



MOUNTAIN STATES

ADMINISTRATIVE SERVICES

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

VOL. 28, NO. 9

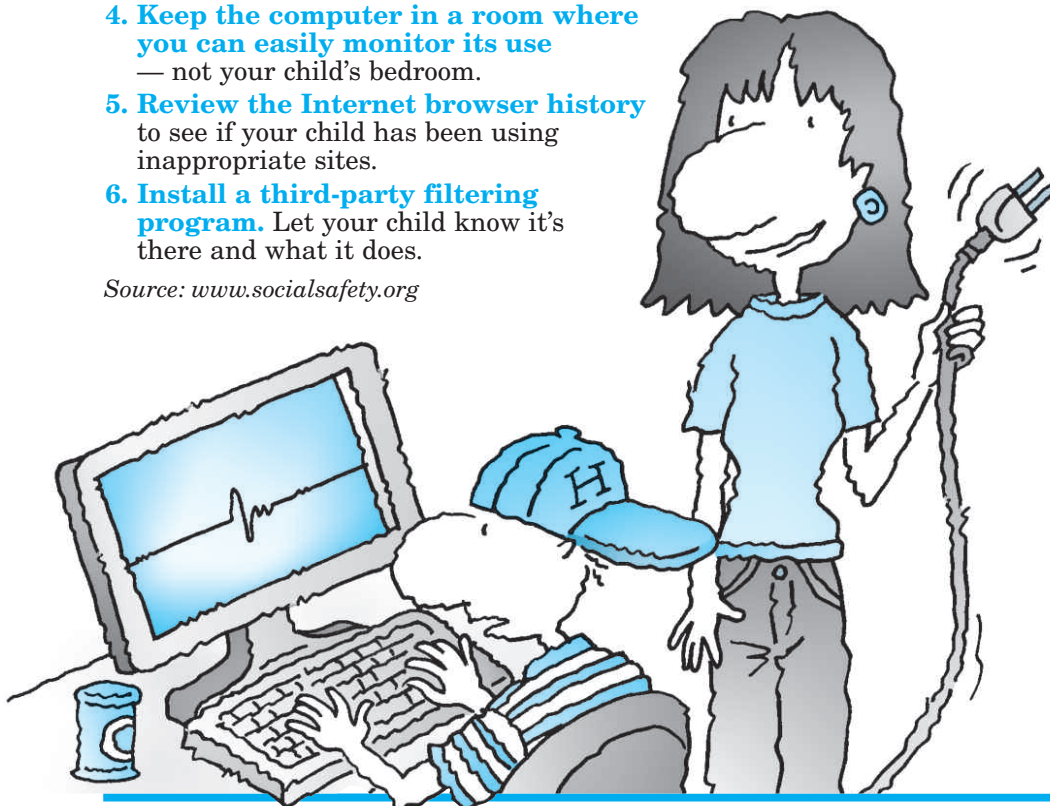
“An ounce of prevention is worth a pound of cure.”

SEPTEMBER 2008

6 PROTECT YOUR KIDS **Internet safety tips for parents**

- 1. Learn what social networking sites your kids use.** Do they have a blog? What kind of information is on it?
- 2. Talk to your child about the risks of communicating online with someone they don't know face to face.** If someone on their friends list is not in their real world, or if your child can't provide a first and last name for the person, have your child delete the name.
- 3. Google™ your child's name and screen name.** If you find personal data or information that was posted without permission, contact the search engine and ask to have the information removed.
- 4. Keep the computer in a room where you can easily monitor its use** — not your child's bedroom.
- 5. Review the Internet browser history** to see if your child has been using inappropriate sites.
- 6. Install a third-party filtering program.** Let your child know it's there and what it does.

Source: www.socialsafety.org



10 years younger

Aerobic activities like jogging or swimming may help people maintain their independence and delay the signs of aging.

The typical aerobic power of a 60-year-old man is only half what it was at age 20, making it more difficult to do any activity without tiring easily.

Researchers have found that regular aerobic activities can help maintain lung function and improve the body's use of oxygen by as much as 10 to 12 biological years.

Source: *British Journal of Sports Medicine*, published online April 10, 2008

Blood Cholesterol

See page 7...

