



# MOUNTAIN STATES

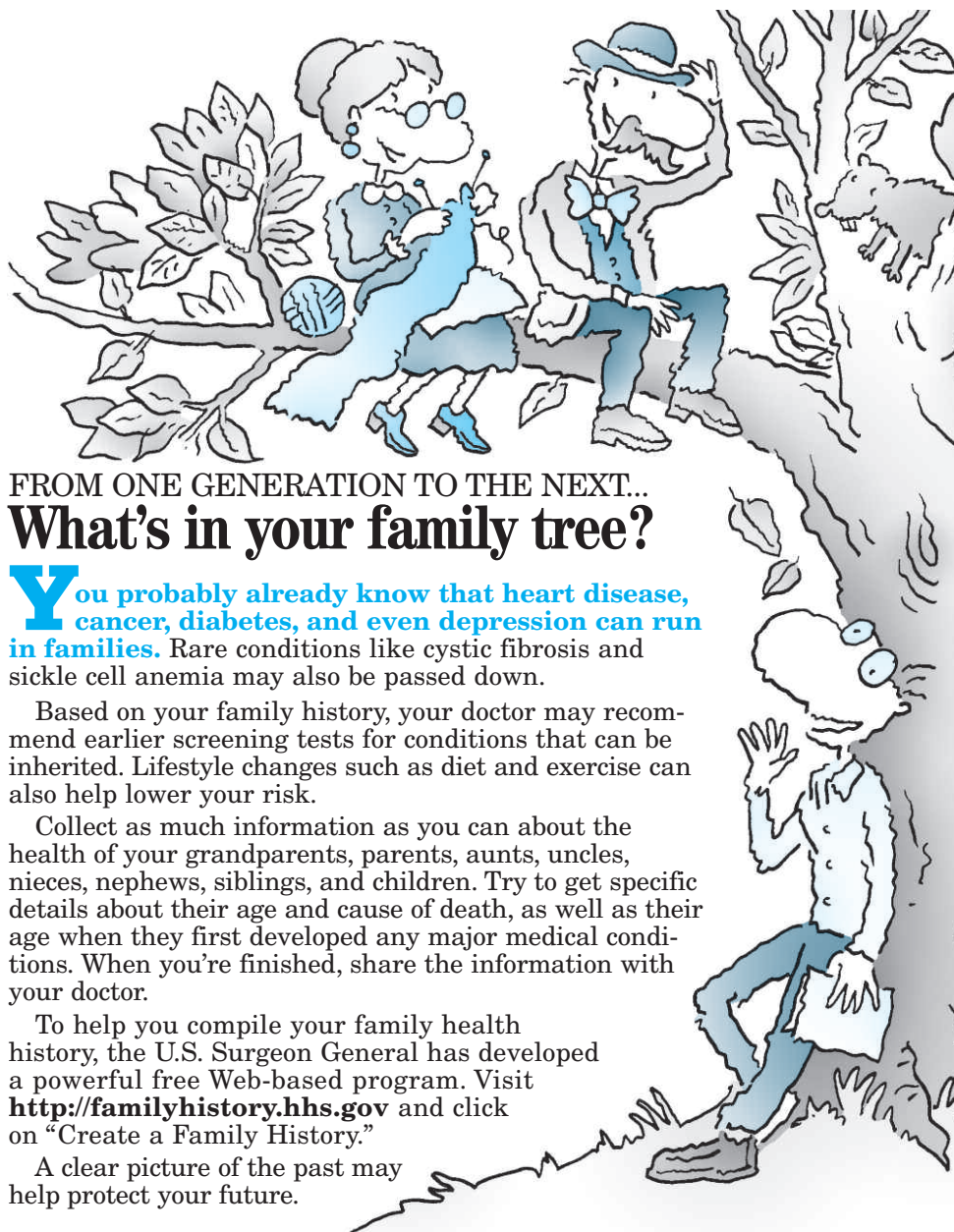
## ADMINISTRATIVE SERVICES

7202 EAST ROSEWOOD • P.O. BOX 32709 • TUCSON, ARIZONA 85751-2709  
(520) 722-0811 • FAX (520) 722-7127

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

JUNE 2007



### FROM ONE GENERATION TO THE NEXT... **What's in your family tree?**

**You probably already know that heart disease, cancer, diabetes, and even depression can run in families.** Rare conditions like cystic fibrosis and sickle cell anemia may also be passed down.

