Make sure your ankles are properly supported. Running shoes are not good for basketball due to their lack of support on the sides. If you have flat feet or high arches you may need arch supports in your shoes.
- **Don’t “play through pain.”** Because of the hard, slick floors and quick side-to-side movements, stress fractures are common in court sports but can have very few symptoms. If you have foot pain that doesn’t go away, see your doctor.

Source: *American College of Foot and Ankle Surgeons*, [www.foothealthfacts.org](http://www.foothealthfacts.org)

## THERE’S A PARTY GOIN’ ON Zumba® classes combine fun and fitness

If cold weather has forced your workouts indoors, Zumba may be a good way to beat the winter blues.

Inspired by Latin-dance moves, a Zumba class will get your heart pumping while it works almost every muscle in your body.

“It may be the best party around,” says a veteran Zumba instructor.

In a typical class, Latin rhythms such as the salsa, cumbia, raggaton, and merengue set the tempo while you follow easy-to-do dance steps. One popular misconception about Zumba is that you need to be an experienced dancer to participate. In fact, the moves can be modified to fit your own ability and there are also classes tailored for active older adults and children (4-12). Aqua Zumba® “Pool Party” offers safe and effective water-based workouts.

If you do sign up for a class, remember to wear supportive athletic shoes to cushion your joints and protect knees and ankles.

Source: *American Council on Exercise*



smart  Living

The best exercise is one you enjoy.

POWER TO THE PATIENT

## The Joy of Healthful Living

Lately, I'm on a roll in my personal lifestyle — walking, swimming, and playing games with my family. I feel more energized, more relaxed, stronger, happier. My family and I have also joined a community supported agriculture program, buying produce directly from a local farm. It leads us to cook together and eat more fresh fruits and vegetables.

I realize now more than ever that we don't have to associate healthful living with sacrifice and pain — such as giving up foods we love and punishing ourselves through the discomfort of exercise. Instead, visualize the pleasure it can bring:

- Delicious eating with fresh fruits and vegetables
- Energy, strength, and relaxation from physical activities we enjoy
- Support and connectedness from spending time with family and friends
- Fulfillment from volunteering for a good cause like Big Brothers, Big Sisters, hospice, or an animal shelter

Talk with your doctor about the health benefits of these choices. He or she can be your partner in change, help you make a plan, and provide support and encouragement. As a physician, I'll never forget the patients I helped to quit smoking and lose weight — their growth in confidence; the feeling of partnership in working together on a vital, personal quest; the shared joy of success.

**William J. Mayer, MD, MPH**  
Medical Editor

Do you have a subject you would like the doctor to discuss? E-mail [DocTalk@HopeHealth.com](mailto:DocTalk@HopeHealth.com).



### Preventing frostbite

Whether you're snowboarding, building a snowman, or shoveling snow, protect yourself in freezing temperatures:

- Remember that children are at higher risk since they can play long and hard, ignoring the cold.
- Be especially cautious on wet, windy days, when the wind chill factor significantly lowers temperatures.
- Stay dry and immediately change wet clothes.
- Dress in layers but avoid bundling up too tightly to maintain good circulation.
- Come inside regularly to check for frostbite, such as numbed, white skin that feels stiff. Seek medical attention for skin that is blue, white, or blotchy and feels hard or frozen.
- Avoid rubbing or massaging frostbitten skin, since it is extremely fragile. Remove any wet clothing and treat areas with warm water — unless there is a chance of refreezing. Pad with a soft, dry gauze and seek medical assistance.
- If you're outside with a group, periodically pause to check each others' faces and other exposed skin.

Sources: St. John Providence Health System, Warren, MI; Group Health Cooperative, Seattle, WA

### It's in the numbers

The stickers on produce can tell you if a fruit or vegetable was grown organically. Organic stickers have five digits, and the first digit is 9. Stickers on conventionally grown produce have a four-digit number.

Source: Organic Trade Association, Greenfield, MA

# Healthy

Timely Wellness News & Ideas

### Treadmills vs. strength training

Walking on a treadmill may help improve endurance for people with peripheral artery disease (PAD).

After a 10-week study that compared treadmill walking to strength training, the treadmillers were able to walk farther during a six-minute walk.

PAD causes leg pain that can make it difficult to move around and affects more than one-third of people over age 50 who have diabetes.

Sources: *Journal of the American Medical Association*, Vol. 301, pg. 165; *Diabetes Forecast*, April 2009



You still have time to get a flu shot. Flu season can peak as late as March in the U.S.