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eating well

BROWN BAGGING IT

Great lunchbox ideas for school or work



- **Include a high-protein food** (skinless chicken, lean meat, peanut butter, or bean or lentil soup, for example), whole-grain bread or grains, low-fat milk or dairy products, fresh fruits or fruit juice, and vegetables or 100% vegetable juice (reduced sodium).
- **Cherry tomatoes, carrots, celery, radishes, asparagus spears, and cut cauliflower and broccoli make good finger foods.** Wrap them in a damp paper towel and put them in a plastic bag for freshness. Use a small leak-proof container to pack a low-fat dip or a small amount of peanut butter.
- **Halve and core an apple and spread each half with peanut butter.** Top with raisins and chopped nuts, then press the halves back together and wrap.
- **Blend a banana or strawberries with vanilla or fruit-flavored low-fat yogurt** until you get a drinkable consistency. Refrigerate overnight and transfer to a chilled thermos in the morning.
- **To prevent soggy sandwiches, pack lettuce, sliced tomatoes, onion, cucumber, or condiments separately** and add them to your sandwich when you eat lunch. Thinly sliced apples or pears are also great in sandwiches.

- **Instead of mayonnaise and butter on sandwiches, try low-fat cottage cheese whipped in a blender,** plain low-fat yogurt, mustard, or reduced-fat mayonnaise.
- **Use a thermos that's only slightly larger than the amount of food or liquid you want to carry.** Stainless steel or glass-lined thermoses keep food hotter, colder, and safer than plastic-lined thermoses.

Cooking oils

Olive oil isn't the only heart-healthy oil. Canola oil is also a monounsaturated fat that can help lower your cholesterol when you use it to replace saturated fats like butter or shortening.

Olive oil adds a distinct flavor to food, while canola oil usually adds no taste or flavor and can be used in baking.

Source: American Heart Association

EATING-WELL RECIPE

Summer squash gratin

- 2 medium onions, sliced $\frac{1}{4}$ " thick (about 4 cups sliced)
- 2 Tbsp. olive oil, divided
- 5 plum tomatoes, thinly sliced
- 2 6"-8" zucchini, cut into $\frac{1}{4}$ " slices
- 2 6"-8" yellow summer squash, cut into $\frac{1}{4}$ " slices
- $\frac{1}{2}$ tsp. black pepper
- 1 tsp. salt
- 2 Tbsp. fresh thyme (1 Tbsp. dry)
- $\frac{1}{2}$ cup grated Parmesan cheese

Sauté onions in large frying pan with 1 Tbsp. olive oil over medium heat until limp and beginning to brown (about 12–15 min.). While onions are cooking, slice tomatoes and place in single layer in bottom of sprayed, shallow 9" x 13" baking pan. Slice zucchini and place in single layer over tomatoes. Slice yellow summer squash, place in single layer over zucchini, and sprinkle with thyme. Layer cooked onions over yellow summer squash. Drizzle with remaining olive oil; add pepper and salt, and top with cheese. Cover dish and bake at 350°F for 1 hour or until cheese is melted and vegetables are tender.

Serves 6. Per $\frac{3}{4}$ -cup serving: 111 calories, 5 g protein, 10 g carbohydrate, 7 g fat (2 g saturated, 4 g monounsaturated, 1 g polyunsaturated), 6 mg cholesterol, 3 g fiber, 419 mg sodium.