Based on your family history, your doctor may recommend earlier screening tests for conditions that can be inherited. Lifestyle changes such as diet and exercise can also help lower your risk.

Collect as much information as you can about the health of your grandparents, parents, aunts, uncles, nieces, nephews, siblings, and children. Try to get specific details about their age and cause of death, as well as their age when they first developed any major medical conditions. When you're finished, share the information with your doctor.

To help you compile your family health history, the U.S. Surgeon General has developed a powerful free Web-based program. Visit <http://familyhistory.hhs.gov> and click on "Create a Family History."

A clear picture of the past may help protect your future.

### **Prescription checkup**

**A**t least once a year, review your prescription medications and ask your doctor these questions:

Are there any lifestyle changes I could make that might make it possible for me not to need this medication?

Is a generic or generic equivalent available?

Is there another drug that costs less but has the same effectiveness?

Can I save money by splitting pills with double the dose and taking half a pill?

Is there one new drug that can do the work of two or three medications I am taking?

Is an over-the-counter medication available?

### **Men's health week**

See page 7...



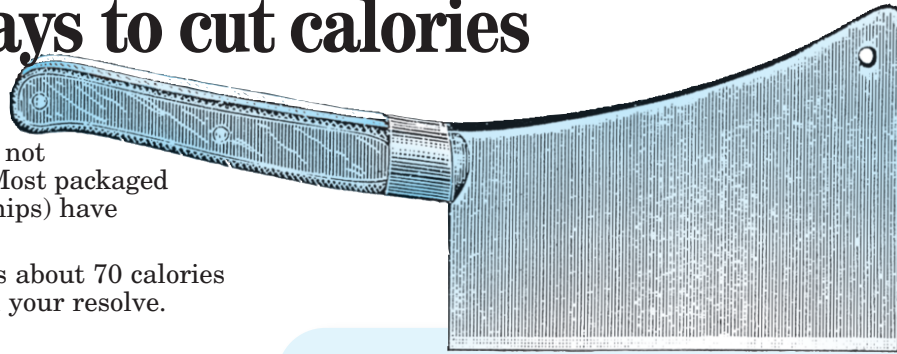
#### **WHAT'S INSIDE...**

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# eating well

# 11

## easy ways to cut calories



1. **Read the nutrition facts panel.** Low fat does not always mean low calorie. Most packaged foods (like small bags of chips) have several servings.
2. **Limit alcohol.** It contains about 70 calories per ounce and can weaken your resolve.
3. **Eat on smaller plates.**
4. **Serve smaller portions.**
5. **Put your fork down** and take a sip of water between bites.
6. **Fill at least two-thirds** of your plate with fruits and vegetables.
7. **Instead of supersizing,** order “kids’ sizes.”
8. **Use plates instead of snacking from bags** or brownie pans. Take a single serving and put the food away.
9. **Serve food in the kitchen, but eat at the dining table.** Seconds will be less tempting.
10. **Use low-fat milk,** cheese, and other dairy products.
11. **Instead of putting dressing on salad, serve the dressing in a separate dish.** Before you spear a bite of salad, put a small amount of dressing on your fork. You’ll get the flavor of dressing without as many calories.

### ONE SERVING

### LOOKS LIKE

3 oz. meat/poultry/fish	Deck of playing cards or the back of your closed hand
1 oz. hard cheese	4 dice
2 Tbsp. peanut butter	Size of a golf ball or 1 large marshmallow
1 medium apple/pear/orange	1 tennis ball or baseball
1/2 cup ice cream	Computer mouse
1 bagel	Size of a hockey puck
1 cup cereal with milk	A tight fist
One small baked potato	Computer mouse
One cup raw vegetables, yogurt, or fruit	Will fit into an average woman’s hand

Source: American Dietetic Association

### EATING-WELL RECIPE

#### GAZPACHO

*This refreshing summer soup is packed with garden-fresh vegetables and made with very little added oil.*

