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ALASKA CARE

Health Plans



A Publication Of
The Wellness
Council Of America

★ HEALTH INFORMATION PRESENTED AS IF YOUR LIFE DEPENDED ON IT ★

Preventing Colds & Flu

There's no question about it—the best way to deal with a cold or flu is to avoid it in the first place. By taking a few precautions, you can dramatically cut your chances of picking up one of these viruses, and be well on your way to staying healthy and productive this cold and flu season.

Here are some tips to consider.

- Wash your hands before you touch your face or eat, after using the bathroom, and after touching shared items like telephones or computers. Use antibacterial soap, lather well, and use warm water. Washing your hands often may be the single most important thing you can do to avoid a cold or flu.
- Get at least eight hours of sleep each night so your body isn't run down.
- Avoid physical contact with sick people if possible.
- Consider staying home during the first few days of a cold, when you're most contagious. Wash your hands after contact with sick people.
- Eat a healthy, vitamin-rich diet, including five servings of fruits and vegetables daily.
- Use a humidifier during cold and flu season—dry nasal passages are less resistant to viruses.
- Use disposable tissues instead of cloth handkerchiefs to reduce germs.

Getting The **MOST** Out Of Your Health Care Visits

It is not always easy to feel comfortable around doctors or at-ease in a busy clinic. But research has shown that good communication with your health care providers can actually be good for your health.

You can help yourself get the best care and results by being an active member of your health care team—the team that makes decisions about your health. Your health care team includes your nurses, doctors, pharmacist, and most importantly, YOU!

Preparing For Your Visit

Think about what you want to get out of your appointment. Write down all your questions and concerns. Prepare and bring to your doctor visit a list of all the medicines you take. Consider bringing along a trusted relative or friend. This person can help ask questions, take notes, and help you remember and understand everything once you leave the doctor's office.

Give Information To Your Doctor

Don't wait to be asked. Tell your doctor everything he or she needs to know about your health—even the things that might make you feel embarrassed or uncomfortable. Tell your doctor how you are feeling—both physically and emotionally. Tell your doctor if you are feeling depressed or overwhelmed.

Get Information From Your Doctor

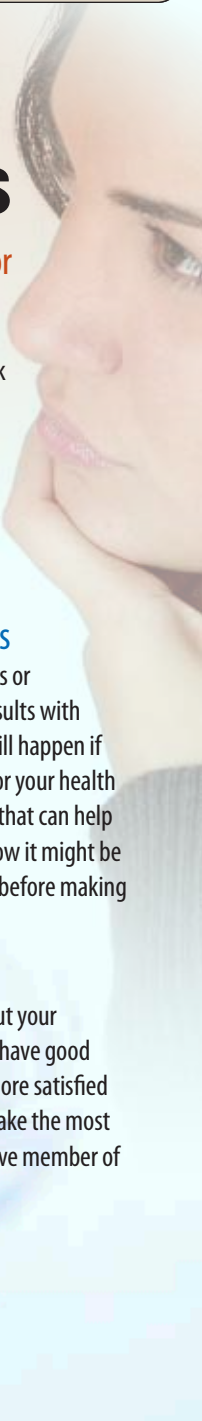
Ask questions about anything that concerns you. Keep asking until you understand the answers. If you do not, your doctor may think you understand everything that is said. Ask your doctor to draw pictures if that will help you understand something. Take notes. You can ask your doctor to recommend resources such as web sites or booklets with more information about your condition.

Get Information About Next Steps

Make sure you receive the results of any tests or procedures. Discuss the meaning of these results with your doctor. Be sure you understand what will happen if you need surgery, or which hospital is best for your health care needs. Don't be afraid to ask questions that can help you understand your disease or condition, how it might be treated, and what you need to know and do before making treatment decisions.

Seek Information

Take an active role in all decisions made about your care. Research has shown that patients who have good relationships with their doctors tend to be more satisfied with their care—and have better results. Make the most of your health care visits and become an active member of your health care team!



