

## New Year's Resolutions v.s Lifestyle Change

Historically, one of the top New Year's resolutions is to lose weight. Unfortunately, many people look to fad diets and weight-loss products to achieve their goals quickly. While fad diets may prove effective initially, research shows that many people don't find long-term success with these types of diets. Instead of setting a goal to lose weight fast this New Year's, set a goal to lead a healthier lifestyle.

It is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time. Unhealthy behaviors develop over the course of time therefore, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time. Accepting help from those who care about you and will listen, strengthens your resilience and ability to manage stress caused by your resolution. Common lifestyle New Year's resolutions include the following:

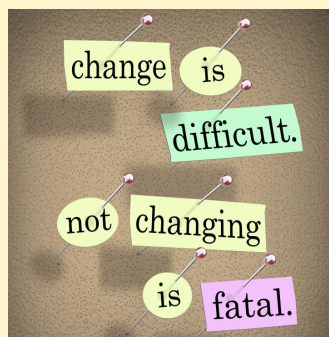
- Exercise regularly—Aim to get at least 150 minutes of moderate or 75 minutes of vigorous aerobic activity a week and to do strength training exercises of major muscle groups at least twice a week.
- Maintain a well-balanced, healthy diet—Try to eat a variety of fruits, vegetables, whole grains, protein-rich foods and healthy fats. Make it a goal to incorporate more fruits and veggies into your diet.
- Increase the amount of sleep you get—One of the best ways to become healthier is to get enough sleep. Try to get at least seven hours of sleep, the expert-recommended amount, per night.

Regardless of what you choose to make your New Year's resolution, make sure it is a "SMART" goal—one that is specific, measurable, attainable, realistic and timely—to increase the odds that you will stick to it. Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.



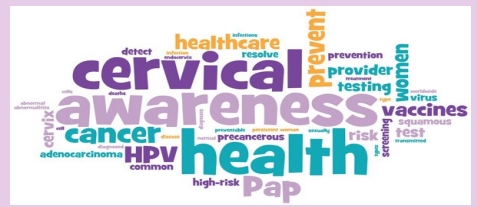
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## CERVICAL CANCER AWARENESS MONTH January



The United States Congress designated January as Cervical Health Awareness Month. Nearly 13,000 women in the United States are diagnosed with cervical cancer each year and more than 4,000 of women will die each year, but the disease is preventable with vaccination and appropriate screening (Pap and HPV tests).

Cervical cancer is cancer that starts in the cervix, the narrow opening into the uterus from the vagina. It is the fourth most common type of cancer for women worldwide, but because it develops over time, it is also one of the most preventable types of cancer. Deaths from cervical cancer in the United States continue to decline by approximately 2 percent a year. This decline is primarily due to the widespread use of the Pap test to detect cervical abnormalities and allow for early treatment. Most women who have abnormal cervical cell changes that progress to cervical cancer have never had a Pap test or have not had one in the previous three to five years. Cervical cancer tends to occur during midlife. It is most frequently diagnosed in women between the ages of 35 and 44. It rarely affects women under age 20, and more than 15 percent of diagnoses are made in women older than 65. But in women over 65, cancer typically occurs in women who were not receiving regular screening.

Human papillomavirus (HPV) is found in about 99% of cervical cancers. There are over 100 different types of HPV, most of which are considered low-risk and do not cause cervical cancer. Precancerous cervical cell changes and early cancers of the cervix generally do not cause symptoms. For this reason, regular screening through Pap and HPV tests can help catch precancerous cell changes early and prevent the development of cervical cancer. These tests can help find cervical cells that are infected with HPV or other abnormal cells before they turn into cervical cancer. Talk with your doctor about which option is right for you. Some women may also need to get screened more often.

Possible symptoms of more advanced disease may include abnormal or irregular vaginal bleeding such as bleeding after menopause, between menstrual periods, and after sex, pain during sex, or heavy and unusual vaginal discharge that may be watery, thick, and possibly have a foul odor. These symptoms could also be signs of other health problems, not related to cervical cancer. If you experience any of the symptoms above, talk to a healthcare provider.

