

# For Your Health

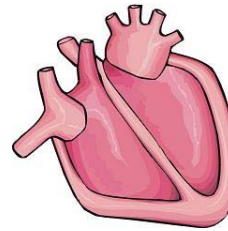


A Newsletter for Providence Associates

FEBRUARY 2009



**February is...  
HEART HEALTH  
Awareness Month**



## ***The Heart Truth Campaign***

To make women more aware of the danger of heart disease, the National Heart, Lung, and Blood Institute (NHLBI) and partner organizations are sponsoring a national campaign called *The Heart Truth*. The campaign's goal is to give women a personal and urgent wakeup call about their risk of heart disease.

- ♥ *The Heart Truth* is that heart disease is the #1 killer of American women. 1 in 4 women die of heart disease. Heart disease can also lead to disability.
- ♥ *The Heart Truth* is that women don't take their risk of heart disease seriously—or personally.
- ♥ Women often fail to make the connection between risk factors, such as high blood pressure and high cholesterol, and their own chance of developing heart disease.

## **National Wear Red Day!**

Friday, February 6, 2009, is **National Wear Red Day**—a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness.

Join *The Heart Truth* on National Wear Red Day to help spread the critical message that "Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women." Everyone can participate in the national movement by wearing their favorite red dress, shirt, tie, or [Red Dress Pin](#) on Friday, February 6, 2009.

Source: *National Heart, Lung, and Blood Institute*



# 5 Questions to Ask Yourself:

## When Developing your Fitness Routine

### 1. **Is it practical?**

Does it fit into your likes and lifestyle? Will you need special equipment, clothing, or transportation?

### 2. **Is it convenient?**

Can you do it easily before or after work or on your lunch hour? Avoid joining a gym that's not close to either your home or office.

### 3. **How much time is involved?**

Your goal is a minimum of 30 minutes total of brisk activity every day, but you can break that down into smaller segments.

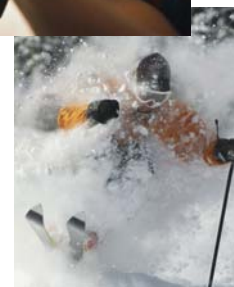
### 4. **What's your budget?**

Except for a good pair of shoes and the right socks, walking is essentially free. Some activities require club memberships, fees, and the costs of travel and preparation.

### 5. **Can you do it year-round?**

Find a balance of aerobic, strength, and flexibility exercises that allows you to stay active no matter what the weather.

Source: *Hope Health Letter Vol. 28, No. 12*



## Lead Poisoning

If your home was built before 1978, fix any peeling paint, frequently wet-mop floors and window sills, and use cold tap water, even for cooking, to reduce exposure to lead. Pregnant women and young children should avoid living in a house built before 1978 that is undergoing renovation.

Children absorb lead more easily than adults, and even small levels of lead can damage a child's brain. Wash your child's hands and toys regularly, and keep them away from products containing lead, especially recalled toys and toy jewelry.

Babies with a high risk for lead exposure should be screened for lead at 12 months of age.

Source: *U.S. Centers for Disease Control and Prevention*



## MEN'S HEALTH:

### **Lower Your Risk for Heart Disease**

Over 16 years, middle-aged men who followed all five of these habits lowered their risk for heart disease by 87% compared to those who adopted none. The risk was 78% lower for four habits and 54% lower for one.

1. Don't smoke
2. Exercise at least 3.5 hours a week
3. Maintain weight in proportion to your height
4. Consume alcohol only in moderation
5. Eat a diet centered around fruits and vegetables, whole grains, lean poultry, and unsaturated fats

Source:  
*Hope Health Letter, Vol. 28, No. 12*

# 5 Stress Busting Snacks

Source: Fitness Magazine

Simple, healthy snacks to help your body -- and mind -- cope with stress.

Everyone has their own way of coping with stress. Sure, exercise, meditation, and spending time doing activities you love are great for combating stress -- but more often than not, the only thing we want to do is eat. And that's not necessarily a bad thing. In fact, what you snack on can actually help curb your stress, control your mood, and make you feel better almost instantly!