Skinny Sweet Potato Pie

Measure	Ingredients
2	large yams or sweet potatoes
1 cup	Splenda Granular
1 Tbsp	vanilla
1 Tbsp	Nutmeg
½ cup	plant-sterol margarine
½ cup	egg substitute
¼ cup	flour
½ tsp	baking powder
2	9-inch ready-made reduced-fat pie crusts

Preparation

Peel sweet potatoes. Slice into medium chunks. Boil for 30–40 minutes until tender. Drain and place into a medium-sized mixing bowl. Add Splenda, vanilla, nutmeg, margarine, egg substitute, flour, and baking powder. Beat with mixer for 2–3 minutes. Divide evenly into 2 pie crusts. Bake for one hour at 350°. Cool and serve.

Nutrition Information

Calories per serving: 217; Calories from Fat: 74; Total Fat 8g; Saturated Fat 1g; Cholesterol 0mg; Sodium 87mg; Total Carbohydrate 34g; Dietary Fiber 1g; Sugars 13g Protein 2g

Number of Servings 16

Serving Size ½ of recipe



ABOUT **Richard Collins MD**

Dr. Richard Collins, a leading authority and speaker on the prevention and reversal of heart disease, emphasizes the connection between eating well and living long. His delicious low-fat recipes have been shared with millions through his cookbook, videos, and his nationally-renowned cooking seminars. For more information, visit Dr. Collins' website at www.thecookingcardiologist.com.

A HEALTHY RECIPE BY **RICHARD COLLINS, MD**

ROASTED QUINOA in Acorn Squash

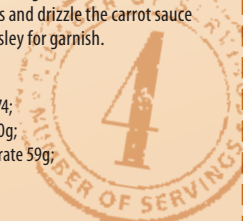
ROASTED QUINOA IN ACORN SQUASH

Note: Quinoa (pronounced keen-wa) is a wholesome, easy-to-prepare whole grain. This recipe, in combination with the soy milk, creates a complete protein dish—and is a perfect harvest recipe for fall.

Measure	Ingredients	Preparation
2	acorn squash, cut in half, divided and seeded	Preheat oven to 350°. Prepare acorn squash by placing in microwave and cooking until partially cooked—10 minutes on high. Remove and cool. Sprinkle the quinoa on a baking sheet and place in the oven. Roast for 10 minutes, occasionally stirring the pan to create even roasting. Roast until golden brown. Set aside. In a medium skillet, heat the canola oil then sauté the shallots, leeks, celery and carrots for 2 minutes. Set aside. In a blender, combine 1 cup of the corn and the soy milk. Purée. Add the puréed mixture and remaining corn to the sautéed vegetables. Add the roasted quinoa, reserving 2 tablespoons. Spoon the mixture into a loaf pan. Bake covered with foil for 40 minutes. Remove from oven and spoon the quinoa and vegetables onto the 4 acorn squash. Remove a small slice from the bottom of squash to stay flat in pan. Sprinkle with the remaining roasted quinoa. Bake uncovered for 20 minutes, until acorn squash is fully cooked. In a small saucepan, add the carrot juice and cornstarch. Bring to a boil to thicken and set aside. Place the squash on individual plates and drizzle the carrot sauce across the dish. Add dried cranberries and parsley for garnish.
¼ cup plus 2 Tbsp	quinoa, rinsed and drained	
1½ tsp	canola oil	
1 Tbsp	Shallots, chopped	
1 Tbsp	Leeks, chopped	
1 Tbsp	Celery, chopped	
1 Tbsp	Carrots, chopped	
2 cups	corn kernels, cooked	
¾ cup	plain soy milk	
Garnish (optional):		
¾ cup	organic carrot juice	
¼ tsp	cornstarch for sauce	
2 Tbsp	dried cranberries	
¼ cup	parsley, finely chopped	

Nutritional Analysis

Serving size: ¼ of recipe; Calories per serving: 274; Calories from Fat: 34; Total fat 4g; Saturated fat 0g; Cholesterol 0mg; Sodium 44mg; Total Carbohydrate 59g; Dietary Fiber 7g; Sugars 9g; Protein 7g



HEALTHY EATING

How To Use Fruits And Vegetables To Help Manage Your Weight

Fruits and vegetables are part of a well-balanced and healthy eating plan. There are many different ways to lose or maintain a healthy weight—and eating more fruits and vegetables along with whole grains and lean meats, nuts, and beans is a safe and healthy one. Helping control your weight is not the only benefit of eating more fruits and vegetables. Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.