Source: National Cervical Cancer Coalition

### Did you know...

- Worldwide annually 528,000 women will be diagnosed and 266,000 women will die.
- Each year 13,000 women in the US will get cervical cancer, over 4,000 will die.
- HPV causes cervical cancer.
- Any kind of sexual contact transfers HPV.
- 80% of sexually active men and women will get HPV.
- The HPV Vaccine is recommended for girls and boys ages 11 - 26.
- All women should begin cervical cancer screening starting at age 21.
- Screening Guidelines:
  - Ages 21-29 = Pap testing every 3 years
  - Ages 30-65 = HPV and Pap testing every 5 years
  - Age 25+ option = HPV testing first, with follow-up tests if needed

## Have you heard the secret to cervical cancer prevention?



No? That's because **there is no secret.**

But there are simple steps anyone can take to prevent cervical cancer.

**Vaccinate early.** It is recommended that girls and boys be vaccinated at age 11-12. The vaccine produces a stronger immune response when taken during the preteen years, but women and men can be vaccinated through age 45.

**Screen regularly.** Women should start with a Pap test at age 21 and should be co-tested with a Pap and an HPV test starting at age 30. A healthcare provider will offer advice on how often a woman should be screened.



## Thyroid Awareness Month

Spread Awareness

The thyroid gland is a small, butterfly-shaped gland located in the base of the neck just below the Adam's apple. Although relatively small, the thyroid gland is responsible for various functions including the metabolism, regulating body temperature, cognitive function, digestion, and much more. To make it easy, the thyroid affects the entire body and when it is not working properly you will definitely feel the effects. Ensuring that the thyroid gland is healthy and functioning properly is vitally important to the body's overall well-being.

Thyroid disease is more common than diabetes or heart disease. Thyroid disease is a fact of life for as many as 30 million Americans – and more than half of those people remain undiagnosed. Women are five times more likely than men to suffer from hypothyroidism (when the gland is not producing enough thyroid hormone). Aging is just one risk factor for hypothyroidism.

Think of your thyroid as a car engine that sets the pace at which your body operates. An engine produces the required amount of energy for a car to move at a certain speed. In the same way, your thyroid gland manufactures enough thyroid hormone to prompt your cells to perform a function at a certain rate. Just as a car can't produce energy without gas, your thyroid needs fuel to produce thyroid hormone. This fuel is iodine. Iodine comes from your diet and is found in iodized table salt, seafood, bread and milk. Your thyroid extracts this necessary ingredient from your bloodstream and uses it to make two kinds of thyroid hormone: thyroxine, also called T4 because it contains four iodine atoms, and triiodothyronine, or T3, which contains three iodine atoms.

Sometimes the thyroid can't meet your body's demands for thyroid hormone, even though thyroid stimulating hormone (TSH) levels increase. As your body slows down, you may feel cold, tired and even depressed. You may gain weight, even though you're eating less. There could be a number of reasons why your thyroid is not performing well. For example, if your body isn't getting enough iodine, your thyroid can't make enough thyroid hormone. However, it will try to respond to rising TSH levels by working harder and harder anyway. This can cause your thyroid to become enlarged and develop into a goiter that looks like a protrusion or large swelling in your neck. Goiters used to be common, but they have become much less common in developed countries because of iodine-fortified foods.

**Use this month to get your thyroid checked and share information regarding the tiny gland that has a huge job! Happy Thyroid Awareness Month!**

Source: Thyroid Awareness ([www.thyroidawareness.com](http://www.thyroidawareness.com))

## DID YOU KNOW?



1 in 10 people suffer from a Thyroid disorder



1 in 8 women will develop a thyroid disorder during her lifetime



JANUARY IS  
THYROID AWARENESS MONTH



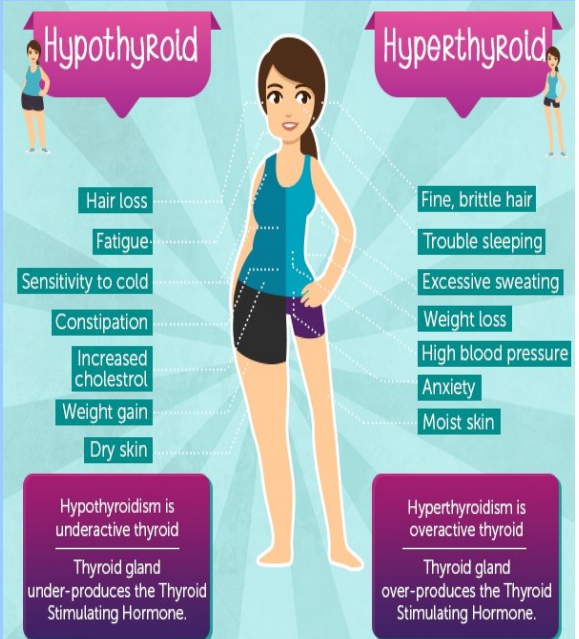
More than half of the people in America that suffer from a Thyroid disorder are undiagnosed