Source: Dream Dinners, Inc., www.dreamdinners.com

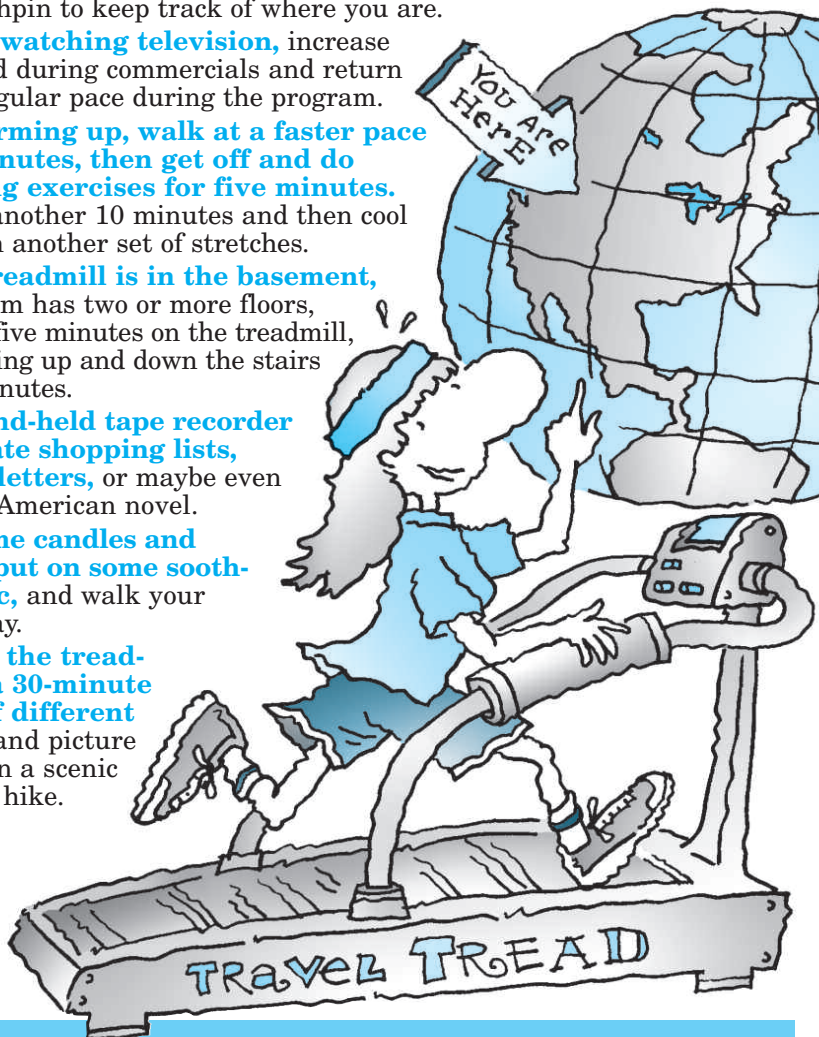


fitness

WALKING AROUND THE U.S.

How to keep treadmill workouts interesting

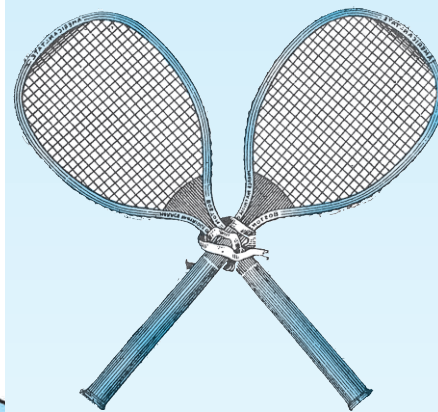
- **Record your mileage and see how long it takes you to walk around the perimeter of the U.S.** — 12,000 miles. Use a map and a pushpin to keep track of where you are.
- **If you're watching television,** increase your speed during commercials and return to your regular pace during the program.
- **After warming up, walk at a faster pace for 10 minutes, then get off and do stretching exercises for five minutes.** Walk for another 10 minutes and then cool down with another set of stretches.
- **If your treadmill is in the basement,** or your gym has two or more floors, alternate five minutes on the treadmill, with walking up and down the stairs for five minutes.
- **Use a hand-held tape recorder and dictate shopping lists, errands, letters,** or maybe even the great American novel.
- **Light some candles and incense, put on some soothing music,** and walk your stress away.
- **Program the treadmill for a 30-minute course of different inclines** and picture yourself on a scenic mountain hike.



Treadmill safety

- **Always warm up** for five to 10 minutes before increasing the speed.
- **Avoid getting too close** to the back of the belt.
- **Keep sharp and hard objects away** from the back and sides of the belt.
- **Make sure all the controls and the emergency stop button work** before you get on.
- **Never let children or pets play on a treadmill** and always unplug it when it's not in use.
- **Avoid stepping on or off** a moving treadmill.
- **If the treadmill has a safety stop device,** such as a cord that attaches to your wrist and shuts off the treadmill in case of a fall, be sure to use it.

Source: Shriners Hospitals for Children



PLAYING GAMES

Sometimes it's OK to break the rules

Changing the rules of some common court sports may keep you and your teammates motivated to stay active.

