

# Wellness News

June 2022

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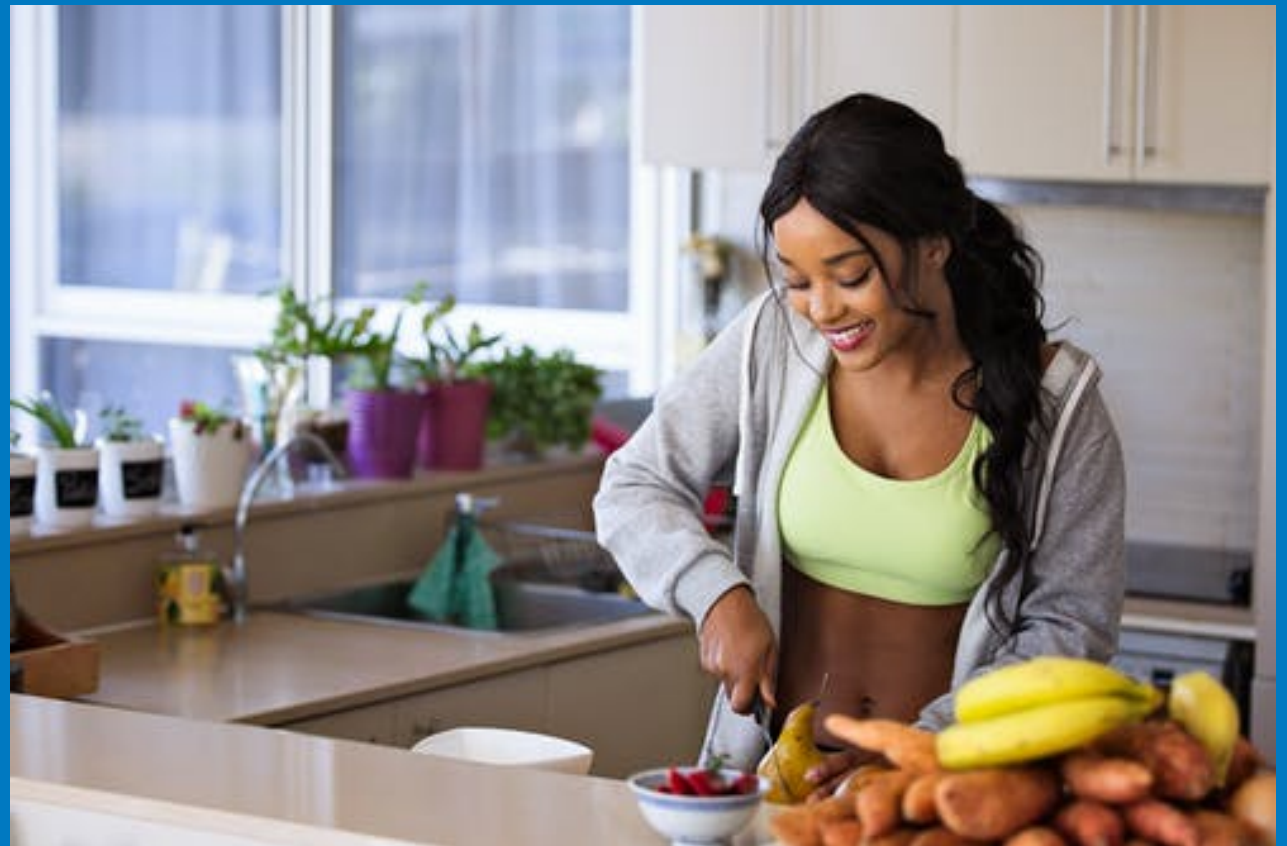
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“The doctor of the future will no longer treat the human frame with drugs, but will rather cure and prevent disease with nutrition.” – Thomas Edison

# Healthy Choices

## June is Preventive Health Month

### What is preventive care and why is it important?

Preventive health care is the stuff you do (before you get sick) to stay healthy. So why should you go to the doctor when you're healthy? The simple answer is that preventive care can help you stay healthier and, as a result, lower your health care costs. For example, preventive care identifies health problems like high blood pressure, diabetes or certain cancers earlier, when they're most treatable.

### Preventive health care examples

- **Annual checkup** – In addition to a physical exam, your annual checkup can include important general health screenings for high blood pressure, cholesterol and other health conditions.
- **Cancer screenings** – Most people don't experience cancer symptoms when diseases are in their earliest, most treatable stages. That's why screenings are recommended at certain times and intervals throughout your life. For example, it's recommended that both men and women begin colorectal cancer screenings starting at age 45. Other preventive screenings for women include Pap tests and mammograms. For men, prostate specific antigen (PSA) tests to screen for prostate cancer might be recommended.
- **Childhood immunizations** – Immunizations for children include hepatitis A and B, chickenpox, measles and MMR (mumps and rubella).
- **Adult immunizations** – These include Tdap (tetanus, diphtheria and pertussis) boosters, and immunizations against pneumococcal conjugate and shingles.
- **Yearly flu shot** – Flu shots can help reduce your risk of getting the flu by up to 60%.