Nutrients for a Happy Thyroid

Iodine  
L-Tyrosine



Selenium  
Vitamin C



### OVERACTIVE THYROID

Healthy

Hyperthyroidism

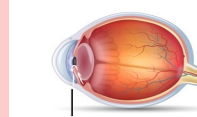


January is Glaucoma Awareness Month

## Make a Resolution for Healthy Vision

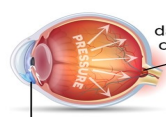


Normal



Drainage canal allows fluids to flow out

Glaucoma



Pressure damages the optic nerves  
Drainage canal blocked, fluid builds up in the eye

Glaucoma is a leading cause of vision loss and blindness in the United States. Currently, more than 3 million people in the United States have glaucoma. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians. People are often unaware that glaucoma has no symptoms in its early stages. If detected early, before noticeable vision loss occurs, glaucoma can usually be controlled and severe vision loss can often be prevented. Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing. Vision that is lost from glaucoma cannot be restored.

Sources: National Institute of Health & Glaucoma Research Foundation

You could have **GLAUCOMA** and not know it.

Make a resolution to find out. Schedule a dilated eye exam.



[www.nei.nih.gov/glaucoma](http://www.nei.nih.gov/glaucoma)



By 2030,  
**4.2 million people**  
in the U.S. will have **glaucoma**



# Steps to an Injury-free Workout

Exercise is a great way to combat stress, lose weight and boost energy. To get the most from your workouts, you should add warming up, cooling down and stretching to your routine. These three simple steps are proven to help prevent painful and costly injuries.

## 1. Warming Up

Warming up allows your body time to adjust from rest to activity. Always remember to gradually increase the intensity of your warmup to reduce stress on your bones, muscles and heart.

## 2. Cooling Down

As with warming up, cooling down should include movements similar to those in your workout, but at a gradually decreasing level of intensity.

## 3. Stretching

After cooling down, stretching helps to build flexibility and range of motion. When stretching, follow the guidelines below:

- Use gentle and fluid movements and breathe normally.
- Never force a joint beyond its normal range of motion; you should not feel any pain.

## 5 Tips for Safe Stretching



**Dynamic vs. Static:** Dynamic stretching is moving through a stretch keeping a comfortable range of motion and is better if your muscles are not warmed up. Static stretching is holding a stretch in a somewhat comfortable position and is best after warming up the muscles to avoid injury.



**No Bouncing:** Bouncing or Ballistic stretching attempts to force muscle groups beyond their comfortable range of motion by jerking the muscle in and out of a stretched position using the muscle like a spring. This type of stretching is not considered useful and can lead to injury.



**Start Small:** Start with a smaller range of motion and progress slowly. Find the point which the stretch shows some discomfort and hold it for a short period of time or complete smaller repetitions. The amount of flexibility you need is specific to movements in your daily life, so always listen to your body.



**Getting On The Floor IS NOT Required:** Many stretches can be done standing or seated. If balance is an issue, use a wall or something sturdy to hang on to while stretching. Many floor stretches can be done using two sturdy chairs by carefully placing one leg at a time on a second chair placed in front of you.



**Areas For Some TLC:** Tightness and pain in the upper back is commonly caused by working at a desk. The hip flexor muscles tend to be a common tight muscle group due to chronic sitting or strenuous exercises. Much low back pain can be explained by tightness in the hamstrings and glute muscles.

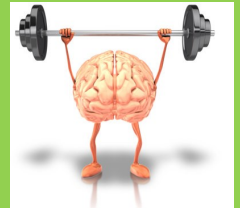
**Please consult your healthcare provider before starting on any diet or exercise program.**

## How to Keep Your Mind Sharp!

Everyone has the occasional "senior moment." Maybe you've gone into the kitchen and can't remember why, or can't recall a familiar name during a conversation. Memory lapses can occur at any age, but aging alone is generally not a cause of cognitive decline. When significant memory loss occurs among older people, it is generally not due to aging but to organic disorders, brain injury, or neurological illness. Studies have shown that you can help prevent cognitive decline and reduce the risk of dementia with some basic good health habits such as staying physically active, getting enough sleep, not smoking, having good social connections, limiting alcohol to one drink a day, and eating a balanced diet low in saturated and trans fats. Memory changes can be frustrating, but the good news is that, thanks to decades of research, you can learn how to get your mind active. There are various strategies we can use to protect and improve memory. Here are several you might try.