If volleyball looks like fun but you don't have the skill or fitness level to play a regular game, try playing "bounce" volleyball. Let the ball bounce on the court instead of requiring that players hit it in the air.

In slow-break basketball you could do double or triple dribbles instead of following the usual rule that you must pass or shoot after finishing a single sequence of dribbling.

You could also try a rule change that has allowed people confined to wheelchairs to enjoy tennis: Let the ball bounce twice before you hit it.

Be creative. There are no hard and fast rules about activity for health and fitness, as long as you reach a moderate level of intensity for 30 minutes every day.

Source: *Start Strong, Finish Strong*, by Kenneth H. Cooper, MD, and Tyler C. Cooper, MD, with William Proctor, Penguin Books



Eat a salad or soup before the start of a meal to curb your appetite and you'll want smaller portions of the main course.

Doc Talk

POWER TO THE PATIENT

Doc-in-a-box Surprise!

If you've received health care at a walk-in clinic at a retail location (sometimes referred to as "Doc-in-a-box") you may have been surprised when you were treated by a nurse practitioner or physician assistant instead of a doctor.

Who are these health-care providers? Physician assistants (PAs) receive about two years of basic science and clinical training and are licensed to practice under the supervision of a physician. Nurse practitioners (NPs) receive graduate clinical training in addition to training as a registered nurse.

Both PAs and NPs diagnose and treat common medical complaints, write prescriptions, and provide health education and counseling. They can provide excellent care and be a valuable addition to your health-care team when used appropriately.

What can you do to make the most of visits with these clinicians?

1. **Use these providers for more common complaints** and follow-up visits.
2. **Consider consulting with a doctor if you have multiple conditions**, multiple chronic medications, or more complex diagnoses.
3. **Ask to see a doctor if you are not getting better** or your condition is not progressing as expected.
4. **As in all health-care visits, ask any questions** you may have and ask to speak to the doctor if they are not answered to your satisfaction.

William J. Mayer, MD, MPH
Medical Editor

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



Healthy pregnancies

To reduce the risk of pre-term or low-birth-weight babies, doctors recommend that women wait at least 12 months between delivering a baby and when they start trying to get pregnant again.

Women's bodies need time to recover nutritionally after childbirth. Women who wait 12 to 18 months between pregnancies have no significant risk of early delivery or low-weight infants. In contrast, women who get pregnant less than six months after delivery increase their risk of a pre-term birth by over 40%.

Another simple step to reduce your risk of early delivery or low-birth-weight infants is to take a multivitamin containing 400 mcg of folate daily starting before you become pregnant.

Source: *American Journal of Obstetrics and Gynecology*, Vol. 197, Issue 3, Pg. 264

His and hers

September is ovarian cancer as well as prostate cancer awareness month.

There are no specific screening tests for ovarian cancer. A Pap smear cannot detect it, and many of its symptoms can be mistaken for gastrointestinal problems. Women should talk to a physician if they have any of these symptoms for more than two weeks: pelvic or abdominal pain, swelling, or bloating; trouble eating, or feeling full quickly; frequent urination without infection.

At age 40, men should talk to their doctor about prostate cancer screening appropriate for their family history, race, and risk factors.

Sources: National Prostate Cancer Coalition, www.fightprostatecancer.org; National Ovarian Cancer Coalition, www.ovarian.org

Health

Health Briefs for Busy People

Every little bit helps

Frequent breaks to stretch and stand may lower the risk of type 2 diabetes for desk workers, couch potatoes, and other people who sit for long amounts of time.

Workers who took regular short breaks to do some light activity for an average of only five minutes benefited with lower blood sugar and triglyceride levels, as well as lower body weight and smaller waist size.

The short breaks don't replace the recommended 30 minutes total of brisk activity every day, but the study suggests that avoiding sitting for long periods of time may help protect against diabetes.

Source: *Diabetes Care*, April 2008



To avoid impulse buying, keep your credit cards at home and delay purchases until you think about them for at least 24 hours.

That sinking feeling

If counting sheep doesn't work when you can't sleep, imagine you're lying on an air mattress that is slowly leaking. Feel your arms and legs grow heavier as you sink into the ground.

