



Healthy Tips for 2014

Whatever your situation, see your health care provider to find out how you can live a safer and healthier life. Here are a few general tips from the CDC (Centers for Disease Control and Prevention) for a safe and healthy life:

Healthy You

- Make an appointment for a check-up, [vaccination](#) and/or screening.
- **Wash your hands** often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Make healthy food choices. Grab a healthy snack such as fruit, nuts or low-fat cheese.
- **Be active.** Try simple things such as taking the stairs instead of the elevator. Be active for at least 2½ hours a week. Children and adolescents should get at least 1 hour of physical activity each day.
- Find out more about the benefits of regular physical activity. Sometimes getting started is the hardest part.
- Be smoke-free. If you are ready to quit, call **800-QUIT-NOW** for free counseling.
- Get enough **sleep**. Remember that sleep is a necessity, not a luxury.
- Protect yourself from injury or disease by wearing a helmet, sunscreen, or insect repellent when necessary.
- Learn about the new Health Insurance Marketplace to find insurance to fit your budget and needs. For info call **800-318-2596** or visit [healthcare.gov](#).

Healthy Family

- Learn how to be healthy before, during and after [pregnancy](#).
- Reduce auto-related injuries by using seat belts, child safety seats and booster seats that are appropriate for your child's age and weight.
- Learn positive parenting tips to [keep teens safe on the road](#).
- Develop and enforce rules about acceptable and safe behaviors using [electronic media](#).
- Lower the risk of foodborne illness as you prepare meals for your family.
- Serve healthy meals and snacks.
- Encourage and support physical activity.
- Gather and share [family health history](#).
- Be a healthy caregiver.
- Encourage family members to get [check-ups and screenings](#). Make sure they know where to go for care if they do not have health insurance.
- Get pets vaccinated and keep pets healthy.
- Visit the [Parent Portal](#) to find a wealth of information from CDC about everything from safety at home to developmental milestones. ■

January is

Glaucoma Awareness Month



Look to the Future: Get an Eye Exam to Save Your Vision from Glaucoma

More than four million people in the US have glaucoma, a group of eye diseases that damage the optic nerve and destroy eyesight. Unfortunately, **nearly half are not even aware that they have it**. Are you one of them? You owe it to yourself to find out by getting a comprehensive dilated eye exam that includes having drops put in your eye. With its painless and gradual loss of vision, glaucoma may have no early warning signs, but **it can be detected during a comprehensive dilated eye exam**.

According to the National Eye Institute (NEI), research has shown that treatment during the early stages of glaucoma can control the disease and prevent future vision loss and blindness. This is why NEI encourages people at higher risk for glaucoma to get a comprehensive dilated eye exam every 1–2 years.

Anyone can develop glaucoma, but those at higher risk for developing the disease include:

- African Americans over age 40
- Everyone age 60+ especially Mexican Americans
- People with a family history of the disease

During a comprehensive dilated eye exam, an eye care professional can see inside the eye to detect signs of glaucoma, such as subtle changes to the optic nerve, before any symptoms appear. **This allows the eye care professional to determine if you have glaucoma or are at risk for it, to monitor your condition, to treat glaucoma as early as possible, and to look for other vision problems.** Once symptoms appear, it may be too late to prevent vision loss and the progression to blindness.

If glaucoma is detected early, treatments such as eye drops or surgery can slow or stop vision loss. High pressure inside the eye, which may be associated with glaucoma, does not by itself mean that you have glaucoma. Only a comprehensive dilated eye exam and evaluation of the optic nerve can tell you that.

If you know someone at risk for glaucoma, let them know you care—send them a [glaucoma e-card](#). For more info, visit [www.nei.nih.gov/glaucoma](#). ■

New Year's Resolution: Get More Exercise

Is it true that simply taking short breaks to walk around throughout the day actually has an impact on health?



A: Yes, evidence continues to suggest that it does according to the American Institute for Cancer Research (AICR). **Accumulating a total of at least 30 minutes of moderate physical activity a day in bouts of 10 or 15 minutes each has been shown to improve fitness and measures of heart health, such as blood lipids and blood pressure, and body composition.** Now studies suggest that even doing mini-bouts of a few minutes that add up to at least 30 minutes over the day might also reduce health risks. A review article concluded that short bouts of frequent activity throughout the day may decrease blood triglyceride levels following meals, enough to lower risk of heart

disease. In one study, adults who walked for less than 2 minutes every 30 minutes throughout 1 day more effectively reduced the rise in blood sugar and insulin following meals compared to when those same adults who walked for 30 minutes and then sat all day. More research is needed, especially among people with the insulin resistance of type 2 diabetes and metabolic syndrome. However, scientists say we know enough to encourage people whose day includes a lot of sitting to include some standing or brief walking every hour or so. It's good to know that when we're too busy or out-of-condition to walk even for 10 minutes, small breaks do seem to make a difference. —AICR ■

What's the best kind of exercise to help reduce high blood pressure?