How To Lose Weight

You can create lower-calorie versions of some of your favorite dishes by substituting low-calorie fruits and vegetables in place of higher-calorie ingredients. The water and fiber in fruits and vegetables will add volume to your dishes, so you can eat the same amount of food with fewer calories. Most fruits and vegetables are naturally low in fat and calories—and are filling.

Here are some simple ways to cut calories and eat fruits and vegetables throughout your day:

Breakfast: Start The Day Right

▶▶ **Substitute** some spinach, onions, or mushrooms for one of the eggs or half of the cheese in your morning omelet. The vegetables will add volume and flavor to the dish with fewer calories than the egg or cheese.

▶▶ **Cut back** on the amount of cereal in your bowl to make room for some cut-up bananas, peaches, or strawberries. You can still eat a full bowl, but with fewer calories.

Lighten Up Your Lunch

▶▶ **Substitute** vegetables such as lettuce, tomatoes, cucumbers, or onions for 2 ounces of the cheese and 2 ounces of the meat in your sandwich, wrap, or burrito. The new version will fill you up with fewer calories than the original.

▶▶ **Add a cup** of chopped vegetables such as broccoli, carrots, beans, or red peppers, in place of 2 ounces of the meat or 1 cup of noodles in your favorite broth-based soup. The vegetables will help fill you up, so you won't miss those extra calories.

Make Healthy Choices For Dinner

▶▶ **Add in 1 cup** of chopped vegetables such as broccoli, tomatoes, squash, onions, or peppers, while removing 1 cup of the rice or pasta in your favorite dish. The dish with the vegetables will be just as satisfying but have fewer calories than the same amount of the original version.

▶▶ **Take a good look** at your dinner plate. Vegetables, fruit, and whole grains should take up the largest portion of your plate. If they do not, replace some of the meat, cheese, white pasta, or rice with legumes, steamed broccoli, asparagus, greens, or another favorite vegetable. This will reduce the total calories in your meal without reducing the amount of food you eat. **BUT** remember to use a normal- or small-size plate—not a platter. The total number of calories that you eat counts, even if a good proportion of them come from fruits and vegetables.

Remember: Substitution Is The Key

It's true that fruits and vegetables are lower in calories than many other foods, but they do contain some calories. If you start eating fruits and vegetables in addition to what you usually eat, you are adding calories and may gain weight. The key is substitution. Eat fruits and vegetables instead of some other higher-calorie food.

Tips For Making Fruits And Vegetables Part Of Your Weight Management Plan



- ▶▶ Eat fruits and vegetables the way nature provided—or with fat-free or low-fat cooking techniques.
- ▶▶ Try steaming your vegetables, using low-calorie or low-fat dressings, and using herbs and spices to add flavor. Some cooking techniques, such as breading and frying, or using high-fat dressings or sauces will greatly increase the calories and fat in the dish. And eat your fruit raw to enjoy its natural sweetness.
- ▶▶ Canned or frozen fruits and vegetables are good options when fresh produce is not available.
- ▶▶ However, be careful to choose those without added sugar, syrup, cream sauces, or other ingredients that will add calories.
- ▶▶ Choose whole fruit over fruit drinks and juices. Fruit juices have lost fiber from the fruit.
- ▶▶ It is better to eat the whole fruit because it contains the added fiber that helps you feel full. One 6-ounce serving of orange juice has 85 calories, compared to just 65 calories in a medium orange.
- ▶▶ Whole fruit gives you a bigger size snack than the same fruit dried—for the same number of calories.
- ▶▶ A small box of raisins (1/4 cup) is about 100 calories. For the same number of calories, you can eat 1 cup of grapes.



SURVIVAL GUIDE

for

COLD & FLU



SEASON



About Colds & Flu

With all the medical advances we witness every day, it's disappointing that we still haven't figured out how to defeat the common cold and flu. These maladies have been with humanity at least since written history began.

The average American will suffer through two to four colds each year, and millions will also endure at least one bout of the flu. Each episode can represent a week or two of lost productivity and enjoyment.

Even though there is no cure, there are things you can do to reduce your chances of catching one of these nasty conditions. And if you do catch a cold or flu, there are self-care techniques you can employ to ease your misery and feel better fast.