Other visualization tips for sleep: Imagine you can hear, see, smell, and feel a favorite quiet place, like a beach or a still mountain lake.

Try to remember a time when you had difficulty staying awake, like riding on a train or bus, or during a boring lecture... and let yourself drift off.

Source: National Sleep Foundation

Fat wallets, sore backs

♥ To prevent lower back pain that sometimes runs down into your thighs, try taking the wallet out of your back pocket.

Sitting on a thick wallet can place pressure on the sciatic nerve, the major nerve that runs through the buttocks.

Pants that are too tight can also put pressure on the sciatic nerve.

Source: University of Alabama at Birmingham Health System

Use your marbles

♥ Towel curls and marble pick-ups done with your toes can strengthen the muscles in your feet and legs and help prevent heel pain (plantar fasciitis).

Place a towel on a smooth surface. Place your foot on the towel and then pull the towel toward your body by curling the toes.

Or put a few marbles on the floor near a cup. Then keep your heel on the floor as you use one foot to pick up the marbles and drop them in the cup.

Source: Medical College of Wisconsin

Your actions make a difference

♥ Whenever you recycle newspapers, carry your groceries in a reusable bag, or recycle other paper products, your efforts are not wasted.



Each ton of recycled paper can save 17 trees, 380 gallons of oil, three cubic yards of landfill space, 4,000 kilowatts of energy, and 7,000 gallons of water compared to non-recycled paper production.

This represents a 64% energy saving, a 58% water saving, and 60 fewer pounds of air pollution.

Plus those 17 saved trees can absorb a total of 250 pounds of carbon dioxide from the air each year.

Sources: U.S. Environmental Protection Agency; Center for Ecological Technology; Earth 911

FISCAL FITNESS

What you need to know about credit counseling

Credit counseling can help you develop a workable budget when you're overwhelmed by monthly payments. But before you sign on to work with a service, here are some things to be aware of:

- **Just because an organization says it's "nonprofit" doesn't mean its services are free, affordable, or even legitimate.**
- **Find an organization that offers in-person services with counselors certified and trained in consumer credit.** Check your local Better Business Bureau or Consumer Protection Agency for any customer complaints.
- **A responsible firm should provide free information about its employees and its services without requiring you to provide any details about your situation.** If a firm doesn't do that, consider it a red flag and go somewhere else.
- **Look for companies that offer budget, savings, and financial-management services.** Avoid companies that push Debt Management Plans (DMPs) as your only solution. With DMPs you deposit money with the company every month and then it makes agreements with your creditors to pay your bills.
- **Get specific quotes for fees in writing and ask how the company's employees are paid.** Avoid firms where counselors are paid more if you sign up for specific services or if you make a deposit to the organization.

Source: Federal Trade Commission



Sugar cravings

♥ If you find yourself always wanting something sweet, even after a big meal, try putting a bit of fruit in your salad, or enjoy a piece of fruit for dessert.

Sometimes that's all it takes to stop sugar cravings, says Ann Gaba, a registered dietitian at New York Presbyterian Hospital.

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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• For subscription information, or reprint permission, contact: Hope Health, 350 East Michigan Avenue, Suite 301, Kalamazoo, MI 49007-3851 U.S.A.
• Phone: (269) 343-0770 • E-mail: info@HopeHealth.com
• Website: HopeHealth.com
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DON'T KNOW
WHERE TO START?
**What to do when you
have too many things
on your plate**

One way to reduce the stress and anxiety produced by an overcrowded schedule is to complete things systematically before you start new projects.

Review your calendar for the week, the day, or even the hour. Then pick one item you need to get done or one decision that you can make in five minutes or less. Make a phone call? Send an e-mail? Decide what to have for lunch? Go for a walk?

Once you've finished it, cross that item off and say out loud: Done! No matter how small the task, give yourself credit for completing it. As your list shrinks, your sense of control and competence grows. One success sets you up for another.

Source: *Recharge in Minutes*, by Suzanne Zoglio, PhD, Tower Hill Press



“After all is said and done, more is said than done.”

— Unknown

stress less



RELATIONSHIPS

Deal breakers in the dating game

“How people make you feel is your number one indicator of what kind of person they are,” says marriage and family therapist Bethany Marshall.

