

MARCH IS  
SAVE YOUR  
VISION MONTH



Eyes are an important part of your health.

It has been reported that by 2020, over 40 million Americans will be at risk for reduced vision, even blindness, due to age-related disease. Some of those conditions include cataracts, diabetic eye disease, glaucoma, and age-related macular disease. Many of the devastating effects caused by these diseases are preventable through early detection with a thorough eye examination.

Annual eye health evaluations are needed, even though many insurance companies recommend a longer period of time between exams. This applies to all ages, but particularly

to those with risks of disease due to family history. While providing the best vision possible to every patient is the responsibility of all eye doctors, clearly, the patient plays an important role in this by getting evaluated yearly.

Put down the digital device! In this era, it can be hard to do, but this year, the AOA is dedicated to making the public aware of the effects digital technology has on the eyes. Be sure to observe the 20/20/20 rule: every 20 minutes, take a 20-second break, and look at something 20 feet away. This helps decrease eye strain associated with computers, smartphones, tablets, or other hand-held devices.

Source: American Academy of Ophthalmology

## Healthy Vision Checklist

HOW TO HELP YOUR VISION LAST A LIFETIME

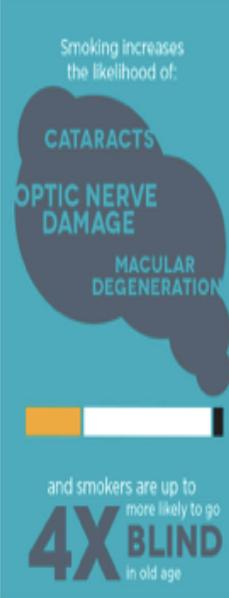
### Get Annual Eye Exams



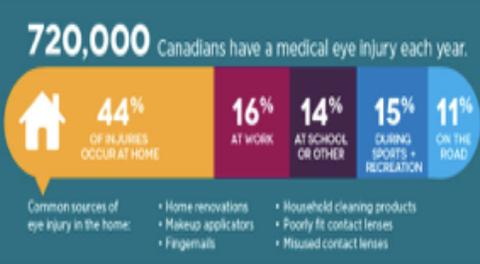
### Wear Sunglasses



### Don't Smoke



### Avoid Common Sources of Eye Injury



### Know Your History



### Take Eye Infections Seriously



FLU SEASON  
It's Not Over Yet



**GET THE FLU SHOT  
BEFORE THE FLU GETS YOU**  
Flu shot available now

For employee Flu Shot call  
Joan Walker, RN at 954-  
847-8027



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- Save Your Vision Month
- National Kidney Month
- Workout Motivation Tips
- Prevent Spread of Respiratory Viruses
- Colorectal Cancer Awareness Month
- Healthy Eats
- Nutrition Tips
- Get a Good Night's Sleep

# March is **National Kidney Month**

Get to know your hard working kidneys

## 6 WAYS KIDNEYS KEEP YOU HEALTHY



Regulate fluid levels

Activate Vitamin D for healthy bones

Filter wastes from the blood

Directs production of red blood cells

Regulate blood pressure

Keep blood minerals in balance

## 8 PROBLEMS KIDNEY DISEASE CAN CAUSE



Nerve damage

Cardiovascular disease

Heart attack

Stroke

Anemia/ low red blood cell count

Weak bones

High blood pressure

Kidney Failure

## 4 RISK FACTORS

Diabetes

High blood pressure

Age 60+

Family history

## 7 SYMPTOMS



Swelling: face, hands, abdomen, ankles, feet

Blood in urine  
Foamy urine

Puffy eyes

Difficult, painful urination

Increased thirst

Fatigue

## 2 TESTS YOU CAN TAKE (BLOOD AND URINE)



**Urine albumin-to-creatinine ratio** estimates the amount of a type of protein, albumin, that you excrete in your urine.