- 4 cups tomato juice (use low-sodium variety to reduce salt)
- 1 medium onion, peeled and coarsely chopped
- 1 small green pepper, cored, seeded, and coarsely chopped
- 1 small cucumber, peeled, seeded, and coarsely chopped
- 1/2 tsp. Worcestershire sauce
- 1 clove garlic, minced
- 1 drop hot pepper sauce
- 1/8 tsp. cayenne pepper
- 1/4 tsp. black pepper
- 2 Tbsp. olive oil
- 1 large tomato, finely diced
- 2 Tbsp. minced chives or scallion tops
- 1 lemon, cut into six wedges

Put 2 cups of tomato juice and all other ingredients except diced tomato, chives, and lemon wedges into the blender. Purée. Slowly add the remaining 2 cups of tomato juice to puréed mixture. Add diced tomato. Chill. Serve icy cold in individual bowls garnished with minced chives and lemon wedges.

Serves six. Per one-cup serving: 87 calories, 5 g fat, less than 1 g saturated fat, 593 mg sodium. To cut back on sodium, use low-sodium tomato juice.

Source: A Healthier You, U.S. Department of Health and Human Services

## Quick summer salad

**A**dd a cup of your favorite summer fruits and/or vegetables, such as snow peas, strawberries, blueberries, and peaches or nectarines to three cups of washed and dried baby spinach leaves. Dress with a low-fat vinaigrette. This quick summer salad serves two and provides 2.5 servings of fruits and vegetables per person.



*The more brightly colored fruits and vegetables you add to your salads, the more nutrients you'll pack in.*

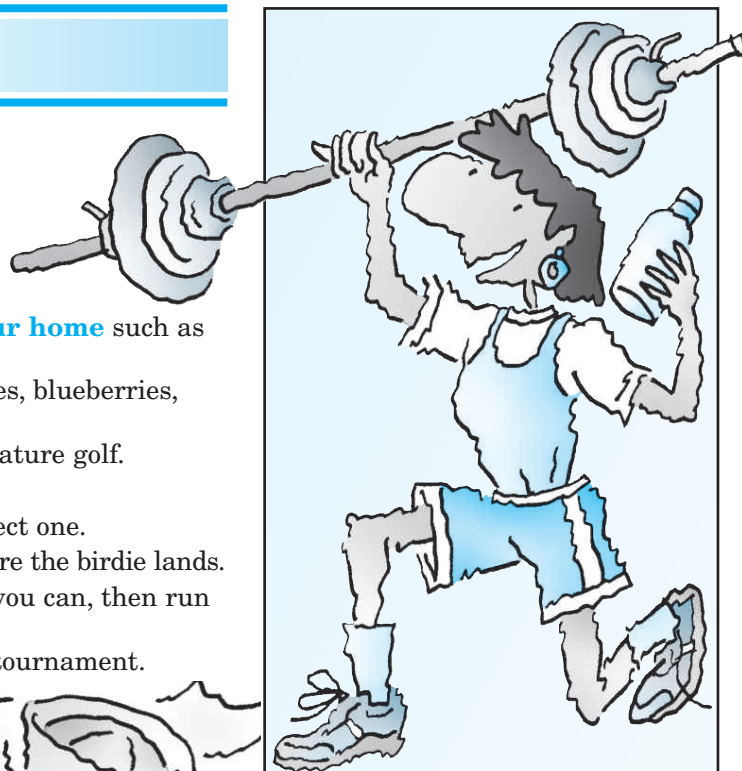
# fitness

FROM GRANDPARENTS TO GRANDKIDS

## Summer activities everyone can enjoy

1. Find the free (or mostly free) activities near your home such as parks, bike trails, hiking trails, and tennis courts.
2. Visit “you pick” farms to pick your own strawberries, blueberries, peaches, or other favorite fruits.
3. Check out the nearest driving range or play miniature golf.
4. Go fly a kite.
5. Visit outdoor education centers. The zoo is a perfect one.
6. Play power badminton in the backyard — serve where the birdie lands.
7. Play “hit and go” croquet — hit the ball as far as you can, then run across the yard.
8. Get some colorful chalk and organize a hopscotch tournament.
9. Play Frisbee or catch.
10. Jump rope. Learn some fancy tricks and games.
11. Train for and enter a fun run.
12. Adopt a highway, park, or beach and keep it clean.
13. Plan a family swimming outing and play mixed-age water volleyball.
14. Use a compass to map out a course and take a walk, hike, or bike ride.
15. Canoe, raft, or go inner-tubing. Make sure everyone wears life vests and knows how to swim.

