

November 2016

Live. Life. Well.

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November is **Diabetes Awareness** Month

powered by



November 2016

Make the Right Choices to

PREVENT & FIGHT Cancer

By: Amy Jamieson-Petonic, MEd, RD, CSSD, LD

The Wellness Institute at Cleveland Clinic is committed to helping people live longer and better lives by addressing the “Big 4,” — tobacco use, poor food choices and portion sizes, physical inactivity and stress. We know that these issues cause 75 percent of chronic diseases, such as heart disease, diabetes and cancer.

The word cancer means many things to many people, and most everyone I know has been touched by cancer in some way. According to the American Cancer Society, at least one half of all men and one third of women will be affected by cancer in their lifetime. As a registered dietitian, I am aware of the role good nutrition can have in preventing and treating cancer. In fact, diet has been shown to have a significant impact on breast, prostate, stomach and colon cancer. According to the World Cancer Research Fund, healthier lifestyles and better diets could prevent up to 2.8 million cases of cancer each year!



Global health experts say that many deaths from non-communicable diseases, including a third of all common cancers, could be prevented by curbing excessive alcohol intake, improving diets, discouraging smoking and promoting more physical activity. (Sounds like the Big 4 to me!)

Nutritionally speaking, an anti-cancer diet is an overall, healthy diet for everyone. So fill your shopping basket with these foods: fresh fruits and vegetables, 100 percent whole grains, lean protein sources, and healthy fats.



Cancer is a terrible disease, but preventative measures and treatment are better today than ever before. I am a firm believer in “creating your destiny,” and if preventing and treating cancer is important to you and your family, then make the choice to fuel your body with the best cancer-fighting foods you can find. Good nutrition can lead to health and wellness for years to come.

“Healthier lifestyles and better diets could prevent up to 2.8 million cases of cancer each year!”





Mix up a salt-water gargle or a honey-and-lemon solution to naturally soothe a sore throat and ease cold symptoms.

If the dry air of a lingering seasonal cold has your throat feeling irritated, try gargling a couple of times a day with warm salt water. Gargling can help reduce inflammation, loosen mucus, and even flush out irritants. All you have to do is dissolve a half-teaspoon of salt in a cup of warm water and then gargle a mouthful of the solution for 30-60 seconds three times a day (spit out the salt-water solution). If you don't like the taste of salt water, mix a tablespoon of honey with some warm water and lemon and sip that instead. This solution will coat your throat, soothing irritation. If your sore throat lasts more than a week, or if the pain makes it difficult to swallow, see your doctor so she can rule out a more serious diagnosis.

Here's some news you might want to take standing up:

Sitting around may increase your risk of some cancers.

Are you sitting comfortably? Well, stop it! The number of hours you spend sitting each day could be putting you at risk for colon or breast cancer, according to research presented at the annual conference for the American Institute for Cancer Research (AICR). Just by spending less time planted in front of the TV or computer or behind the wheel, it is estimated that Americans could reduce their number of cancer cases by 100,000 annually. If you're chained to your desk all day for your job, taking frequent breaks to get up and walk around could help. According to the AICR, getting your 30 minutes a day of moderate activity (in the form of a brisk walk, jog or bike ride, for instance) can go a long way toward keeping you healthy — but those other 23.5 hours of the day matter too. That's why they recommend setting a reminder on your computer to get up and walk around once an hour, taking your phone calls standing, delivering information personally, and conducting meetings while walking.

By: Cleveland Clinic Wellness Editors



Healthy Recipe: Curried Roasted Vegetables

Serve this delicious, satisfying dish—with its bright, bold colors and flavors—to impress family and friends. It will make you feel like you've taken a detour to India. While it's not the Mediterranean, the style of eating is the same—lots of fresh vegetables and healthy spices. The butternut squash and sweet potato are bursting with beta-carotene, the vegetable-derived form of Vitamin A. Turmeric, in the curry powder is recognized for its anti-inflammatory properties.