### Relief for dry eyes

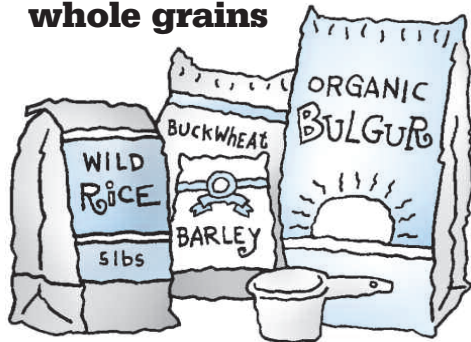
Staying away from smoke, using a humidifier to add moisture to indoor air, and avoiding overly warm rooms can help prevent the stinging and burning of dry eyes. If you work for long periods of time on a computer, take a break for a few seconds a couple of times every hour and blink frequently. When you're outside, wraparound sun glasses can protect your eyes from the wind, another source of irritation.

Dry eye occurs when the tear glands don't produce enough fluid to lubricate the eye. Artificial tears or preservative free eye drops can temporarily soothe dry eyes. If the condition is severe or these steps don't bring relief, talk to your physician. Prescription eye drops and other treatments are also available.

Source: [www.geteyesmart.org](http://www.geteyesmart.org)

# Snip-its!

## Step out of the brown rice box with these whole grains



**Barley** — Good in soups, stews, and cold salads.

**Buckwheat groats/kasha** — Not a wheat, but a fruit seed with no gluten. A satisfying substitute for brown rice.

**Bulgur** — Cooks quickly. Serve cold as tabouli salad or hot as a side dish.

**Millet** — Nutty, easily digestible, gluten free; good with vegetables or stew.

**Quinoa** — High in protein, gluten free. Light texture combines well with other grains.

**Rye, whole** — Chewy, high in protein, distinctive flavor.

**Spelt, whole** — More protein than wheat and well tolerated by many with wheat sensitivities.

**Wheat berries, whole** — Full flavored, makes hearty, filling side dishes.

**Wild rice** — Not a true rice, but the seed of a marshy grass. Low fat, high fiber, high protein, gluten-free.

Source: PCC Natural Markets

## Here's a useful website

**Information on prescription and over-the-counter drugs, including safety alerts and generic equivalents, is available at [www.fda.gov/drugs](http://www.fda.gov/drugs).** (Click on Drugs@FDA under Spotlight on the right hand side of the page.)

## Measure carefully

**When giving children liquid medicine, avoid using kitchen tablespoons or teaspoons because they are usually not accurate.** Use the dosing spoon, medicine cup, or syringe that comes with the medicine.

Liquid medicine can also be measured in milliliters: one teaspoon is equivalent to 5 milliliters; one tablespoon is 15 milliliters.

A safety tip: Never call medicine, “candy” to coax children to take it.

Source: American Academy of Pediatrics

## Getting your point(s) across

**When you make a presentation, write a report, or send an email, you'll communicate more effectively if you limit it to three key messages.**

Experts have found that we're predisposed to respond to elements grouped in threes. Most people find it difficult to remember more than that.

Take these powerful threesomes, for example: “Life, Liberty, and the Pursuit of Happiness,” ... “Government of the people, by the people, and for the people,” ... “Stop, look, and listen.”

Medical Editor: William Mayer, MD, MPH

Managing Editor: Kate Barton

Medical Advisory Board: Victor J. Barry, DDS

• Renee Belfor, RD • Patricia C. Buchsel, RN, MSN, FAAN

• Kenneth Holtyn, MS • Reed Humphrey, PhD

• Gary B. Kushner, SPHR, CBP • Patrick J.M. Murphy, PhD

• Barbara O'Neill, CFP • Lester R. Sauvage, MD

• Wallace Wilkins, PhD

For more information, visit [HopeHealth.com](http://HopeHealth.com)

The information in this publication is meant to complement the advice of your health-care providers, *not* to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

© 2011 by the Hope Heart Institute, Seattle, WA

• Institute Founder: Lester R. Sauvage, MD

• Material may not be used without permission.

• For subscription information, or reprint permission, contact: Hope Health,

350 East Michigan Avenue,

Suite 225, Kalamazoo, MI 49007-3853 U.S.A.

• Phone: (269) 343-0770 • E-mail:

[info@HopeHealth.com](mailto:info@HopeHealth.com) • Website: [HopeHealth.com](http://HopeHealth.com)

♻️ Printed with soybean ink. Please recycle.

January

Health Observances

## National Blood Donor Month

**One pint of blood can save at least three lives.** You can be a donor if you are at least 16 years of age (the age requirement may vary in some states), weigh at least 100 pounds, and are in overall good health. To find a blood bank in your area go to the American Association of Blood Banks Website at [www.aabb.org](http://www.aabb.org).