A: **Aerobic activity will have the biggest impact** on your blood pressure. Depending on your starting level of fitness, you might begin with **walking** 3 days a week for 10 or 15 minutes. Every couple of weeks, add another 5 minutes a day until you are walking (or other aerobic activity) 5 to 7 days a week for 30+ minutes. It would be terrific to accumulate 60 minutes of daily activity, which could come from several blocks of 15 to 20 minutes. Other aerobic activities include **biking (inside or out), dancing, swimming and active yard work.** Once your fitness begins to improve, **add strength training** to keep from losing muscle—important for overall well-being. You can use inexpensive hand-held weights, elastic resistance bands, or machines at a Y or fitness center. For those with

high blood pressure, most experts say that low and moderate activity is more effective (and safer) than vigorous exercise. Those who take beta-blocker medicines to control blood pressure can't gauge their activity by their heart rate, so using a scale of how hard it feels like you are working, something that feels "light" to "somewhat hard" is the recommended range. When strength training, lighter weights with more repetitions are better than straining to hoist very heavy weights. The combination of regular moderate activity with healthy eating habits and working to reach and maintain a healthy weight can lower your blood pressure and reduce your need for medicine to control it. Always check with your doctor before increasing exercise. —AICR ■



Healthy Super Bowl Snacks!

Southwestern Beef Roll-Ups

Roll-Ups

- 4 whole-wheat tortillas (6½ inch)
- 4 red leaf lettuce leaves, rinsed, dried
- 4 oz low-sodium deli roast beef

Spread

- 1 Tbsp light mayonnaise
- 1 tsp lime juice (about ½ fresh lime)
- ½ tsp hot sauce

Combine ingredients for the spread. Mix well. Spread about 1 teaspoon of spread on each tortilla. Top each tortilla with 1 lettuce leaf and 1 ounce roast beef (about 2 slices). Fold sides in and roll. Serves 4 (1 tortilla).

Serve with a side of Tangy Salsa (recipe below). ■

Tangy Salsa

- ½ cup jarred roasted red peppers, drained and diced
- ½ cup no-salt-added diced tomatoes (or substitute 1 medium tomato, chopped)
- 1 small lime, peeled, cut into small chunks
- ¼ tsp ground black pepper
- ¼ tsp ground cumin
- 1 Tbsp fresh cilantro, rinsed, chopped (or substitute 1 tsp dried coriander)

Combine all ingredients and toss well. Best to allow 1–2 hours for flavors to meld before serving. Serves 4 (¼ cup salsa).

Calories 23, total fat 0g, saturated fat 0g, cholesterol 0 mg, sodium 68 mg, total fiber 1g, protein 0g, carbohydrates 4g, potassium 18 mg, vitamin A 4%, vitamin C 10%, calcium 2%, iron 2%. ■

Please visit the National Heart, Lung and Blood Institute at www.nhlbi.nih.gov

Peanut Butter Hummus

Dip

- 2 cups low-sodium garbanzo beans (chick peas), rinsed
- ¼ cups low-sodium chicken broth
- ¼ cups lemon juice
- 2–3 Tbsp garlic, diced (about 4–6 garlic cloves to taste)
- ¼ cup creamy peanut butter (or other nut or seed butter)
- ¼ tsp cayenne pepper (substitute paprika for less spice)
- 1 Tbsp olive oil

Pita chips

- 4 (6½-inch) whole-wheat pitas, each cut into 10 triangles
- 1 Tbsp olive oil
- 1 tsp garlic, minced (1 clove or ½ tsp garlic powder)
- ¼ tsp black pepper

Preheat oven to 400 °F. To prepare the hummus, combine all ingredients for the dip and mix them in a food processor or blender until smooth.

To prepare the chips, toss the pita triangles with the olive oil, garlic and pepper. Bake chips on a baking sheet in a 400 °F oven for 10 minutes or until crispy. Arrange pita chips on a platter and serve with the hummus. Serves 8 (½ cup hummus and 5 pita chips).

Calories 235, total fat 9g, saturated fat 1g, cholesterol 0 mg, sodium 225 mg, total fiber 5g, protein 9g, carbohydrates 32g, potassium 259 mg, vitamin A 0%, vitamin C 8%, calcium 4%, iron 10%. ■