By: Cleveland Clinic Wellness Editors



Yield: 6 servings

Prep Time: 20 minutes

Cook Time: 40 minutes

Ingredients:

- 1 butternut squash, peeled and cut into 1/2 inch chunks
- 3 cups sweet potato, scrubbed and cut into 3/4 inch chunks
- 2 cups trimmed and quartered or halved Brussels sprouts
- 4 teaspoons extra virgin olive oil
- 3/4 cup no-sugar-added apple juice

Instructions:

1. Heat oven to 400 degrees.
2. Arrange butternut squash, sweet potato and Brussels sprouts in a 15x10-inch baking pan.
3. Drizzle 2 teaspoons of oil and sprinkle 1/2 teaspoon of salt over vegetables; toss well to coat. Pour apple juice over vegetables.
4. Cover with foil and bake for 30 minutes,
5. Remove foil and cook for 10 minutes or until vegetables are browned and tender.
6. Sprinkle curry powder and paprika over vegetables; toss well and let stand 5 minutes.
7. Transfer vegetables to a serving plate and drizzle with remaining olive oil. Garnish with parsley.

By: Cleveland Clinic Wellness Editors

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November is **DIABETES** Awareness Month

Team Up With Your Health Care Providers for Success!



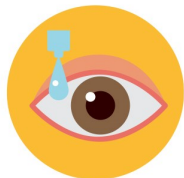
To team up with my physician, I will—

- Make a list of all my medicines, the exact doses, and include over-the-counter medicines, vitamins, and herbal supplements.
- Update and review the list with my physician every time there is a change.
- Ask how to take my medicine and use supplies to get the best results at the lowest cost.
- Ask my physician about new medications.



To team up with my podiatrist, I will—

- Get a full foot exam by a podiatrist at least once each year.
- Learn how to check my feet myself every day.
- See my podiatrist right away if I develop any foot pain, redness, or sores.
- Ask about the right shoes for me.
- Make sure my feet are checked at every health care visit.



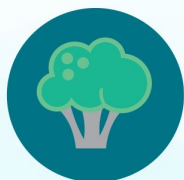
To team up with my eye care provider, I will—

- Ask my doctor for a full eye exam and whether dilated pupils are necessary.
- Ask how to prevent diabetic eye disease.
- Ask what to do if I have vision changes.



To team up with my dental provider, I will—

- Visit my dental provider at least once a year for a full mouth exam.
- Learn the best way to brush my teeth and use dental floss.
- Ask about the early signs of tooth, mouth, and gum problems.
- Ask about the link between diabetes and gum disease.



To control my diabetes every day, I will—

- Be more active—walk, play, dance, swim, and turn off the TV.
- Eat a healthy diet—choose smaller portions, more vegetables, and less salt, fat, and sugar.
- Quit smoking or using other tobacco products. Tobacco use increases the risk of health problems from diabetes. To quit, call: 1-800-QUIT-NOW (1-800-784-8669).
- Ask all my providers to share my exam results with my other health care providers.
- Learn about managing my diabetes by visiting www.cdc.gov/diabetes/ndep



To get more FREE information on how to prevent or control diabetes, call the Center for Disease Control and Prevention (CDC) at 1-800-CDC-INFO (800-232-4636), TTY line 1-888-232-6348 or visit www.cdc.gov/diabetes/ndep.

10 Ways to Love Your Brain

Break a sweat.



Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

Follow your heart.



Evidence shows that risk factors for cardiovascular disease and stroke, obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

Hit the books.



Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

Heads up!



Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

Butt out.



Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

Fuel up right.



Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets including the Mediterranean Diet may contribute to risk reduction.

It's never too late or too early to start thinking about your brain's health — making healthy choices at any age is beneficial. The Alzheimer's Association has identified the following lifestyle habits as ways to reduce your risk of cognitive decline and maintain or potentially improve your overall health.

10 WAYS TO LOVE YOUR BRAIN



Catch some Zzz's.



Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

Buddy up.



Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community — if you love animals, consider volunteering at a local shelter. If you enjoy

singing, join a local choir or help at an afterschool program. Or, just share activities with friends and family.

Take care of your mental health.



Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

Stump yourself.



Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short

and long-term benefits for your brain.

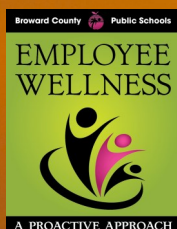


LEARN MORE

>> Healthy Living for your Brain and Body: Tips from the Latest Research

This program, based on the most current research in healthy aging, is available online at alz.org/education and through chapter offices across the country.

>> alz.org/research



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