If you're scheduled to have non-emergency surgery you may be able to use your own blood through a process known as autologous blood donation. In the weeks prior to surgery you can “donate” your own blood and it will be stored until it is needed.

## Cervical Cancer

**Cervical cancer is rare among women who get regular PAP tests, which can detect abnormal cell changes in the cervix before they turn into cancer.**

Talk to your doctor about the screening schedule that would be appropriate for you or learn more at [www.cancer.org](http://www.cancer.org). For girls and young women ages 9–26, consider the HPV vaccine to help prevent infection with the virus that most commonly causes cervical cancer.

## Radon Action

**A natural radioactive gas that you can't see, smell, or taste, radon is the leading cause of lung cancer among nonsmokers and second leading cause of lung cancer overall.**

The Surgeon General of the U.S. and the Environmental Protection Agency recommend that all homes be tested for radon. Contact your state radon office or go to [www.epa.gov/radon](http://www.epa.gov/radon) to learn more.

PRACTICE ACTS  
OF KINDNESS. . .

## It's a sure-fire way to lift your spirits

When you do something nice for another person you'll also get a positive burst of emotion that will make you happier. Some studies even suggest that volunteering provides the same emotional boost as a financial bonus at work.

Some easy ways to make a difference in another person's life:

- Read to a child or elderly person.
- Bake cookies and take them to a homeless shelter.
- Praise someone for their accomplishments.
- Learn to forgive. When you are frustrated with someone try to "walk a mile in their shoes." Ask yourself what this situation must look like to her or him.

Source: *The How of Happiness*, by Dr. Sonja Lyubomirsky; Penguin Press



“Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give.”

— Eleanor Roosevelt

## the whole you



ARE YOU ALWAYS RUNNING LATE?

## Try this simple tool for time management

“If you're consistently late by a different amount of time, sometimes 5 minutes, sometimes 15, and sometimes even 40, you're not good at estimating how long things actually take,” says Julie Morgenstern, author of *Time Management from the Inside Out*.

Take a couple of weeks to honestly keep track of how long it takes to do routine things, include

everything from drive times to mundane necessities like blow drying your hair or taking a shower. Write down how long you think it will take to do something, along with how long it actually takes. This will help you find a pattern so you can adjust your time estimates.

### FAMILY MATTERS

## A famous movie line may ease your child's fears

“I'll be back” is the catch phrase from the “Terminator” movies, but it may also help your child deal with separation anxiety.

Youngsters can have a tough time when Mom or Dad leaves them with someone else, but helping them understand that you'll be back can lower the stress.

These ideas can also make it easier to say goodbye:

- If possible avoid leaving the child with an unfamiliar person between the age of 8 months and 1 year — the age at which separation anxiety most commonly begins.
- Try to leave when the child is rested and not hungry.
- Do some “trial runs.” Let the youngster stay with someone for short stints and gradually increase the time.
- Stick to a consistent drop off and pick up schedule to help your child understand that although you're leaving, you will be back. Call to let your child know if you're going to be late.
- Don't let crying or tantrums keep you from leaving.



Source: *The Nemours Foundation*, [www.nemours.org](http://www.nemours.org)

# fiscal fitness

DOLLARS AND SENSE

## Get the most out of your money with these smart-saver tips

**1. Take fewer trips to the grocery store.** If you make three trips a week and spend \$10 each trip on impulse buys, that can amount to \$120 extra each month. By planning ahead and shopping only once a week you'll probably spend only \$40 per month on impulse purchases. That saves you \$80 per month – \$960 a year.

**2. Purchase your car and homeowner's policies from the same company and you could save up to 15% per year on insurance.** Make sure your auto, home, and life insurance policies give you adequate coverage. Compare companies to see if you can get a better rate when premiums come due. Higher deductibles are one way to lessen your expenses.

**3. Check gas prices at [www.gasbuddy.com](http://www.gasbuddy.com).** Prices can vary by as much as 20 cents per gallon in the same area.

**4. Look for entertainment discounts.** Many museums, zoos, and parks offer free admission on certain days of the month. College campuses are another source of great live performances at inexpensive prices.

**5. Form a babysitting co-op with other parents.** You watch their kids one Saturday night and they watch yours the following weekend. If you spend \$10 to \$20 a week on a babysitter you could save between \$520 and \$1,040 a year with a co-op.

**6. Get out your library card.** Check out movies, TV episodes, and exercise videos for free or next to nothing. If you prefer to own, sites such as [www.titletrader.com](http://www.titletrader.com) and [www.swap.com](http://www.swap.com) can help you trade used books, movies, and music.