Source: Shape Up America

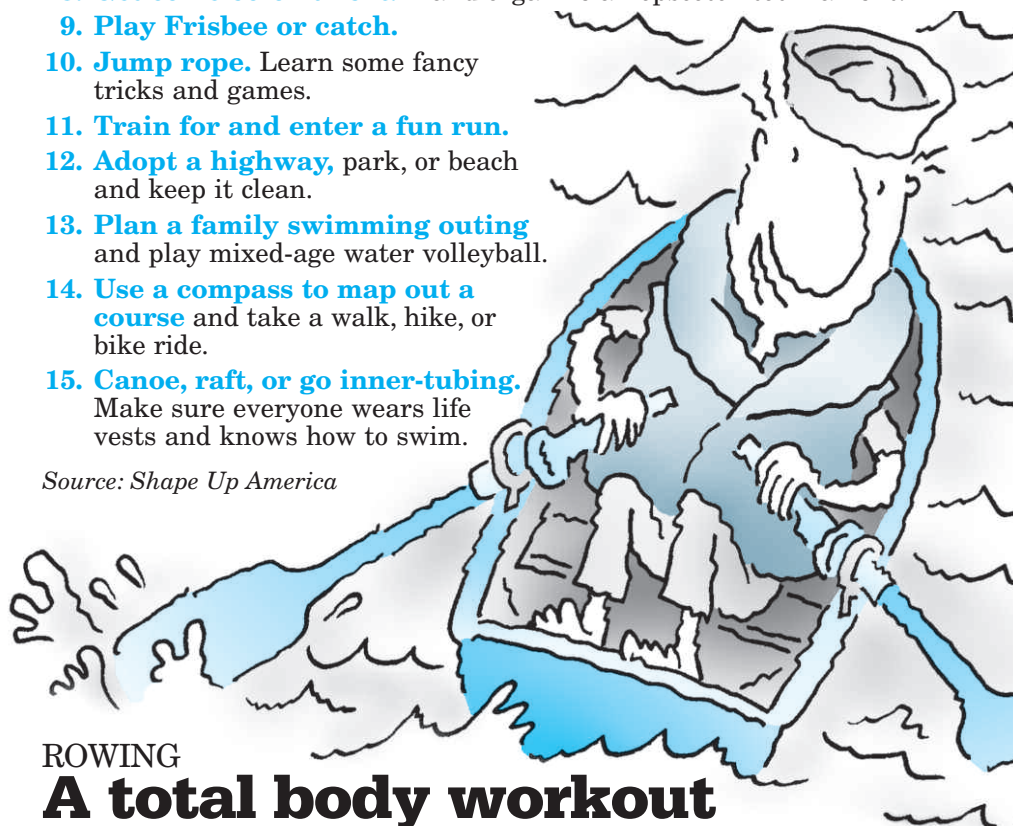


### Women and weight training

**A**lthough they can't match them in muscle size and amount of weight lifted, women actually can get more benefit from weight training than men.

In general, women have less strength in their arms and legs than men. Women who don't lift weights or do some type of resistance training generally have more difficulty performing daily tasks such as lifting children, carrying groceries, and even standing up from a chair. Less strength can lead to less activity, and eventually result in weight gain and more muscle loss.

Source: American College of Sports Medicine



ROWING

### A total body workout

**R**owing gets your heart pumping and is an ideal workout for all-around strength and flexibility. Every stroke stretches the legs, hips, arms, and back. It's easier on the joints in the legs and spine than running and jogging, and it's an activity that can be enjoyed alone or with a team.

“Minute for minute, rowing is the most efficient exercise in terms of building muscles and burning calories,” says Ohio University physiologist Frederick Hagerman, PhD.

Check with your doctor if you've been inactive and plan to start a rowing program. Exercises to strengthen your stomach and back muscles (the ones that do most of the work) will help get your body ready.

The U.S. Rowing Association at [www.usrowing.org](http://www.usrowing.org) has links to rowing clubs in all parts of the country.



Use a fun physical outing like in-line skating or playing catch rather than food as a reward for kids.

