



WELLNEWS

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Keep Your Home Safe This Winter

Carbon monoxide (CO) is an odorless, colorless gas that kills without warning. It claims the lives of hundreds of people every year and makes thousands more ill. Many household items including gas- and oil-burning furnaces, portable generators, and charcoal grills produce this poison gas. Following these important steps can keep your family safe.

- fireplace that isn't vented.
- **Don't** heat your house with a gas oven.



Source: www.cdc.gov

Vegetables have nutritional *and* emotional benefits

The addition of vegetables to a meal is psychologically motivated, resulting in positive emotional benefits.

Have you ever felt guilty after eating a food that you were trying to resist, such as a candy bar? Well, adding vegetables to your diet may have the opposite effect. Fruits and vegetables are great sources of key nutrients such as potassium, folate, and other vitamins and minerals. They provide a strong defense against disease as well as reduce the risk of coronary heart disease, stroke and some cancers. They are also low in calories, which helps with weight maintenance. A recent study shows that adding vegetables to a meal also has positive emotional benefits for the diner ... as well as the preparer.

A study published in *Public Health*

Source: www.fruitsandveggiesmorematters.org

Nutrition found that adding vegetables enhances enjoyment of a meal and heightens the diners' perception of the cook. The study was conducted in two phases, consisting of interviews and a survey of 500 mothers who had at least 2 children under 18 years of age. They were asked to evaluate meals served with or without vegetables, as well as the cooks who prepared them. They chose from a list of attributes, such as *selfish* or *loving*, to describe the meal preparer. The ratings for meals served with vegetables were much higher than those without. For example, diners preferred beef with broccoli rather than just beef. They also chose more positive attributes for the meal preparer who served a meal including vegetables. Overall, vegetables enhanced the expectations of the meal as well as the perception of the cook.*



Gather the whole family for meal preparation. Teaching your children to have a healthy relationship with food will give them a better appreciation for a healthy lifestyle. They will also gain a sense of responsibility and satisfaction by being involved.

Personalized Care

Preventing Falls at Any Age

Falls are serious at any age, but especially for older people who are more likely to break a bone when they fall. Learning how to prevent falls can help you avoid broken bones and the problems they can cause.

How Can I Prevent Falling?

At any age, people can make changes to lower their risk of falling.

Some tips to help prevent falls outdoors are:

- Use a cane or walker
- Wear rubber-soled shoes so you don't slip
- Walk on grass when sidewalks are slick
- Put salt or kitty litter on icy sidewalks.



Some ways to help prevent falls indoors are:

- Keep rooms free of clutter, especially on floors
- Use plastic or carpet runners
- Wear low-heeled shoes
- Do not walk in socks, stockings, or slippers
- Be sure rugs have skid-proof backs or are tacked to the floor
- Be sure stairs are well lit and have rails on both sides
- Put grab bars on bathroom walls near tub, shower, and toilet
- Use a nonskid bath mat in the shower or tub
- Keep a flashlight next to your bed
- Use a sturdy stepstool with a handrail and wide steps
- Add more lights in rooms
- Buy a cordless phone so that you don't have to rush to the phone when it rings and so that you can call for help if you fall.

You can also do exercises to improve your balance. While holding the back of a chair, sink, or counter:

- Stand on one leg at a time for a minute and then slowly increase the time. Try to balance with your eyes closed or without holding on.
- Stand on your toes for a count of 10, and then rock back on your heels for a count of 10.
- Make a big circle to the left with your hips, and then to the right. Do not move your shoulders or feet. Repeat five times.

How Can I Prevent Broken Bones if I Fall?

Sometimes you cannot prevent a fall. If you do fall, you can try to prevent breaking a bone. Try to fall forwards or backwards (on your buttocks), because if you fall to the side you may break your hip. You can also use your hands or grab things around you to break a fall. Some people wear extra clothes to pad their hips or use special hip pads.

How Can I Keep My Bones Healthy?

Some ways to protect your bones are:

- Get enough calcium and vitamin D each day.
- Walk, climb stairs, lift weights, or dance each day.
- Talk with your doctor about having a bone mineral density (BMD) test.
- Talk with your doctor about taking medicine to make your bones stronger.

Source: www.niams.nih.gov

www.affinityhealth.org

Lemon-Garlic Marinated Shrimp



Ingredients

- 3 tablespoons minced garlic
- 2 tablespoons extra-virgin olive oil
- 1/4 cup lemon juice
- 1/4 cup minced fresh parsley
- 1/2 teaspoon kosher salt
- 1/2 teaspoon pepper
- 1 1/4 pounds cooked shrimp

Preparation

Place garlic and oil in a small skillet and cook over medium heat until fragrant, about 1 minute. Add lemon juice, parsley, salt and pepper. Toss with shrimp in a large bowl. Chill until ready to serve.

Nutrition

Per serving: 73 calories; 3 g fat (0 g sat , 2 g mono); 92 mg cholesterol; 1 g carbohydrates; 0 g added sugars; 10 g protein; 0 g fiber; 154 mg sodium; 108 mg potassium.

Source: www.eatingwell.com

Healthy Family Activities
in your community:

<http://search.active.com/?tab=events>

Happy New Year!



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