## 1. Baked Tortilla Chips and Salsa

When you're stressed, you want to feel soothed, and nothing soothes a system like carbohydrates. Baked tortilla chips combat stress because they're a great source of low-fat carbs. What's more, your body needs more vitamin C when it's stressed, so adding a half-cup of vitamin-C-packed salsa makes perfect sense.

Recommended serving size: 1 ounce of baked chips and a half-cup of salsa

Calories: about 135

## 2. Black Bean Soup

Stress does a number on the minerals in your body, depleting things like magnesium, iron, and zinc, says Tanner. Black bean soup is an excellent source of all of these important minerals.

Recommended serving size: 1 cup of canned, fat-free soup

Calories: 110



## 4. Raisin Bread with Fat-Free Cream Cheese

This snack has got it all: Carbs, in the form of grains and dried fruit, to calm your mood; calcium to build your stress-depleted stores; and a sweet, satisfying taste to make your taste buds happy. What more could you ask for?

Recommended serving size: 1 slice of raisin bread with 1 tbsp. fat-free cream cheese

Calories: 95



## 3. A Fresh Banana

A perfect choice when you're feeling stressed. Bananas contain potassium and vitamin B6, both stress-fighting substances. Because our bodies naturally crave sugar when we're under stress, that sweet taste is a healthy bonus!

Recommended serving size: 1 medium banana

Calories: 105

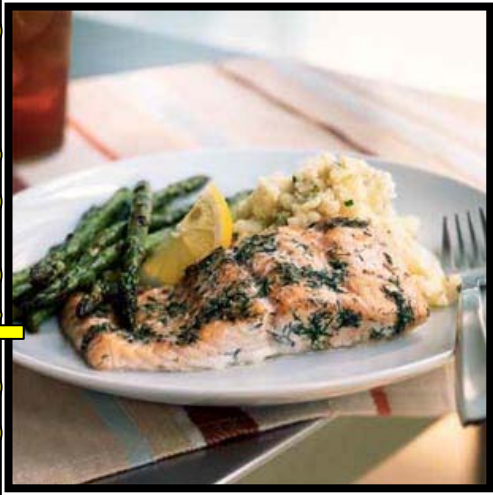
## 5. Decaf Nonfat Latte

Your body needs calcium and protein for energy and to combat stress. Choose a decaf version, since caffeine can make you feel anxious and interfere with sleep, which is crucial to get when you're under stress. And go fat free, as some studies have shown that a high-fat diet suppresses the immune system (something that stress already does to your body).

Recommended serving size: 1 16-ounce decaf nonfat latte

Calories: 160





10-MINUTE



## Baked Salmon with Dill

This delicate combination of fresh dill and lemon lend just enough flavor to add interest to plain baked fish. *Makes 4 servings.*

### INGREDIENTS

- 4 (6-ounce) salmon fillets (about 1 inch thick)
- Cooking spray
- 1 1/2 tablespoons finely chopped fresh dill
- 1/2 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 4 lemon wedges

### PREPARATION

1. Preheat oven to 350°.
2. Place fish on a baking sheet lightly coated with cooking spray; lightly coat fish with cooking spray.
3. Sprinkle fish with dill, salt, and pepper.
4. Bake at 350° for 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
5. Serve with lemon wedges.

### NUTRITIONAL INFORMATION

Calories: 263 (54% from fat)  
Fat: 15.8g (sat. 3.2g, mono 5.7g, poly 5.7g)  
Protein: 28.2g  
Carbohydrate: 0.1g  
Fiber: 0g  
Cholesterol: 80mg  
Iron: .5mg  
Sodium: 313.mg  
Calcium: 20mg