## Doc Talk

### POWER TO THE PATIENT

## Travel safe

**S**ummer travel can increase health risks. When my family travels, I advise these precautions:

1. Check your health insurance. Some plans don't cover care abroad or non-emergency care when traveling.
2. Ask your doctor about calling for problems away from home, and carry contact numbers with you.
3. If you take prescription medications, tell your plan you need a vacation refill.
4. Use seat belts, bike helmets, sunscreen, and lifejackets; always use footwear and swim with a buddy.
5. Use insect repellent with 30% DEET.
6. Bring a car safety kit — flares, space blanket, water, snacks.
7. Pack a first-aid kit.
8. Don't eat perishable foods that have been unrefrigerated for two hours or more.
9. In places with potentially unsafe water, treat water with a trace of iodine, or boil it for drinking and brushing teeth; don't eat salads, uncooked vegetables, or unpasteurized dairy products.
10. If traveling to a less developed country, consult your physician about prevention and consider supplemental travel insurance for medical expenses. For detailed information, visit the State Department's travel Website at: [http://travel.state.gov/travel/tips/health/health\\_1185.html](http://travel.state.gov/travel/tips/health/health_1185.html).

These preventive measures will help assure medical issues don't get in the way of a great trip.

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

*Do you have a subject you would like the doctor to discuss? E-mail DocTalk@HopeHealth.com.*

## It's OK to be a quitter

♥ In addition to being the number one cause of lung cancer, smoking increases your risk of stroke sixfold.

Even non-smokers who breathe secondhand smoke either at home or at work have nearly double the risk for stroke.

To help stop cravings when you do quit: drink a glass of water, call a friend, practice deep breathing, go for a walk, chew on a celery or carrot stick, do something with your hands (work a puzzle, write a letter, work on a hobby).

*Sources: How To Prevent Your Stroke, by J. David Spence, MD, Vanderbilt University Press; the American Lung Association*

## Dieting tip

♥ It's easy to pack your lunch while cleaning up after dinner. Put the leftovers in a microwave-safe container to take to the office and you won't have to worry about preparing lunch in the morning.

## Avoiding asthma attacks

♥ Exercise is a common asthma trigger, but you should still be able to enjoy physical activity without worrying about an asthma attack.

Talk to your doctor. Taking certain asthma medications before exercising or stopping for short breaks are things you can do to prevent attacks.

Other common asthma triggers: cigarette smoke, allergies, stress, and air pollution.

*Source: American Lung Association*

## On the beach

♥ Take any chance you get to kick off your shoes and walk in the sand at the beach. Walking in the sand massages your feet, strengthens your toes, and is good for general foot conditioning. A note of caution — watch out for glass and other sharp objects.

*Source: American Orthopaedic Foot and Ankle Society*

# Health

Health Briefs for Busy People

## Crash control

♥ One-fourth of all auto accidents in the U.S. occur in intersections.

Intersection safety tips:

Avoid following a large vehicle too closely through an intersection with stoplights because you won't be able to see if the light has changed. Also, leave enough space so you can clearly see everything in all directions before moving.

When entering, always yield the right of way to vehicles already in the intersection.

When turning left, don't turn your wheels until you're ready to turn. If a vehicle hits you from behind, you could be pushed into oncoming traffic.

*Source: U.S. Department of Transportation*



*Exercise when you have the most energy. For most people, that's usually in the morning.*

## Family credit checkup

♥ It's a smart idea to get an annual credit report for each child in your family.

Children are registered for Social Security numbers almost immediately after birth. Identity thieves use these unblemished numbers to open accounts, apply for loans, and lease property.

Talk to your children about keeping their personal information private and never sharing it over the Internet. Also watch for credit card offers that come in your children's names, and report any suspicious activity to credit bureaus and businesses.

To request a free credit report, visit the Federal Trade Commission at [www.ftc.gov/credit/](http://www.ftc.gov/credit/).

## Two minutes

♥ **To better protect your teeth and gums, brush for a full two minutes.** Hold the brush at a 45-degree angle and use short, circular strokes. Brushing twice a day and flossing once a day will reduce your risk for gum disease. That may pay a double premium in the long run, since gum disease may also be linked to an increased risk for heart disease.

Source: American Dental Association

## Depression

♥ **If you have a close relative who suffered from depression, you could be at higher risk for developing depression.** These lifestyle steps can reduce your risk of actually developing depression:

Set realistic goals, break large projects down into small tasks, avoid alcohol and drugs, share your feelings with others, and build a support network of family and friends.