❄️ Signs & Symptoms

SYMPTOM	COLD	FLU
✓ Fever	rare	102-104°+, 3-4 days
✓ Headache	rare	prominent, sudden onset
✓ General aches and pains	slight	usual, often severe
✓ Fatigue or weakness	mild	can last 2-3 weeks
✓ Extreme exhaustion	never	early and prominent
✓ Stuffy nose	common	sometimes
✓ Sneezing	usual	sometimes
✓ Sore throat	common	sometimes
✓ Chest discomfort, cough	mild to moderate	common, can become severe

One of the first things you'll need to determine to get on the road to recovery is whether you have a cold or the flu. Although they can feel similar, cold and flu are very different illnesses.

❄️ Is It A Cold Or The Flu?

Both colds and flu are caused by viruses, and both share the symptoms of fatigue, cough, and nasal congestion. Colds, however, are restricted to the nose, throat, and surrounding air passages. Most colds are not accompanied by fever, chills, or the more severe symptoms identified with flu, and recovery is faster. Flu is almost always more severe than a cold. It hits suddenly with aches, a high fever, and chills.

The flu typically runs its course in about a week, although you may feel uncomfortable for several weeks. With colds and flu, you're most contagious during the first 48 hours.

❄️ Home Treatment

Check out the following tips to feel better fast when you are battling a cold or flu.

- **Drink Fluids**—drinking at least eight, 8 oz. glasses of fluid daily thins your mucus, helping it to flow. Hot drinks and soups are especially effective.

- **Humidify Your Environment**—moisture helps. Use the shower, a humidifier, or breathe over a bowl of hot water.
- **Get Rest**—going to work with a cold isn't necessarily going to make it worse, but keep in mind you are most contagious in the first 48 hours.
- **Cough And Blow**—blow your nose gently and often, and cough as needed. You want to keep the phlegm moving, not suppress it.
- **Gargle**—gargle three times daily with salt water to soothe your sore throat. Salt helps sterilize the bacteria in the back of your throat and promotes the healing of inflamed tissues. To make a salt solution, stir ½ teaspoon of salt in a glass of warm water and gargle for 30-60 seconds.
- **Don't Take Antibiotics**—unless there's solid medical evidence that you have a secondary bacterial infection. If you are unsure, see your health care provider.
- **Take An Over-The-Counter (OTC) Remedy**—Take single-ingredient products like Sudafed or Robitussin only as needed and as directed. Make sure you read the label warnings and only take something if you really need it. Be careful about interactions between over-the-counter and prescribed medications.

When To Seek Care:

The symptoms described here can be signs of a condition much more serious than an average cold or flu. See your health care professional if you're experiencing any of the following:

- If your symptoms last for more than 10 days.
- If the pain or swelling over your sinuses gets worse when you bend over or move your head, especially with a fever of 101°F or higher.
- If your cold is accompanied by trouble breathing or wheezing.
- If you experience swollen, painful neck glands or pain in the ears.
- A headache that persists during a cold or flu is a sign that you should see a health care provider.
- If you have a sore throat that is very red or has white spots.
- A cough with phlegm that is green, gray, or yellow means you may need to see a health care provider.
- Seek medical care if a temperature is higher than 102°F in a 3-month to 3-year-old child;
- 104°F in a 3 to 64-year-old; or 102°F or higher in someone age 65 or older.
- If a foul smell comes from the throat, nose, or ears.

Healthy Gift Ideas

For The Holidays

When you think winter holidays, do you envision cookies, pies and high-fat treats? Bulging waistlines and scale-tipping weight gain? Maybe it's time to rethink what brings joy and happiness to you, your friends and family.

Gourmet Gift Giving

Good food is one of life's great pleasures, and it doesn't have to be bad for you. Several kitchen gadgets—like juicers, slow cookers, rice cookers or vegetable steamers—can help you prepare nutritious low-fat foods.

Typical food gifts can encourage unhealthy eating during the holidays. Instead of giving a box of rich chocolate, try something more nutritious, like a box of fresh fruit and nuts, or a collection of gourmet teas. Look for healthy food gifts in stores or search for them online and have them sent directly.

