

HEALTHY

You!

"Your Source For A Happy and Healthy Lifestyle."

October 2017

THIS EDITION FEATURES:

*To Floss or
Not to Floss?*

*Breast Cancer:
Myths & Facts*

*Staying Healthy
While Eating Out*

*Coordinating Care
for a Loved One*

RECIPE OF
THE MONTH:
HALLOWEEN
SWEET
POTATO
FRIES

**BEST BACK
EXERCISES**

Brought to you by

Independence 



Best back exercises

Bed-rest is what comes to mind when back pain attacks, but research suggests that activity may be better to promote healing. Lack of activity can lead to muscle stiffness and weakness, and soft tissue can become more vulnerable to injury. If you suffer from or want to avoid back pain, talk with your doctor about which types of physical activity may be appropriate for you. There are plenty of options:

Yoga. Yoga is great exercise for the whole body, but it's especially helpful for the back. Yoga increases flexibility, strengthens the back, and improves posture. Focus on gentle poses that stretch the back and chest, such as bridge, sun salutations, and cat/cow.

Swimming. Free-style swimming is an excellent, low-impact way to exercise the back. Being in the water reduces strain on joints and muscles. Everything from backstroke to the crawl is fair game.

Walk. Walking is a great way to get moving without a lot of equipment or expense. Make sure to walk on an even surface or treadmill. Other forms of cardio are great too, but be careful!

Recipe of the Month:

Halloween Sweet Potato Fries

Ingredients:

2 Sweet potatoes

1 Teaspoon cinnamon

1 Tablespoon olive oil

Pinch salt

Instructions:

Preheat oven to 400 degrees. Peel potatoes and slice into ½ -inch rounds. Use a small paring knife to cut out jack-o'-lantern faces in the sweet potato slices. Place potatoes on a foil-lined baking sheet. Drizzle with olive oil, sprinkle on cinnamon and salt, and bake until tender, about 18 minutes.





Staying Healthy While Eating Out

Cooking at home is always healthiest, because you can control exactly how your food is prepared. However, after a long week of cooking, it's nice to unwind with friends or family at a restaurant. These tips will help you make healthy choices when eating out:

Preview the menu.

You can find something healthy at any restaurant, but make it easier on yourself by checking the menu ahead of time.

Skip the bread. It can be easy to over indulge on the bread basket. Ask the server not to bring it, or limit yourself to one piece.

Share a main dish. Most restaurant portions are enough for two. Share an entrée or ask for a to-go box and save half for tomorrow's lunch.

Look for key words on the menu. Choose dishes that are steamed, grilled, or broiled and avoid foods described as breaded, fried, battered, creamed, or cheesy.

Make substitutions. If possible, choose brown rice over white rice, whole wheat pasta over regular, or grilled lean meats instead of breaded and fried.

You don't have to abandon your health goals when going out to dinner. Making a few changes to the way you order can make all the difference.

Halloween Candy Guide

We've all been there. You buy loads of candy for trick-or-treaters and end up with leftovers. If you decide to indulge a little, remember: Some candy is better than others and moderation is key.

Treat yourself. No candy is good for you, but consider these options, which have less sugar per piece:

- Jelly belly beans have only four calories per bean.
- 3 Musketeers bars are full of whipped air and less fat.
- Lollipops let you enjoy the sweetness longer.
- Kit Kat bars' wafer core saves you calories.

Don't get tricked! Stick with "fun sizes" and avoid candies with 70 calories or more per serving.

- Just eight Skittles add up to 80 calories.
- Starburst candies are firm and chewy thanks to hydrogenated palm kernel oil (yuck!).
- Butterfinger bars are high in both sugar and fat.
- Reese's miniature peanut butter cups have a whopping 108 calories per 3 pieces.



Coordinating Care for a Loved One



Becoming a caretaker for your parent or loved one can be a difficult adjustment. Juggling life, work, and caregiving is no easy feat. Be sure to set up a support system to make the road ahead less challenging. These steps can help to ensure a better outcome:

Make decisions incrementally.

There is no need to make big decisions right away. Start small, and take things day by day. This will make things easier on everyone.

Be as honest as possible. It may be difficult when a loved one can't

complete tasks they once could, like driving, but talking and listening can go a long way.

Organize. Managing issues around health care, legal, and financial matters can generate a lot of paperwork. Make a task list and file paperwork where you can easily access it when needed.

Remember to prioritize yourself.

One of the best ways to help your loved one is to pay attention to your own health and needs. Step back and take a break to nurture yourself daily. Take a walk, read a book, watch a movie, or do anything that

you enjoy.

Keep calm. If your loved one becomes agitated, stay calm, even if you are frustrated. Keep your requests clear and simple. Know when to back off for the time being, before trying again later when they may be more cooperative.

Stay strong. Treating yourself and your loved one with kindness and patience can make a world of difference.

To floss or not to floss?

The American Dental Association recommends cleaning between your teeth once a day. Even if you can't feel the leftover food in your mouth, it's there, and flossing may help prevent cavities and gum disease.

What happens if you don't floss?

If sticky plaque is not removed, bacteria feeds on the leftover food and releases acids that eat away at your teeth. The plaque hardens into tartar, which can lead to gum disease if isn't scraped off by a dentist.

The best time to floss

Pick a time of day that works best for you. If you have more energy in the morning, get it done then. If you enjoy going to bed with fresh, clean teeth, a nighttime flossing routine is right for you. The most important thing about cleaning between your teeth is that you do it.



Breast Cancer: Myths & Facts



Breast cancer is the most common cancer among women worldwide. Better screening, early detection, and increased awareness can save lives. Here are some common breast cancer myths and facts.

MYTH: Finding a lump in your breast means you have cancer.

FACT: Only a small percentage of breast lumps turn out to be cancer, but they should always be checked by a doctor.

MYTH: A mammogram can cause breast cancer to spread.

FACT: Breast compression from getting a mammogram does not cause cancer to spread. The standard recommendation is an annual screening for women beginning at age 40.

MYTH: Wearing a bra to bed or using deodorant causes breast cancer.

FACT: Researchers from the National Cancer Institute have found no link between developing breast cancer and wearing deodorant or bras with underwire.

MYTH: Only women get breast cancer.

FACT: Men can get breast cancer and should have regular check-ups too.

It can be hard to separate fact from fiction. Speak with your doctor if you have questions about risk factors and other breast cancer myths.

Source: National Breast Cancer Foundation, Inc.

Monthly Quiz:

1. What is best for your sore back?

- a. Brisk jogging
- b. A cold bath
- c. Swimming or other low-impact activity, like walking

2. To stay healthy when eating out:

- a. Avoid buffets
- b. Preview the menu
- c. Select a broiled or baked dish
- d. All of above

3. When caring for a loved one:

- a. Stay calm
- b. Care for yourself, too
- c. Organize and document
- d. All of above



ANSWERS: 1.) c 2.) d 3.) d

Brought to you by

Independence

Independence Blue Cross is an independent licensee of the Blue Cross and Blue Shield Association. The information in this publication is meant to complement the advice of your health care providers, not replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.