**Glomerular Filtration Rate (GFR)** tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.

African Americans, Hispanics, Pacific Islanders, American Indians and Seniors are at increased risk.  
— National Kidney Foundation

A diagnosis of kidney disease means that a person's kidneys are damaged and cannot filter blood the way they should. This damage can cause wastes to build up in the body. Kidney disease can cause other health problems.— National Institute of Health (NIH)

# 10 TIPS TO INCREASE WORKOUT MOTIVATION

1. Take before and after pictures
2. Start an exercise contest
3. Think about the benefits
4. Make friends at the gym
5. Load up a new playlist
6. Reward your efforts
7. Take it outdoors
8. Variety is key
9. Find a buddy
10. Make it fun



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

## HELP PREVENT THE SPREAD OF RESPIRATORY VIRUSES:



**WASH YOUR HANDS OFTEN AND WITH SOAP & WATER**

for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.



**STAY HOME IF YOU ARE SICK**



**COVER YOUR COUGH OR SNEEZE WITH A TISSUE**

then throw the tissue in the trash. Follow with hand washing or sanitizing. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.



**AVOID CLOSE CONTACT**

with people who are sick.



**CLEAN AND DISINFECT**

frequently touched objects and surfaces, such as cell phones, keyboard, and doorknobs.



**AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH**

with unwashed hands.



Colorectal Cancer Awareness Month

preventable • treatable • beatable

Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancers that affect both men and women. This disease takes the lives of more than 50,000 Americans every year. Colorectal cancer occurs in the colon or rectum and affects people in all racial and ethnic groups and is most common in people age 50 and older.

Colorectal cancer first develops with few, if any, symptoms. If symptoms are present, they may include: a change in bowel habits such as diarrhea, constipation, a change in the consistency of your stool or finding your stools are narrower than usual; persistent abdominal discomfort such as cramps, gas, or pain and/or feeling full, bloated or that your bowel does not empty completely; rectal bleeding (either bright red or very dark) in your stool; weakness or fatigue can also accompany losing weight for no known reason, nausea or vomiting. Colorectal cancer symptoms can also be associated with many other health conditions. Only a medical professional can determine the cause of your symptoms. Early signs of cancer often do not include pain. It is important not to wait before seeing a doctor. Early detection can save your life.

The good news? If everyone age 50 and older got regular screenings, 6 out of 10 deaths from colorectal cancer could be prevented. Communities, health professionals, and families can work together to encourage people to get screened. Encourage families to get active together – physical activity may help reduce the risk of colorectal cancer. Talk to family, friends, and people in your community about the importance of getting screened for colorectal cancer starting at age 50.

Source: Colorectal Cancer Alliance

## TRUE or FALSE?

Colorectal cancer is the 2nd leading cancer killer.

TRUE FALSE

Both men and women get colorectal cancer.

TRUE FALSE

Colorectal cancer often starts with no symptoms.

TRUE FALSE

Screening helps prevent colorectal cancer.

TRUE FALSE

# HEALTHY EATS

## Spring Vegetable Stew

This rich, satisfying vegetable stew celebrates the first vegetables of spring--artichokes, leeks, carrots and peas. For a truly indulgent flair, omit the butter at the end and drizzle each serving with a little truffle oil.

### Ingredients

- 1/2 ounce dried morels , (see Note) or porcini mushrooms (1/4 cup)
- 1 cup warm water
- 1 large lemon
- 6 large artichokes
- 1 tablespoon extra-virgin olive oil
- 4 medium leeks, white part only, cleaned and cut into 1/2-inch dice
- 1 cup baby carrots
- 12 cloves garlic, peeled
- 1 tablespoon finely chopped fresh thyme , or 1 teaspoon dried
- 1/2 cup dry white wine
- 2 1/2 cups reduced-sodium vegetable broth
- 1/2 teaspoon salt
- 1 cup baby lima beans, fresh or frozen
- 1 cup shelled fresh peas , (about 1 1/2 pounds unshelled) or frozen peas
- 4 teaspoons butter
- Freshly ground pepper , to taste
- 1/4 cup chopped fresh chives
- 1/4 cup chopped fresh parsley