“If you're on a date and you feel feelings that you've never, ever felt before and it makes you feel bad or feel guilty, and no one else makes you feel that way, that's the number one sign.”

Other deal breakers:

- **You're working harder than the other person.** You set up all the dates and make all the calls.
- **You're focused on the future, since the present is so unpleasant.** For example, you're constantly telling yourself that things will be great as soon as the other person gets a job... or back from vacation... or whatever.
- **If your date is rude to wait staff in restaurants,** it's probably a sign that they lack empathy, kindness, or are just plain mean.

Source: *Deal Breakers: When to Work on a Relationship and When to Walk Away*, by Dr. Bethany Marshall, published by Simon Spotlight Entertainment

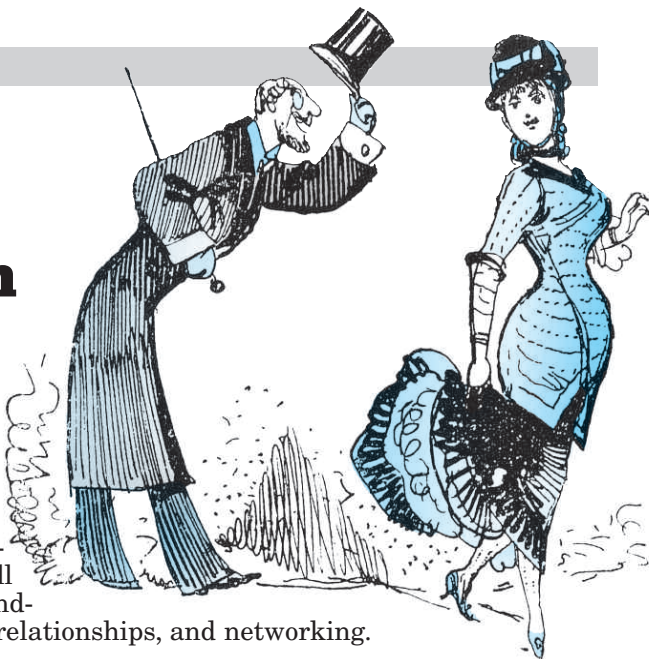
JUST ONE CHANCE

To make a good first impression

The greatest way to make a positive first impression is to quickly show that the other person, not you, is the center of action and conversation.

When you keep the spotlight only on yourself, you'll miss opportunities for friendships, jobs, love, business relationships, and networking.

Source: *How to Make a Strong First Impression: Seven Tips That Really Work*, by Bill Lampton, PhD



take care

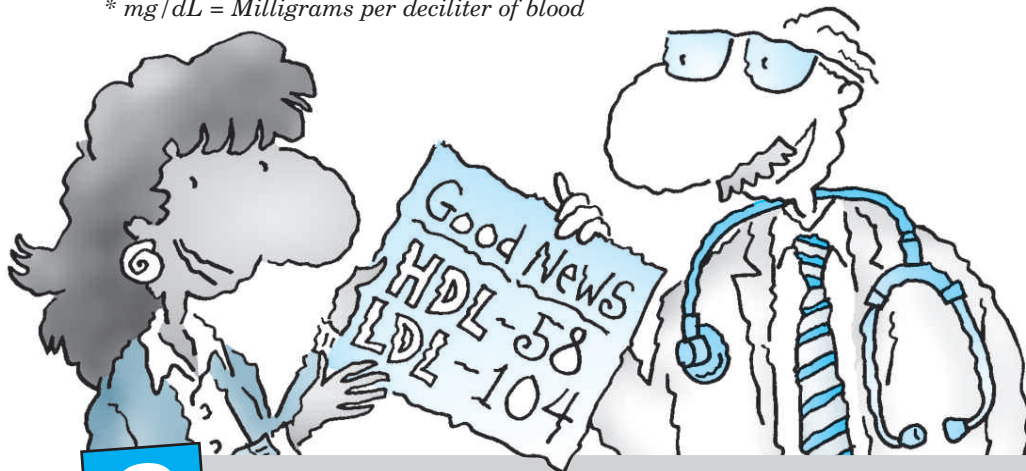
BLOOD CHOLESTEROL

Making sense of your numbers

A healthy cholesterol profile can reduce your risk for heart disease. All adults should talk to their doctor about when and how often to get their blood cholesterol screened, given their age, sex, and health history.