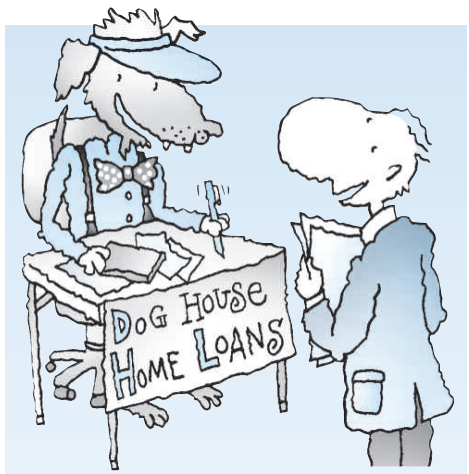
**7. Be mindful about your energy use:** Programmable thermostats can save you up to 3% on heating and cooling bills. Open the blinds and let the sun shine in to warm your house on cold days. Evaluate whether or not you really need that extra refrigerator in your garage — it's probably costing you up to \$100 per year. Use a power strip that automatically shuts off electronic appliances when they're not in use.



**8. Consider a pre-paid cell phone plan,** especially if you use only a part of the minutes on your current plan and you don't need many of the applications found on pricier models. Plans that cost as little as \$10 a month are available with a pre-paid amount of minutes. The average cell phone contract is about \$70 per month.

**9. Know where your money goes.** This may sound like a “no brainer” but not being aware of where your money goes can be a red flag that you are overspending. The “Tracking Your Expenses” worksheet available at [www.smartaboutmoney.org](http://www.smartaboutmoney.org) can help you monitor everything from utility bills to gifts and lunches.

Sources: National Endowment for Financial Education; Con Edison Power Company; Kiplinger; [www.kiplinger.com](http://www.kiplinger.com)



## Borrowing money from family or friends?

*Follow these three rules:*

**1. Present a plan.** Propose a monthly repayment schedule that includes the interest rate, length, and even late fees. If you have collateral to back up the loan you should offer that as security the loan will be paid back.

**2. Stop if you feel resistance.** If the person you've approached for the loan seems uncomfortable or resistant, back off. It's better to borrow from a bank or someone else than jeopardize a relationship.

**3. Put it in writing.** Formalize the deal. Write the terms down, and both parties should sign the document.

Borrowing from a family member or friend can be a win, win situation and a positive learning experience. But borrowing money can be an emotional tinder box, and risks hurting feelings and ruining relationships.

Source: *Slash Your Debt*, by Gerri Detweiler, Marc Eisenson, & Nancy Castleman

“Before you borrow money from a friend, decide which you need more.”

— Gene Brown

This electronic newsletter contains copyrighted property of The Hope Heart Institute and is intended for the sole use of individual newsletter subscribers. It is a violation of federal copyright law to photocopy or otherwise distribute electronic copies of this newsletter without prior written permission of Hope.

# HOPE HEALTH LETTER

© HHI

## weight control

### 4 secrets of lasting weight loss

- **Eat breakfast.** A good breakfast will set you up to make healthier food choices throughout the day and will keep you from getting too hungry and overeating at lunch.
- **Watch less than 10 hours of television per week.** Between watching television and using a computer, the average adult logs in almost five hours of screen time a day. By replacing tube time with working on a hobby or even doing light housework, you'll probably burn between 100 and 200 additional calories every day.
- **Get at least 60 minutes of physical activity every day.** Sixty minutes may sound like a lot, but that's the equivalent of just one television drama.
- **Weigh yourself at least once a week:** Stepping on the scale will give you a reality check and strengthen your commitment to healthy eating.

Source: National Weight Control Registry



### Breathe easier when the cold or flu hits

- Drink plenty of fluids to keep your body hydrated and water-down the mucus which causes congestion.
- Avoid smoking and alcohol. Both can irritate nasal passages.
- Use a humidifier, particularly if your home has forced air heating.
- Steam your sinuses in a hot shower or drape a towel over your head while breathing in the steam from a bowl of hot (not boiling) water several times a day.
- Over the counter decongestants can relieve congestion, but talk to your doctor before using any OTC products if you take prescription medications, as some can cause drug interactions.
- If you must fly, use a nasal spray decongestant before taking off to prevent blockage of the sinuses.

Source: American Academy of Otolaryngology

## body, mind, & soul

“It’s all right to have butterflies in your stomach. Just get them to fly in formation.”

— Dr. Rob Gilbert

“There’s a saying among prospectors: “Go out looking for one thing and that’s all you’ll find.”

— Robert Flaherty

“Since everything is in our heads, we had better not lose them.”

— Coco Chanel

“Why is it that when you send something by truck it’s called a shipment, but when you send something by ship it’s called cargo?”

— Unknown

“If you don’t think every day is a good day, just try missing one.”

— Cavett Robert