### Preparation (30 min)

- Cover mushrooms with warm water in a small bowl. Let stand for 30 minutes. Strain, reserving liquid. Rinse the mushrooms well under cold water; drain and chop. Strain the reserved liquid through a coffee filter or paper towel to remove any dirt.
- Meanwhile, fill a large bowl with water; juice the lemon and, reserving half the juice, add the rest along with the lemon halves to the water. Pull off outer leaves from an artichoke. Using a small, sharp knife, remove the leaves down to the heart. Trim the bottom of the stem, then peel the stem. Scrape out the choke with a melon baller or spoon. Cut the heart into quarters and place in the lemon water to prevent browning. Repeat with the remaining artichokes.
- Heat oil in a large deep skillet or Dutch oven over medium heat. Add leeks, carrots, garlic, thyme, mushrooms and the artichoke hearts; cook, stirring often, until the vegetables start to brown, about 5 minutes. Add wine and cook until slightly reduced, 2 to 3 minutes. Add broth, salt and the reserved mushroom liquid. Cover and cook over low heat until the artichoke hearts and carrots are almost tender, 30 to 40 minutes.
- Stir in lima beans and peas. Increase heat to medium, cover and cook for 10 minutes more. Stir in butter and the reserved lemon juice. Season with pepper. Serve the stew in shallow bowls, garnished with chives and parsley.

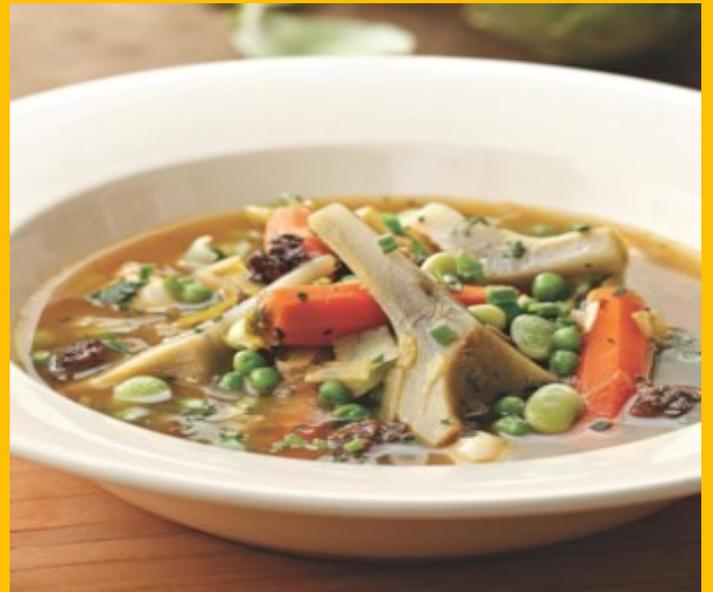
### Nutrition Information

Serving size: 1 cup

258 calories; 5.6 g total fat; 2.1 g saturated fat; 7 mg cholesterol; 712 mg sodium. 1005 mg potassium; 42 g carbohydrates; 13.8 g fiber; 8 g sugar; 11.1 g protein; 1593 IU vitamin a iu; 50 mg vitamin c; 202 mcg folate; 150 mg calcium; 5 mg iron; 145 mg magnesium; Exchanges: 1 starch, 5 vegetable, 1 fat

Source: Eating Well

March is National Nutrition Month



# Nutrition Tips

## Eating Right on a Budget

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget-friendly tips for eating right.

### Cook more, eat out less

Eating out can be expensive, and many foods can be prepared for a lot less money (and healthier) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. It's better to find a few simple and healthy recipes that your family enjoys and save convenience items and eating out for special occasions.

### Plan what you're going to eat

Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have and make a list for what you still need to buy. Plus, when shopping with a list you will be less likely to buy things that are not on it. To "Create a Grocery Game Plan", visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).



## Shop Smart & Save

Smart shopping on a budget means knowing what to buy and when.