Type	High Risk For Heart Disease	Borderline-High Risk	Lowest Risk
Total cholesterol	240 mg/dL* or above	200 to 239 mg/dL	Below 200 mg/dL
HDL (Good cholesterol)	Below 40 mg/dL for men Below 50 mg/dL for women	Not applicable	40 to 49 mg/dL is average for men 50 to 59 mg/dL is average for women (Above 60 is ideal)
LDL (Bad cholesterol)	160 to 189 mg/dL (190 and above is very high risk)	130 to 159 mg/dL	100 to 129 mg/dL (Under 100 is ideal)
Triglycerides	200 to 499 (500 and above is very high risk)	150 to 199 mg/dL	Lower than 150 mg/dL

* mg/dL = Milligrams per deciliter of blood



6

things you can do to improve cholesterol and triglycerides

1. Stop smoking if you're a smoker.
2. Eat less animal or saturated fat and more unsaturated fats like olive or canola oil.
3. Eat plenty of foods high in soluble fiber, like oats, apples, and beans.
4. Restrict alcohol and foods and beverages with added sugars.
5. Get at least 30 minutes of brisk activity every day.
6. Take medication if diet and lifestyle measures aren't enough.

Sources: National Heart, Lung, and Blood Institute; American Heart Association

September Health Observances

Alcohol and Drug Addiction Recovery

When an addicted person is reluctant to get help, sometimes family members can join together out of love and concern to confront the problem person. People with alcohol and drug problems can and do recover, and interventions are often the first step. Visit www.recoverymonth.org for more information.

SEPTEMBER 16 "Get Ready Day"

Take some time on September 16 (or any day this month) to review and update — or develop — your family's emergency preparedness plan.

To prepare for floods, earthquakes, a pandemic flu, or other disasters, you need an action plan as well as a three-day supply of water and nonperishable food. Plan on three gallons of water per day for each person.

For information on how to build an emergency preparedness kit, visit the Hope Health Website at HopeHealth.com/prepare.asp.

“It is a scientific fact that your body will not absorb cholesterol if you take it from another person's plate.”

— Dave Barry

weight control

With a little help from your friends

If you want to lose weight or change your eating habits, let your family and friends know what you are doing, and be specific about how they can help you. Let them know how important, as well as how challenging this is for you and that you need their help.

People may also be able to support you in other ways. Here are some ideas:

- Ask them if they would like to join you in changing their eating habits.
- Request that they give you encouragement and praise for sticking to your plan. Not every day, but once in a while.
- Encourage them to send you supportive voice mail, e-mail, or text messages.
- Ask your family members to avoid eating dessert in front of you and not to offer you junk food.

Source: *Living SMART: Five Essential Skills to Change Your Health Habits Forever*, by Joshua C. Klapow, PhD and Sheri D. Pruitt, PhD, DiaMedica publications



PREVENT ABUSE

Dispose of prescription medications safely

Protect your family, pets, and the environment by taking these steps to dispose of unused, unneeded, or expired prescription medications:

- Remove them from their original containers and mix them with an undesirable substance like coffee grounds, lotion, or kitty litter. Then put them in nondescript containers like cans or sealable plastic bags.
- Throw the containers in the trash.
- Avoid flushing medications down the toilet unless the accompanying information says it is safe to do so.
- Take medications to pharmaceutical locations that allow the public to return unused medications to a central location for safe disposal.

Sources: Environmental Protection Agency; Office of National Drug Control Policy, www.whitehousedrugpolicy.gov

body, mind, and soul

“We could learn a lot from crayons. Some are sharp, some are pretty, some are dull, some are bright, some have weird names, and all are different colors. But they all have to learn to live in the same box.”

— Unknown

“There cannot be a crisis next week. My schedule is already full.”

— Henry Kissinger

“Be careful about reading health books. You might die of a misprint.”

— Mark Twain

“Maintaining a complicated life is a great way to avoid changing it.”

— Elaine St. James, author of *Simplify Your Life*

“No animal should ever jump up on the dining-room furniture unless absolutely certain that he can hold his own in the conversation.”

— Fran Lebowitz