

# THE HEALTHY Perspectives



"Your Source For Hope, Health and Happiness"



SEPTEMBER 2011

## INSPIRE TO MOVE

### Exercise To Control Cholesterol

Cholesterol is a waxy, fat-like substance that occurs naturally in your body. Your body needs cholesterol to work properly, but too much in your blood, causes PLAQUE, which can stick to the walls of your arteries or even block them. High cholesterol can raise the risk of heart attack or stroke. There are no signs or symptoms of high cholesterol. Cholesterol levels must be detected with a blood test. Men ages 35 and older and women 45 and older should be checked yearly, maybe more often, depending on current levels and other risk factors. Causes of high cholesterol are hereditary or if you are overweight and eat a lot of fatty foods. You can lower cholesterol by exercising more and eating more fruits and vegetables.

To improve your cholesterol, exercise regularly. Losing just 5 to 10 pounds can help to lower cholesterol levels. Studies show that a heart-healthy plan, combining a healthy diet and physical fitness can decrease LDL (bad) cholesterol by 5 to 10%. 30 minutes of exercise per day is a good deal. Try riding a bike with family or friends, walking your dog, playing a favorite sport, gardening, or taking walks to places you enjoy like the beach or an up-beat stroll through the zoo.

*"Just because you're not sick doesn't mean you're healthy."*

*- Author Unknown*



*Click on the video icon to the left to watch a video to "Exercise Your Way to a Healthier Cholesterol"*



# NOURISHING YOU



## Quick and Easy On-The-Go Snacks

One of the best ways to keep from over-eating or making poor food choices is to have healthy convenient snacks so you don't let yourself get too hungry. Snacks are a great way to satisfy hunger, keep your energy level up and your mind alert. To keep healthy energy levels going, look for foods that contain complex carbohydrates like whole grains and combine them with a protein such as peanut butter or low-fat cheese. Prepare and keep snacks handy and available.

**Prepare healthy snacks in advance** so you can easily take them on-the-go. Cut up fruits, melons and veggies like carrots, peppers and cucumbers in serving bags so they are ready to grab and go.

**Keep snacks in the car.** Some suggestions that keep well in the armrest are nuts, animal crackers, and whole-wheat pretzels.

**Have break bites in your desk drawer at the office.** Canned fruit in light syrup, whole fruits like apples, melba toast, rice cakes, trail mix, dry cereal, soy chips, instant oatmeal, microwave popcorn, and low-sodium broth-based soups.

**More Grab-and-Go Goodies to prepare for the office mini-fridge include:** Hard-boiled eggs, string cheese, hummus and pita, reduced fat pudding and low or no fat yogurt.

Don't find yourself at the mercy of vending machines, convenience stores, and drive thru's by taking your healthy snacks with you. Make portable snacks you like so they don't go uneaten and keep it interesting to avoid boredom.

Exchange ideas and favorite healthy-snacking ideas with others, and you may find your new favorite snack from a new suggestion.

*"If you want to make an apple pie from scratch, you must first create the universe."  
- Carl Sagan*

## Cider Season

Apple cider is a Fall delicacy. Just the smell of apple cider brings to mind autumn colors, the sound of leaves ruffling in the wind, and the sweet taste of a cup of fresh apple cider. Fresh cider is raw apple juice that hasn't undergone the filtration process that apple juice does.

Cider is made of washed apples that are sliced and mashed into the consistency of applesauce then wrapped in a cloth and put into wooden racks to be further smashed. The juice is squeezed out and flows into tanks and bottled as cider.

Whether you choose your cider cool and refreshing or a hot steamy brew, it's packed with potassium and iron. This pure nectar has no sugar added and six ounces are only about 87 calories.

Apple cider vinegar is believed to be a natural cure for numerous ailments from fighting acne, curing bad breath, improving digestion, preventing bladder stones and urinary tract infections, alleviating symptoms of arthritis,

strengthening the immune system, and even fighting fleas for dogs. If you need a home remedy for something, there is a good chance that there is one that contains some form of apple cider vinegar.

Visit <http://www.earthclinic.com/Remedies/acvinegar.html> for more benefits and uses.

### Quick and Easy Applesauce

3 Golden Delicious Apples, peeled, cored and sliced  
1/4 C sugar  
1 Tsp vanilla  
1/2 Tsp grated lemon peel

Cook apples in a covered, microwave safe container on high for 8-10 minutes, or until tender, stirring occasionally. Beat in sugar, vanilla and lemon peel.

