

For Your Health

A Newsletter for Providence Associates



APRIL 2009



Autism is a complex developmental disability that typically appears during the first three years of life and affects a person's ability to communicate and interact with others. Autism is defined by a certain set of behaviors and is a "spectrum disorder" that affects individuals differently and to varying degrees. There is no known single cause for autism, but increased awareness and funding can help families today.

In February 2007, the Centers for Disease Control and Prevention issued their ADDM autism prevalence report. The report, which looked at a sample of 8 year olds in 2000 and 2002, concluded that the prevalence of autism had risen to 1 in every 150 American children, and almost 1 in 94 boys. The issuance of this report caused a media uproar, but the news was not a surprise to ASA or to the 1.5 million Americans living with the effects of autism spectrum disorder. Nonetheless, the spotlight shown on autism as a result of the prevalence increase opens opportunities for the nation to consider how to serve these families facing a lifetime of supports for their children.

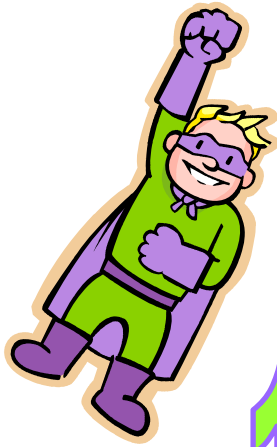
Currently, ASA estimates that the lifetime cost of caring for a child with autism ranges from \$3.5 million to \$5 million, and that the United States is facing almost \$90 billion annually in costs for autism (this figure includes research, insurance costs and non-covered expenses, Medicaid waivers for autism, educational spending, housing, transportation, employment, in addition to related therapeutic services and caregiver costs).



Source: Autism Society of America, www.autism-society.org

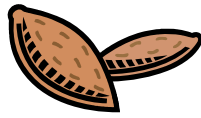


Autism Society of America.
improving the lives of all affected by autism



5 Super Foods!

Source: www.AllRecipes.com



ALMONDS

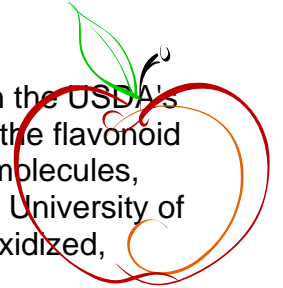
1.

A single serving of these crunchy, protein-packed nuggets provides a whopping 9 grams of monounsaturated fat to help slash LDLs ("bad" cholesterol) and boost HDLs ("good" cholesterol). Almonds pack 6 percent of your daily calcium quota and 20 percent of the magnesium you need--two minerals proven to help lower blood pressure.

2.

APPLES

Red Delicious, Granny Smith, and Gala apples earned spots on the USDA's top-20 list of antioxidant-rich foods thanks to hefty quantities of the flavonoid quercetin (natural chemicals in plants that remove free radical molecules, fight inflammation, and impede cancer). In a recent study at the University of California, Davis, people who ate two apples a day had fewer oxidized, artery-attacking LDLs than non-apple eaters.



3.

MILK

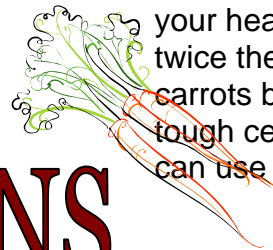


Calcium and other minerals in milk help lower blood pressure by keeping arteries flexible and helping your kidneys flush pressure-boosting sodium out of your body. A glass of cold moo juice at lunch or a generous splash on your morning cereal could cut your risk of insulin resistance--a potent heart disease risk factor--by 71 percent and help you lose weight.

4.

CARROTS

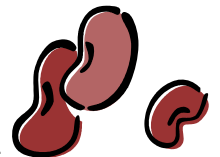
Carrots are color therapy for your cardiovascular system. The brilliant orange hue is a sign of super-high levels of beta-carotene, an antioxidant that guards against artery-clogging oxidized LDL cholesterol. Only foods like carrots offer this protection--recent studies suggest that antioxidant pills don't help your heart. Cooked carrots have twice the antioxidant power of raw carrots because heat breaks down tough cell walls so that your body can use what's inside.



5.

KIDNEY BEANS

Eating beans four times a week--in baked beans, bean dip, chili, or a salad sprinkled with chickpeas or black beans--could cut your risk of coronary heart disease by 20 to 30 percent. Make some of them kidney beans; they're rich in LDL-lowering soluble fiber (2 grams in a 1/2-cup serving) and homocysteine-controlling folate, as well as blood pressure-easing potassium and magnesium.





FIBROMYALGIA

Fibromyalgia is a chronic condition characterized by a generalized, aching pain. About 3.7 million Americans or 5 percent of the population suffer from fibromyalgia, mostly occurring in women of childbearing age. Although this disease was first identified in the early 1900s, it was actually thought to be a form of rheumatism until recently. Still, little is known about the cause or cure of fibromyalgia.

Causes and Symptoms

The actual cause remains elusive, but it is believed that certain events may trigger the onset of fibromyalgia. For example, viral or bacterial infections, automobile accidents, rheumatoid arthritis and lupus have all been associated with the onset of fibromyalgia. Some researchers believe that there are abnormalities in the brain affecting hormones and brain chemical activity. Other researchers suspect that patients with fibromyalgia have low levels of the neurotransmitter serotonin (a chemical that acts as a messenger between nerve cells).