Another option is to prepare something yourself, or give a gift card to a health food store or a quality grocery store. You can also give a healthy foods cookbook.

Physical Activity Packages

Being physically active is one of the best things anyone can do to stay healthy. A pass to a local, state or national park system could be a fun way to encourage walking, biking, hiking, jogging or even kayaking. For kids, sports equipment can be a great gift. Even something small like a flying disc, boomerang, football or soccer ball can provide hours of healthy and fun family activity.

Exercise clothing—particularly outdoor clothes for cold weather exercise—can make a great holiday gift. So can accessories, like a pedometer, heart rate monitor or a watch with a GPS (global positioning system) can be wonderful gifts for active people, helping them exercise at a level that safely improves or helps them track their fitness goals.

Fitness Favors

If you're not sure what they'd like, consider giving a gift card for an outdoor or sports shop and let them pick something out themselves. Books and videos on health and fitness are also a good gift idea. These can outline a fitness program or help improve performance in a sport. Or try a book of local walking tours, hiking paths or bicycling paths.

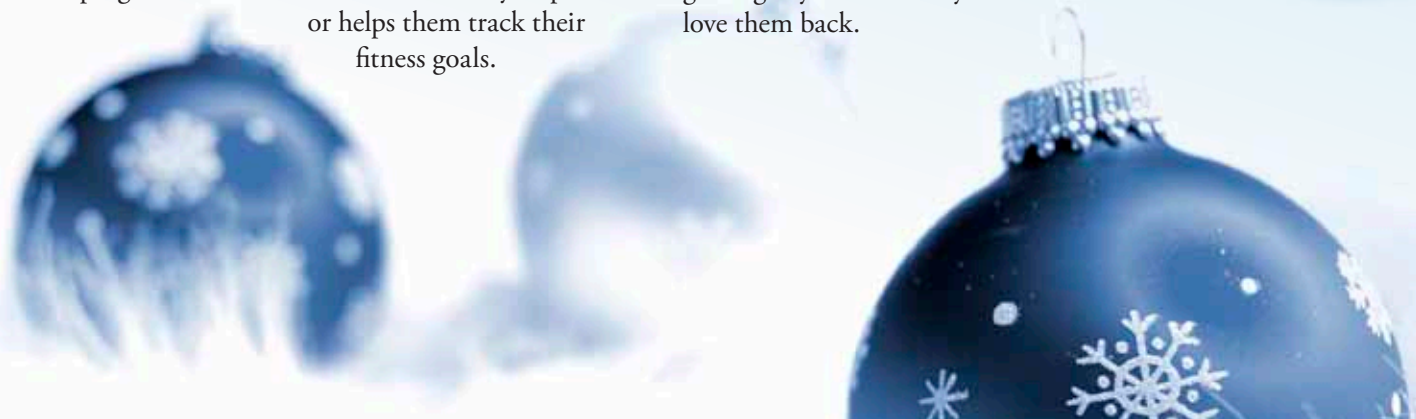
Another idea is to give a subscription to a healthy living magazine. Whether cooking, fitness or general health, a monthly dose of good advice can help people stay on track all year round.

Stress-Free Sacrifices

Chronic stress has been linked to high blood pressure, coronary heart disease, stroke and other cardiovascular problems. So why not give something to help with relaxation? It could be soothing music, candles or soaps. Also consider a gift certificate for a massage or relaxation spa.

You don't even have to spend any money to give a great gift, either. Give a gift of your time. Create coupons that promise to help others with shopping trips or cooking healthy meals. Teens can make coupons for grandparents that offer to help set up their computers, connect to the internet and make bookmarks for web sites that give reliable health information.

You can create a special invitation for a run, bike ride or a workout together—or even just to meet for a walk. Get creative and give a gift you know they'll love—one that will love them back.



November *Is* American Diabetes Month

What is diabetes?

Diabetes means that your blood glucose (blood sugar) is too high. Glucose comes from the food we eat. An organ called the pancreas (PAN-kree-as) makes insulin (IN-suh-lin). Insulin helps glucose get from your blood into your cells. Cells take the glucose and turn it into energy.

When you have diabetes, your body has a problem making or properly using insulin. As a result, glucose builds up in your blood and cannot get into your cells. If the blood glucose stays too high, it can damage your body.