Source: Washington State Apple Commission

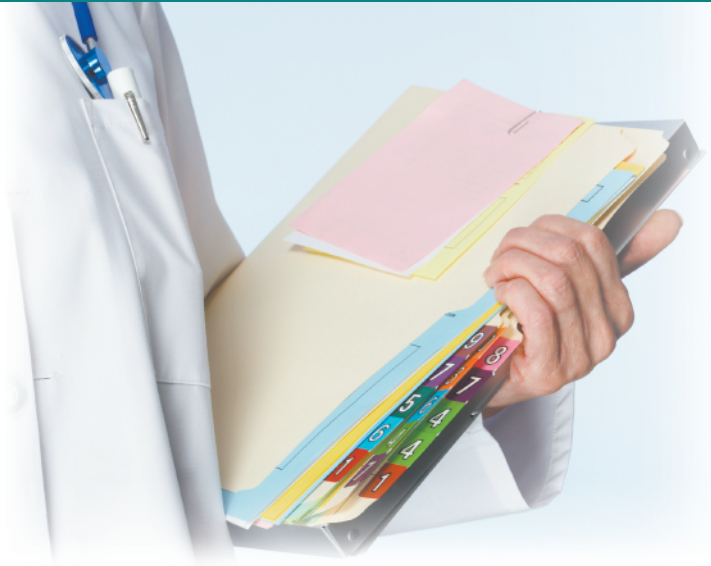




## Cancer Symptoms

The symptoms listed below are most often NOT due to cancer, but they are some of the symptoms that can be caused by cancer and should be checked by a doctor to diagnose and treat the problem as early as possible:

- A lump in the breast or any part of the body
- A new mole or change in an existing mole
- A sore throat that doesn't heal
- A hard time swallowing
- Unusual bleeding or discharge
- Weight gain or loss with no known reason
- Feeling weak or very tired
- Discomfort after eating
- Changes in bowels or bladder habits



## Cancer Screenings

Screenings can help find conditions that lead to cancer and help doctors find and treat some types of cancers early. Finding and treating certain cancers early is more effective and can save the life of you or a loved one. It's easy to get busy and put off screenings. Once symptoms appear from cancer, it may have already grown and spread.

When your provider suggests screenings, it doesn't mean they think you have cancer, remember, screening tests are done when you have no cancer symptoms.

Screening tests are used commonly to check for cancers of the breast, cervix, colon and rectum. **MAMMOGRAM** is a picture of the breast made with x-rays. *The National Cancer Institute recommends that women in their forties and older have a mammogram every one to two years. Women under forty who have a higher risk or family history of breast cancer should talk to their health-care provider about how often to have them.* **PAP TEST** is used to check the cells from the cervix. Women should begin having Pap tests three years after they begin having sexual intercourse or when they reach age 21, then at least once every three years. **COLONOSCOPY** is a screening test to detect growths or polyps in the colon and rectum. Men and women 50 and older should be screened, or those with higher risk should talk to their health-care provider about how often and when to get screened.

### Questions To Ask Your Provider About Screenings:

- ✓ Which tests do you recommend for me and why?
- ✓ How much do the tests cost? Will my health insurance help pay for the tests?
- ✓ Do the tests hurt and what are the risks?
- ✓ How soon will I learn the results?
- ✓ If the results show a problem, how will I learn if I have cancer?



Click ON THE ARROW for a slideshow to understand colorectal cancer

Talk with your doctor about the possible benefits and harms of being checked for cancer. This is another example of how important it is for you to be in charge of making well informed health-care decisions for yourself. Visit [www.cancer.gov](http://www.cancer.gov) for more information from the National Cancer Institute about types of cancers, screenings and questions to ask your doctor so you can weigh the pros and cons.

*"Medicine heals doubts as well as diseases."  
– Karl Marx*



# GOOD DECISION\$

## Savings on Back-To-School Supplies

Fuel costs and a slumping economy make for less in your wallet for school supplies. Here are a few tips whether shopping for yourself or your kids:

- Dollar stores have a decent selection of paper products, like notebooks, pens, and highlighters.
- Garage sales can have calculators, computers, clothes, and lots of useful items for college dorm rooms.
- High-tech hand-me-downs. Sites for swapping or second-hand options are Craigslist.com, SwapThing.com, OnceWornNotForLong.com, GentlyLovedClothing.com plus check your local listings for consignments shops in your town.
- Check for student discounts. Some stores offer discounts just for students; so just make sure to ask.
- Buy used textbooks and refurbished computers.
- Bulk deals. Look for coupons that give bigger savings for buying more.



*"I never let my schooling interfere with my education." - Mark Twain*



**Live Healthy!**

## LIVE HEALTHY!

[CLICK HERE](#) and take a few minutes to visit our on-line Wellness Library located in the Wellness section of the Lay Employees' benefits website.

Enjoy more resources to help you Live Healthy!



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