Regular exercise, a healthy diet, and getting enough sleep also protect against depression.

Source: U.S. Centers for Disease Control and Prevention, Family Health History Initiative

## Remind your man

♥ **An overwhelming majority of men (75%) said they would agree to get an annual rectal exam if their wives reminded them to do it.**

Men are more likely than women to postpone going to the doctor for embarrassing or uncomfortable cancer screenings that could be lifesaving. Yet men are more likely to get prostate cancer than women are to get breast cancer.

“Daughters, wives, and partners may be our secret weapons to get men to talk with their doctors about prostate cancer,” says Leslie D. Michelson of the Prostate Cancer Foundation.

Source: Prostate Cancer Foundation

## FISCAL FITNESS

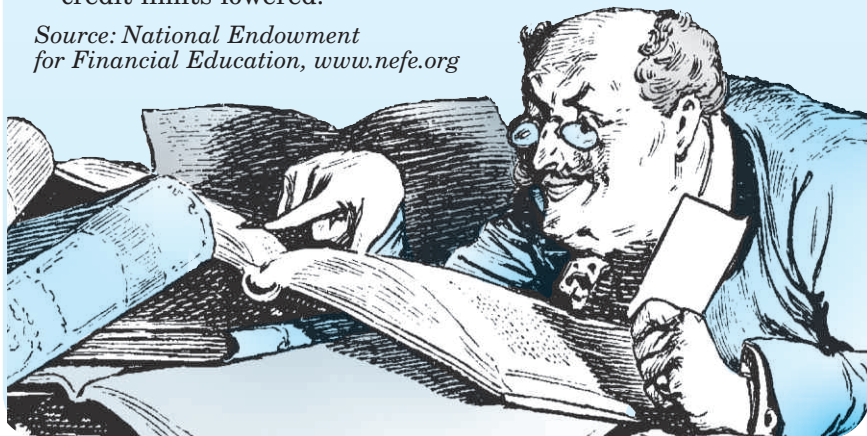
### A plan for getting out of debt

**N**ot all debt is equal. Mortgages and student loans are favorable types of debt because they have potentially long-term benefits, such as owning a home or working in a profession.

Consumer debt includes balances on credit cards and other personal loans for items that will not increase in value over time. Some consumer debt may be favorable, but too much can jeopardize your financial future. These ideas can help you create a “get out of debt plan.”

- 1. Make a list** of all your creditors and how much you need to pay each one every month. Put any extra cash toward the debt with the highest interest rate.
- 2. Look for ways to cut spending.** The extra cost of eating lunch out every day could add up to \$1,200 a year. That's cash you could apply to your financial goals.
- 3. If you are having trouble making a car payment,** it's better to sell the car than let a creditor repossess it. Repossession will hurt your credit rating.
- 4. When one debt is paid off, keep paying the same amount,** just apply it to another account each month.
- 5. Keep only one or two credit cards,** and consider having the credit limits lowered.

Source: National Endowment for Financial Education, [www.nefe.org](http://www.nefe.org)



## Toddlers and television

♥ **Children under three years old who spent more than two hours a day in front of the television scored lower on reading and short-term memory tests when they were six or seven.**

“Television is not inherently good or bad — it's how you use it,” says Frederick Zimmerman, who conducted the study at the University of Washington's Child Health Institute. It's unclear whether television itself is detrimental or if it takes toddlers away from other activities that contribute to learning and development.

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.

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- Phone: (269) 343-0770 • E-mail: [info@HopeHealth.com](mailto:info@HopeHealth.com)
- Website: [www.HopeHealth.com](http://www.HopeHealth.com)

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## THE THREE “R’s”

### Caring for someone with dementia

- **Reassure:** Let the person know you understand their concerns if they are upset.
- **Redirection:** Encourage the person to think about or do another activity when they are upset or frustrated.
- **Re-approach:** Come back to the activity at a later time if someone is not interested in participating.

Validation is also important when caring for someone with dementia. Try to acknowledge or experience the world as the person with dementia does.

**For example:** If someone thinks it is 20 years earlier, encourage activities and conversation around what the person was doing 20 years ago.

Source: *Kindred Healthcare, Nurse Practitioner Kathy Owens and Occupational Therapist Janet Winland*



“Truce is better than friction.”