*Source: [www.cookinglight.com](http://www.cookinglight.com)*

# Lather, Rinse, Repeat...



## *Selecting Shampoo for Healthy Hair*

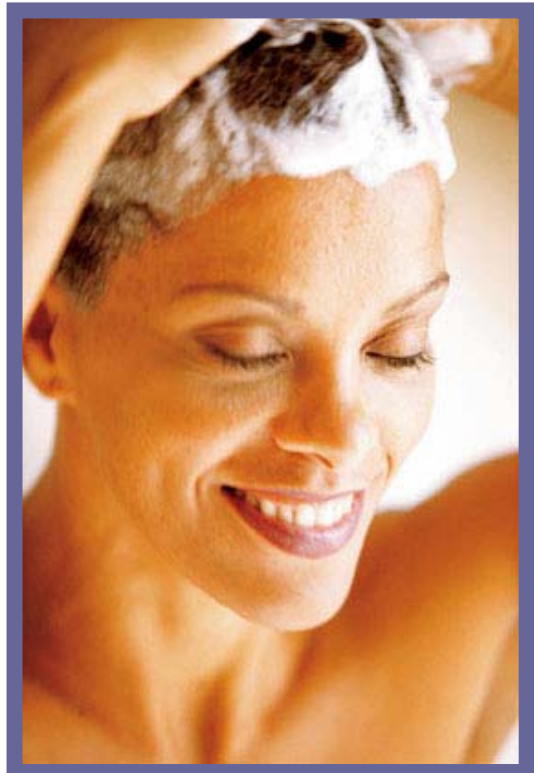
Noticed the shampoo aisle lately? The scores of shampoo formulas to choose from seems overwhelming, but a well-planned approach will help you find the right bottle.

For starters, pay attention to how your hair reacts to the products you currently use. If your hair becomes increasingly oily and flat, your shampoo is too moisturizing and heavy; if it's frizzy or brittle, your shampoo is too drying.

"These are the immediate signs of a product mismatch," says Sharon Morrissey, a stylist for New York City's Bumble and Bumble salon. Beyond that, she says, finding the best formula for you is a matter of trial and error. "Most brands have similar ingredients; it really comes down to how your hair reacts to them."

*Here are some of her tips for making the evaluation process easier.*

- Look for products without harsh chemicals (like alcohol), which can damage hair and negatively affect color treatments.
- From time to time, switch to a different formula of your favorite brand to see how the results vary. For example, if you would normally use a deep-conditioning shampoo, try the volumizing or clarifying cleanser instead.
- Try not to shampoo every day— it can strip away your hair's essential oils, causing breakage and frizziness. If skipping a day between each wash makes your hair feel too oily, rinse with plain water and apply a light conditioner to ends only— your hair will become less oily over time if you do this consistently.
- If your hair is fine and thin, never apply conditioner to your entire head, or your style will be limp. Instead, apply conditioner only to the ends of your hair.



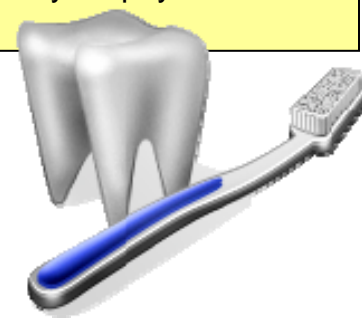
*Source: [www.cookinglight.com/healthyliving](http://www.cookinglight.com/healthyliving)*

# A Million Dollar Smile

*--Without Spending a Fortune!*

Proper care is the number one thing you can do to save on dental costs. Brush your teeth twice a day, floss at least once a day and visit your dentist regularly for cleanings and checkups.

- Seek treatment right away for minor problems. If you wait, they could turn into a root canal, or even worse an extraction.
- Ask how treatment options differ in costs, which solution will last longer, and if all the options solve the problem. Your dentist may be able to prioritize a treatment plan to help you distinguish between problems that need care right away and those that are less urgent.
- Dental school clinics, where care is supervised by professors, can be less expensive. Call your local dental society for information about schools in your area.
- Set up a dental savings account for expensive procedures like crowns and braces. You may also be able to have your employer withhold a set amount from your paycheck for medical and dental expenses.



*Source: American Dental Association*

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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.

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