- **Keep Learning:** Challenging your brain with mental exercise activates processes that help maintain individual braincells and stimulate communication among them. Pursuing or learning a new skill that you don't use can help improve memory.
- **Use all your Senses:** The more senses you use in learning something, the more of your brain that will be involved in retaining the memory. Brain imaging shows that the main odor-processing region of the brain becomes active when people see objects originally paired with odors, even though the smells are no longer present.
- **Believe in Yourself:** Myths about aging can contribute to a failing memory. Middle-aged and older learners do worse on memory tasks when they're exposed to negative stereotypes about aging and memory. People who believe that they are not in control of their memory function — joking about "senior moments" too often, perhaps — are less likely to work at maintaining or improving their memory skills and therefore are more likely to experience cognitive decline. If you believe you can improve and you translate that belief into practice, you have a better chance of keeping your mind sharp.
- **Repeat and Space:** When you want to remember something you've just heard, read, or thought about, repeat it out loud or write it down. That way, you reinforce the memory or connection. Repetition is most potent as a learning tool when it's properly timed. It's best not to repeat something many times in a short period. Spacing out periods of study helps improve memory and is particularly valuable when you are trying to master complicated information, such as the details of a new work assignment.

Source: Harvard Health Publishing



# HEALTHY EATS



## Baked Dijon Salmon

This is a wonderful way to prepare fresh salmon fillets in the oven. Oh and did I mention.....Salmon is a great source of Omega-3s. This recipe feeds approximately 4 people.

### Ingredients

- 1/4 cup olive oil
- 3 tablespoons Dijon mustard
- 1 1/2 tablespoons honey
- 1/4 cup dry bread crumbs
- 1/4 cup finely chopped pecans
- 4 teaspoons chopped fresh parsley
- 4 (4 ounce) fillets salmon
- salt and pepper to taste
- 1 lemon, for garnish



Preparation (20 min)      Cook (15 min)

- Preheat oven to 400 degrees F (200 degrees C).
- In a small bowl, stir together oil, mustard, and honey. Set aside. In another bowl, mix together bread crumbs, pecans, and parsley.
- Brush each salmon fillet lightly with honey mustard mixture, and sprinkle the tops of the fillets with the bread crumb mixture.
- Bake salmon 12 to 15 minutes in the preheated oven, or until it flakes easily with a fork. Season with salt and pepper, and garnish with a wedge of lemon.

## Green Detox Smoothies

Also called weight loss smoothies or green smoothies, detox smoothies are easy to make and taste delicious – especially when you find ingredients you especially like. The reason green detox smoothie recipes are so popular is because most detox smoothie recipes call for some kind of green leafy vegetable (like spinach, chard or kale), which gives it its distinctive green color. With a good smoothie blender, you'll be encouraged to make them more often, and find your weight loss and detox goals are easier to achieve. For each recipe below, blend and enjoy! Source: [www.loseweightbyeating.com](http://www.loseweightbyeating.com)

### Green Protein Detox Smoothie

- 1/2 cup unsweetened almond milk
- 1 tablespoon almond butter
- 1 banana
- 2 cups mixed greens (kale, chard and spinach)



### Kale and Apple Green Detox Smoothie

- 2/3 cup almond milk (unsweetened)
- 3/4 cup ice
- 1 1/2 cups kale (chopped)
- 1 stalk celery (chopped)
- 1/2 red or green apple (cored and chopped)
- 1 tbsp ground flax seed
- 1 teaspoon honey (optional)

### Glowing Green Detox Smoothie

- 1 kiwi
- 1 banana
- 1/4 cup pineapple
- 2 celery stalks
- 2 cups spinach
- 1 cup water



## Lentil Soup

6-8 Servings. Prep Time: 30 min. Cook Time: 45 min.