Fibromyalgia symptoms typically develop gradually in a person in their 20s, and they may come and go in cycles.

- **Pain.** The pain that most people experience has been described as a deep muscular aching that burns, throbs or feels like a stabbing pain. The pain and stiffness is often worse in the morning.
- **Fatigue.** The feeling of being drained of energy and unable to concentrate can vary from mild to incapacitating.
- **Difficulty sleeping.** Sleep does not feel refreshing and you wake up feeling exhausted.
- **Chemical sensitivities.** About 50 percent of fibromyalgia patients experience sensitivities to noise, bright lights, odors, medications and certain foods.
- **Chronic headaches.** Headaches similar to migraines or tension headaches occur in about 50 percent of patients.
- **Irritable Bowel Syndrome.** From 40 to 70 percent of patients experience diarrhea, constipation, and abdominal pain and gas.



Physicians have a difficult time diagnosing fibromyalgia as the symptoms are very common to other conditions. In order to be diagnosed with fibromyalgia, a person must have widespread pain in four quadrants of their body for a minimum of three months. In addition, they must also have tenderness in at least 11 of 18 specific areas.

Source: Dr. Weil, www.DrWeil.com



Loaded Spinach Salad

Like many spinach salads, this one features lots of chopped-up hard-boiled egg. But since most of the calories in an egg are in the yolk, we use just two whole eggs, plus the whites from six additional eggs. The result is a rich, egggy, satisfying spinach salad that keeps the calories

INGREDIENTS

- 8 large eggs
- 6 cups baby spinach
- 4 tablespoons Creamy Blue Cheese Dressing (recipe follows), divided
- 1 8-ounce can beets, rinsed and sliced
- 1 cup shredded carrots
- 2 tablespoons chopped pecans, toasted (see *Tip)

1. Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low, cover and cook at the lowest simmer for 10 minutes. Pour off the hot water and run cold water over the eggs until they are completely cooled. Peel the eggs, discard 6 of the yolks, chop the remaining yolks and whites.
2. Toss spinach and 2 tablespoons dressing in a large bowl. Divide between 2 plates. Top with chopped eggs, beets, carrots and pecans. Drizzle with the remaining 2 tablespoons dressing.

NUTRITION INFORMATION:

Per serving: 300 calories
13 g fat (3 g sat, 6 g mono)
216 mg cholesterol
26 g carbohydrate
22 g protein; 8 g fiber
823 mg sodium

592 mg potassium.

***TIP:** Tip: To toast chopped nuts & seeds: Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Source: *Eating Well*,
www.eatingwell.com

Fiscal Fitness...

Fiscal Fitness...



Buy the Product, Not the Payments!

If it's not possible for you to save for something and pay cash for it on the spot, always ask how many payments there will be to get it paid off—and remember to include any charges for interest.

For example, if there was no interest charged, you would pay \$50.00 per month for five years to pay off an item that cost \$3,000. With an annual interest rate of 9% you would be paying \$62.28 per month, or a total of \$3,736 by the end of five years.

Always ask yourself these four questions when buying anything:



Do I really need this now?



How long would it take me to save up and buy it with no payments?



Can I get a good used one at a much lower price?



Is there something cheaper I can do that would not require payments?

When you do purchase something on payments, you'll save money on interest charges by paying more than the minimum payment each month. If possible, also consider setting up monthly electronic payments to pay the bill automatically. It's easy to forget to pay bills on time, and late charges can be very costly.

Source: *Hope Health Letter, Vol. 29, No. 1*



Take 2: Dried Figs & Dates

Dried Fruits are a healthful, portable snack good to have on hand. They have many of the same nutritional benefits as their juicy, fresh counterparts. Plus, they are a quick way to add a serving of fruit to oatmeal and baked goods like muffins, scones, and cookies. However, without the juice, the calories are concentrated, so you should enjoy them in moderation. A quarter-cup serving (about 1.5 ounces) of dried figs and dried dates both offer healthy amounts of potassium, which helps regulate blood pressure.

Source: *Cooking Light Magazine*



MULTIVITAMINS

You don't head to the gym or out for a jog without prepping properly: sneakers, iPod, water bottle. But a multivitamin?

Umm...Chances are, you don't pop one daily -- almost half of women under age 40 don't, according to the Centers for Disease Control and Prevention. Big mistake, since more than 90 percent of women in their 20s, 30s, and 40s don't meet their vitamin and mineral requirements through diet alone -- and you need that multi even more if you exercise.

"Vigorous workouts raise your body's vitamin and mineral requirements, so it's practically guaranteed that you won't get enough nutrients from food," says sports nutritionist Dawn Weatherwax-Fall, RD.

Source: *Fitness Magazine*



The "*For Your Health*" Newsletter is produced by The Providence Hospital Wellness Institute.

The information in this publication is meant to complement the advice of your personal health care providers - not to replace it. Before making any changes in your diet, exercise, or regular health maintenance schedule, consult your doctor.