What are the symptoms of diabetes?

Common symptoms of diabetes include:

- **Having to urinate often.**
- **Being very thirsty.**
- **Feeling very hungry or tired.**
- **Losing weight without trying.**

But many people with diabetes have no symptoms at all.

Why should I be concerned about diabetes?

Diabetes is a very serious disease. Do not be misled by phrases that suggest diabetes is not a serious disease, such as “a touch of sugar,” “borderline diabetes,” or “my blood glucose is a little bit high.”

Diabetes can lead to other serious health problems. When high levels of glucose in the blood are not controlled, they can slowly damage your eyes, heart, kidneys, nerves, and feet.

What are the types of diabetes?

There are three main types of diabetes:

▶ **Gestational diabetes**

This type of diabetes can occur when a woman is pregnant. It raises the risk that both she and her child might develop diabetes later in life.

▶ **Type 1 diabetes**

In this type of diabetes, the body does not make insulin. People with type 1 diabetes need to take insulin every day.

▶ **Type 2 diabetes**

In this type of diabetes, the body does not make enough insulin or use insulin well. Some people with type 2 diabetes have to take diabetes pills, insulin, or both. Type 2 diabetes is the most common form of diabetes.

Good news! Type 2 diabetes can be prevented or delayed.

According to the Diabetes Prevention Program study (DPP), diabetes is a preventable and controllable chronic disease. The study suggests individuals can prevent or delay the onset of type 2 diabetes if they:

- **Lose 5 to 7 percent of their weight**, if they are overweight—that is 10 to 14 pounds for a 200-pound person.
- **Maintain the weight loss** with a healthy diet by eating a variety of foods that are low in fat and reducing the number of calories eaten per day.
- **Get moving!** Being physically active can reduce your risk for type 2 diabetes. Get at least 30 minutes of moderate-intensity physical activity (brisk walking, yard work, or actively playing with children) five days a week. (To meet the goal of 30 minutes a day of moderate-intensity physical activity, you don't have to do all 30 minutes at once. You can get the health benefit from breaking 30 minutes up into three 10-minute or two 15-minute sections throughout the day.)

Diabetes can be managed.

You can successfully manage diabetes and avoid serious health problems if you maintain a healthy lifestyle. Ask your doctor how you can learn more about your diabetes to help you feel better today and in the future.



Building Diabetes Awareness

Diabetes can be managed. You can successfully manage diabetes and avoid serious health problems if you follow these steps:

- ♥ **Talk with your doctor** to learn more about managing your diabetes.
- ♥ **Know your diabetes “ABCs”** and ask your doctor what you can do to reach your targets for A1C tests, blood pressure, and cholesterol levels.
- ♥ **Make healthy food choices and be physically active** most days. Following this advice will help you keep off extra pounds and will also help keep your blood glucose under control.
- ♥ **Check your blood glucose** as your doctor tells you to.
- ♥ **If you are taking diabetes medications, take them even if you feel well.**
- ♥ To avoid problems with your diabetes, **see your health care team at least twice a year.** Finding and treating any problems early will prevent them from getting worse. Ask how diabetes can affect your eyes, heart, kidneys, nerves, legs, and feet.
- ♥ **Be actively involved in your diabetes care.** Work with your health care team to come up with a plan for making healthy food choices and being active—a plan that you can stick to.
- ♥ **Create a healthy meal plan.**
- ♥ **Make healthy food choices.**
- ♥ **Limit the amount of alcohol you drink.**
- ♥ **Make changes slowly.** It takes time to achieve lasting goals.



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INTERACTIVE MINDS

Tips For Long-Term Weight Loss Success:

- **Eat fewer calories** – This can be accomplished by reducing the amount of food you eat and eating foods that are more likely to promote good health.
- **Exercise every day** – If you really want to keep the weight off, you will have to make exercise part of your everyday life.
- **Weigh yourself every week** – Set a weight limit and don't exceed that limit.
- **Cultivate social support** – Friends, family, and even pets can provide emotional support and encouragement to start and stick with an active, healthy lifestyle.
- **Commit to doing it** – Make a decision to change your lifestyle.
- **Find your approach** – Everybody has a slightly different approach, and one size does not fit all when it comes to successful weight loss.