### Ingredients

- 2Tbsp olive oil
- 1 cup finely chopped onion
- 1/2cup finely chopped carrot
- 1/2 cup finely chopped celery
- 2 tsp kosher salt
- 1 lb lentils (picked and rinsed)
- 1 cup peeled and chopped tomatoes
- 2 quarts chicken or vegetable broth
- 1/2 tsp freshly ground coriander
- 1/2 tsp freshly ground toasted cumin
- 1/2 tsp freshly ground grains of paradise (melegueta pepper)

Source: Food Network

### Directions

Place the olive oil into a large 6-quart Dutch oven and set over medium heat. Once hot, add the onion, carrot, celery and salt and sweat until the onions are translucent, approximately 6 to 7 minutes. Add the lentils, tomatoes, broth, coriander, cumin and grains of paradise and stir to combine. Increase the heat to high and bring just to a boil. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approximately 35 to 40 minutes. Using a stick blender, puree to your preferred consistency. Serve immediately.



Source: Food Network

Its seeds are used as a spice (ground or whole); it imparts a pungent, black-pepper-like flavor with hints of citrus.

# 5 Healthy-Eating Resolutions You Can Actually Stick To

Try these healthy eating resolutions for a healthier you in the new year. Why not attack the age-old “lose weight” and “eat healthier” resolutions from a different perspective and cut them into more manageable pieces? It could actually work! Here are 5 do-able New Year’s resolutions for a healthier you this year.

## Resolution 1. Eat More Omega-3s



When possible, try to get omega-3 fatty acids from foods rather than supplements. Getting more foods rich in omega-3 fatty acids might just help you keep your blood pressure down. In the multinational INTERMAP study, researchers found that among 4,680 healthy adults, those who consumed the highest amounts of omega-3 fatty acids in their diets had the lowest rates of hypertension. Omega-3 fatty acids have various benefits for your body and brain. Aim to get two servings of fish a week, particularly fatty fish, such as salmon, sardines and some types of tuna, which are rich in omega-3s. Not a fish lover? Opt for walnuts, flax, and high-fat plant foods which are good non-fish sources of omega-3s.

## Resolution 2. Pile On The Veggies

The majority of Americans don’t eat the daily recommended 3 or more servings of vegetables, according to a recent report from the Centers for Disease Control and Prevention. If you’re of the mindset that “vegetables don’t taste good,” but know you should eat more of them since they’re full of healthy nutrients and fiber, get out your roasting pan. Roasting vegetable caramelizes their natural sugars so they taste fantastic. It’s an easy way to cook veggies for dinner. Pop a pan of them in the oven and make the rest of dinner while they roast.



## Resolution 3. Up Your Fiber Intake



Getting enough fiber may help prevent cardiovascular disease, type 2 diabetes and a number of cancers. Also, eating more fiber may help you slim down. The average American eats about 14 grams of day where the recommended daily intake is 21 to 38 grams. One of the easiest ways to up your fiber intake is to eat more whole grains. Quinoa, whole-wheat couscous, bulgur and polenta are all quick-cooking options to add to your weeknight repertoire.

## Resolution 4. Eat Less Meat

A popular reason to cut back on meat is for environmental reasons, but you’ll be helping your heart too. When you replace meat with soy, you’ll naturally eat less saturated fat. Research shows that saturated fat increases low density lipids (LDL). While tofu might not have a real “flavor,” that’s what makes it so versatile. It soaks up the flavors of a stir-fry sauce or marinade like a sponge, making it more tastier.



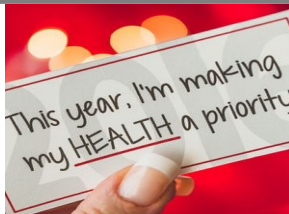
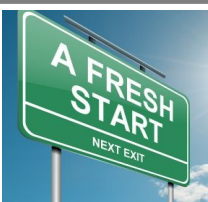
## Resolution 5. Rein in Your Sugar Addiction

Americans eat too much sugar. We consume 355 calories (22 teaspoons) of added sugars a day. The American Heart Association (AHA) recommends limiting the amount of added sugars you consume to no more than half of your daily discretionary calories allowance. For most American women, that's no more than 100 calories per day, or about 6 teaspoons of sugar. For men, it's 150 calories per day, or about 9 teaspoons. Sugar is a carbohydrate, which will eventually turn into fat in the body. Sugar affects insulin resistance and blood sugar levels in the blood, in turn spiking hunger, causing you to crave more sugary/carbohydrate foods.



Source: Eating Well

Please consult your healthcare provider before starting on any diet or exercise program.



### Contact Us:

Cynthia Dawes, MSN,RN 954-847-8014

Nickey Lewin, DHS,MPH 954-847-8020