## MUCH ADO ABOUT VACATIONS

### 8 mistakes that can spoil any trip

1. **“Winging it.”** Know where you’re going to stay for at least the first night, especially after a long flight.
2. **Packing too much.** Limit yourself to one suitcase and one carry-on. Put a change of clothes and your daily medications in the carry-on in case your luggage gets lost.
3. **Forgetting essential items.** Make a list of things you frequently forget and put it in your empty suitcase.
4. **Trying to do too much.** Limit the number of activities you plan into each day. Schedule free days for long trips.
5. **Trying to get too much work done at the last minute.** Spread things out. You’ll never have enough time to finish everything the day before you leave.
6. **Calling the office too much.** This can be a sign of insecurity or trying too hard to control everything. Your boss and co-workers know how to reach you in an emergency, right?
7. **Misplacing essential items.** Keep boarding passes, identification, passports, trip itineraries, and other documents in one small, easy-to-get-to pouch or bag. Put a bright sticker or ribbon on your luggage to make it stand out.
8. **Leaving town without making arrangements** to have the mail and newspaper picked up — a sure sign to would-be thieves that your house is empty.



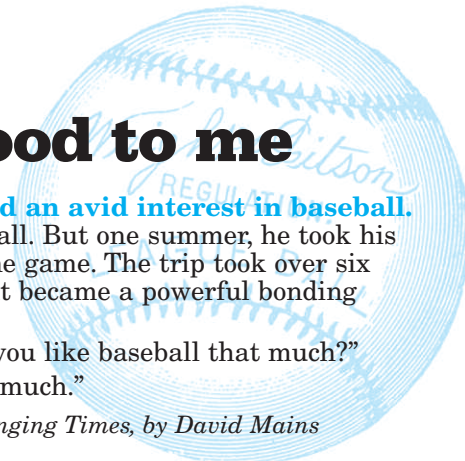
## BASEBALL...

### Has been very good to me

“I have a friend whose son developed an avid interest in baseball. My friend wasn’t interested in baseball at all. But one summer, he took his son to see every major-league team play one game. The trip took over six weeks and cost a great deal of money, but it became a powerful bonding experience in their relationship.

My friend was asked on his return, “Do you like baseball that much?” “No,” he replied, “But I like my son that much.”

Source: *Adapted from 8 Survival Skills for Changing Times, by David Mains*



SOMETHING TO THINK ABOUT

## Shopping for health care

**J**ust like everything else you pay for, quality matters in health care, even for routine conditions such as high blood pressure and high cholesterol.

Yet most Americans spend twice as much time researching household purchases as they do selecting a doctor or other health-care provider.

Many resources are available to help you research doctors, hospitals, and caregivers. Being an informed consumer may also help lower health-care costs. These “Consumer Reports” of health-care Websites can help you get started:

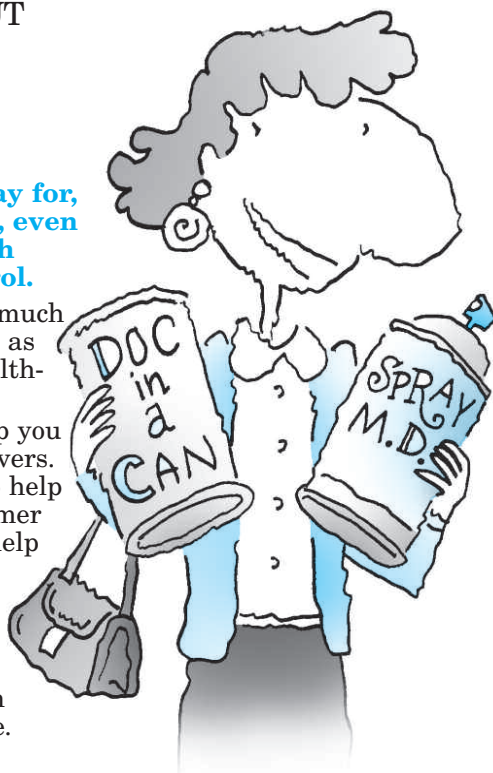
**www.ahrq.gov** — The Agency for Healthcare Research and Quality. Click on “Consumers and Patients.”