### PLAN AHEAD



**Sign up for a reward card**  
Sign up for a reward card (loyalty program) with your grocery store(s). Scan the card as you check out to receive deals automatically.



**Use coupons and coupon apps**  
Collect coupons. With a reward card, you will get email coupons and can download online coupons. Use coupon apps.



**Know what you have**  
Inventory your pantry and refrigerator each week.



**Plan meals each week**  
Keep recipes, grocery lists, receipts and coupons in one place to make planning easier.



**Make a shopping list**  
Be specific with descriptions. Note the quantity needed and which coupons you have.



**Save receipts**  
For each week, compare what you spent to what you budgeted. Adjust your meal planning and budgeting if necessary.

### AT THE GROCERY STORE



**Compare prices**  
Store-brand products may be more affordable.



**Use coupons, but compare prices and nutrition facts.**  
A coupon may not always be the best deal or the healthiest option.



**Buy in bulk**  
You may save money. Just be sure you have room to store what you've bought in your pantry or freezer.



**Save with seasonal produce**  
Buying produce that's in season can save you money. Can or freeze it for year-round use.



**Don't check out at the checkout**  
Pay attention at the register to make sure you get all your discounts and savings.



## Dine Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or

### Quick & Easy Restaurant Menu Guide

#### SKIP IT

- Fried
- Battered
- Buttery
- Creamy
- Crispy
- Cheesy
- Thick
- Breaded
- Smothered
- Glazed

#### PICK IT

- Broiled
- Steamed
- Blackened
- Baked
- Roasted
- Light
- Fresh
- Grilled
- Sauteed

## Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.



## Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

## Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at [www.homefoodsafety.org](http://www.homefoodsafety.org).

### 4 STEPS TO FOOD SAFETY



## Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.



# Get a Good Night's Sleep!



## Sleep Awareness Week® 2020

SAVE THE DATES

MARCH 8-14

If you're nodding off during meetings, yawning at your desk, or your thoughts are foggy throughout the day, it won't surprise you to hear that sleepiness can drastically affect your work performance. When you're drowsy, your brain is not as creative and won't process information as quickly or retain important facts as well. More than one fourth of workers said that daytime sleepiness interferes with their daily activities at least a few days each month.

You may have heard about some tricks to help you fall asleep. You don't really have to count sheep. You could try counting slowly to 100. Some people find that playing mental games makes them sleepy. For example, tell yourself it is 5 minutes before you have to get up, and you're just trying to get a little bit more sleep.

Some people find that relaxing their bodies puts them to sleep. One way to do this is to imagine your toes are completely relaxed, then your feet, and then your ankles are completely relaxed. Work your way up the rest of your body, section by section. You may drift off to sleep before getting to the top of your head.

Use your bedroom only for sleeping. After turning off the light, give yourself about 20 minutes to fall asleep. If you're still awake and not drowsy, get out of bed. When you feel sleepy, go back to bed.

If you feel tired and unable to do your activities for more than 2 or 3 weeks, you may have a sleep problem. Talk with your doctor about changes you can make to get a better night's sleep.

Source: National Institute of Health and National Sleep Foundation

### GETTING A GOOD NIGHT'S SLEEP

An ongoing **lack of sleep** or **poor-quality sleep** increases your risk of **health problems** such as cardiovascular disease, high blood pressure, diabetes, depression, and obesity.

### Aim for 7-9 hours of sleep each night.

HERE ARE SOME TIPS TO HELP:

- Go to bed and wake up** at the same time every day, even on weekends.
- Find ways to relax** before bedtime each night.
- Avoid distractions** such as cell phones, computers, and televisions in your bedroom.
- Don't eat large meals,** or drink caffeine or alcohol late in the day.
- Exercise at regular times** each day, but not within 3 hours of your bedtime.
- Avoid long naps** (over 30 minutes) in the late afternoon or evening.

Visit <https://www.nia.nih.gov/health/good-nights-sleep> for more information about getting a good night's sleep.

The information contained in this newsletter should not be construed as medical advice. Please see your health care provider.



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