**www.healthgrades.com** — Research hospitals and doctors by name or state. Also compare costs.

**www.patientinform.org** — Free, up-to-date, reliable information on research about the diagnosis and treatment of specific diseases.

**www.qualitycheck.org** — Information on Joint Commission accredited hospitals, outpatient care, facilities, nursing homes, laboratories, home care providers, and others.

Source: *Society for Human Resource Management*



“June”

Health Observances

## Men's Health Week

June 11-17

**H**ealth experts recommend that men over 40 talk to their doctor about taking aspirin to prevent heart disease. Aspirin therapy may be prescribed earlier for smokers or men who have high blood pressure, high cholesterol, or diabetes.

**A checklist for men's health screenings:**

**Blood pressure** — at least every two years. Aim for a BP under 120/80.

**Cholesterol** — every five years starting at age 35. If heart disease runs in your family, talk to your doctor about earlier screening. Normal total cholesterol is under 200.

**Diabetes** — if you have high cholesterol or high blood pressure, a blood test for diabetes is recommended.

**Colorectal cancer** — colonoscopy or other screenings beginning at age 50; earlier if you have a personal or family history of polyps or colorectal cancer.

**Prostate cancer** — talk to your doctor at age 40. Recommendations can differ because of race and family history.

**Testicular cancer** — a testicular exam by your doctor as part of your regular checkups. Testicular cancer is most common in men ages 15 to 34 years of age.

For more information about recommendations for prevention, go to the U.S. Preventive Services Task Force at **www.ahrq.gov/clinic/uspstfix.htm**.

Sources: *American Heart Association; American Cancer Society*

## Varicose veins

**A**lthough the condition is more frequent in women, nearly one out of two people over age 50 have varicose veins.

When the valves in the veins weaken due to age or other factors, blood does not flow efficiently and can pool in the veins. Varicose veins are the large, swollen veins that appear in the legs. The tiny red and purple varicose veins (known as spider veins) are common on the nose and cheeks as well as legs.

Heredity, pregnancy, excess weight, overexposure to the sun, and regularly standing or sitting too long in one position can contribute to varicose veins.

To help prevent varicose veins: Walk or jog regularly to improve the circulation in your legs, lose weight if needed, and avoid standing or sitting too long in one position or sitting with your legs crossed.

Always wear sunscreen to protect against spider veins on your face.

Although varicose veins normally don't need treatment, see your doctor if a vein is swollen, tender, or warm to the touch; if you have sores or a rash around your ankles; or if the circulation in your feet is impaired.

Source: *National Women's Health Information Center*

## weight control

### Helping teenagers lose weight

- Don't minimize your teen's concern if he or she is overweight.
- Don't nag, preach, or try to coerce.
- Let your teen take the lead.
- Avoid judgmental comments like "you've had enough," or "you don't need that."
- Help them find affordable ways to exercise.
- Create a healthy food climate for the entire family.
- Let your teen know he or she is loved — no matter what their weight.
- Understand that losing weight takes time, effort, patience, and often multiple attempts.
- Help your teen have realistic expectations about body size and shape.
- Send the message that you know your teen can succeed and that you'll always be there to help.

Source: *Weight Loss Confidential*, by Anne M. Fletcher, MS, RD, Houghton-Mifflin



## One sign you must never ignore

**A**lways look for and obey **NO DIVING ALLOWED** signs.

Diving accidents are a leading cause of head, neck, and spinal cord injuries — and 90% of all diving accidents result in both arms and legs being paralyzed.

The minimum safe depth for diving in any water is nine feet. Test the depth in rivers or lakes by always going in feet first, and check for rocks, glass, or other sharp objects before diving.

Avoid diving from the sides of pools, and use a diving board only if the areas in front of, below, and to the sides of the board are deep enough so that you will not strike the bottom. Last but not least, never dive into an above-ground pool.

Sources: American Red Cross; *Think First*, the National Injury Prevention Foundation

## body, mind, and soul

“To err is human. And to blame it on a computer is even more so.”

— Robert Orben

“Memory is the thing you forget with.”

— Alexander Chase

“Trouble is a sieve through which we sift our acquaintances. Those too big to pass through are our friends.”

— Arlene Francis

“One of the oldest human needs is having someone to wonder where you are when you don't come home at night.”

— Margaret Mead

“It's pretty difficult to keep your mind and your mouth open at the same time.”

— Unknown