Tackling health issues early helps you get or stay on a healthy track and reduces the risk of developing other health conditions. Schedule your appointment today!

### What's not considered preventive care?

Preventive care happens *before* a problem is identified. So, the same service may or may not be considered and billed as preventive care, depending on your health situation. For example, if a person gets a colonoscopy as a colorectal cancer screening, that's preventive – even if the doctor removes polyps or tissue samples during the procedure. But if additional follow-up care is needed such as another procedure to remove additional growths or any treatments if cancer is detected, it is not considered preventive.

### Non-preventive care examples:

- Primary care office visits related to a specific health care need such as seasonal allergies or minor injuries.
- Certain appointments with specialty doctors.
- Diagnostic tests and screenings to learn more about a suspected or known medical condition.

If you're not sure if something is considered preventive, contact member services at the number on the back of your ID card.

# Making Healthy Eating Fun For Kids

**Healthy eating doesn't have to be boring. The trick is to make it fun and interesting -- and age-appropriate.**

**Preschoolers:** Make sandwiches interesting. Cut whole wheat bread into a star or heart before filling it with turkey or cheese, says Teresa Beach, RD, community education dietitian at Sanford Health South in Sioux Falls, S.D. "Get a big whole wheat pretzel and wrap your turkey around that. It's the same as a sandwich, but looks more fun."

**Elementary or middle-schoolers:** Involve them in the food planning, purchasing, and preparing process, says Amy Jamieson, RD, director of coaching at The Cleveland Clinic. "Take them to the store or farmers' market. Get them involved in buying healthy foods and have them help you prepare them."



**Teens:** Focus on how healthier choices will make them perform better at extracurricular activities, such as athletics, a musical production, or math club. Beach says it's a strategy that can be helpful if a teen is trying to lose weight. For example, if your teen loves soccer but is also working toward a weight loss goal, talk about what types of healthy foods he can choose to boost his endurance for soccer games rather than only restricting foods. Talk about healthy options in a way that makes them relevant to helping your teen today rather than following nutrition rules for some far-off goal.

## Overcome the Obstacles

If you're like most parents, a hectic schedule may pose one of the biggest challenges to having your family eat healthy. "Time is the biggest struggle," says Beach. Parents often think that healthy food can't be "on-the-go" food, she says. But that's not true. For example, Beach suggests keeping a snack bin in the car. "Fill it with nonperishable healthy foods, such as whole-grain pretzels, raisins, and fruit cups," she says. It will help you avoid hitting the fastfood drive-through when you pick up hungry kids after school or athletic practice, she says.

# 8 Well-being Trends in 2022

## 1. Gut health

When it comes to making healthy choices, improving your digestion is one of the best things you can do for your well-being. If you're not sure where to start, some of the best foods to add to your diet include wholefoods, and fresh fruit and vegetables. Stay clear of processed foods as they can disrupt healthy bacteria in your gut.

## 2. Lead an eco-friendlier life

Just a few steps can go a long way in living a clean, environmentally-friendly lifestyle. While the fear of environmental doom is a very real feeling, 2022 is all about letting it fuel us to do better.

## 3. Stress level tracking

There is little you can do to prevent stress, but there are many things you can do to manage it more effectively. Track your stress levels by jotting down physical or mental stress symptoms (including pain or tension in your body), digestive problems, and an increased heart rate.

## 4. Mood diary

Have you considered starting a mood diary? Similar to general diaries, a mood diary is focused on your emotions and will help you improve your mental health. Simply put, it's a great way to record how you feel and why.

## 5. Mindful drinking

Put your well-being first in 2022 by trying mindful drinking — the simple concept of being intentional with your decisions around alcohol. We might indulge in a little festive tippie around Christmastime, but mindful drinking is all about having a healthier relationship with alcohol and ultimately drinking less.

## 6. Immune system care

Give your immune system a helping hand by eating a more varied diet, sleeping well, and getting your daily dose of vitamin D. Our immune systems are complex and influenced by many factors, but making small tweaks can give your body the boost it needs.

## 7. Skin is in

Born from nationwide lockdowns and having to hide behind masks, some of the ways we can care for our skin's immunity include boosting antioxidants to fight oxidative stress, reduce inflammation and calming the skin, and doing more regular facials.

## 8. Sleep hygiene

Sleep hygiene is all about bettering our bedtime habits, whether that's going to sleep earlier, turning our phones off in the evening, or creating a restful environment at home. When you're tired, you can't function at your best, so why not put your sleep first?



# Strawberry Spinach Salad with Balsamic Dressing

*Strawberry Spinach Salad with Balsamic Dressing is simple to make and is always a crowd pleaser. A secret ingredient with the pecans makes this recipe stand out from the rest!*

**Prep time: 15 minutes**

## Salad:

5 oz baby spinach  
1 ¼ cup sliced strawberries  
¾ cup thinly sliced red onion  
1 cup pecan halves  
1 tsp avocado oil  
¼ tsp cinnamon  
Salt and pepper

## Dressing:

6 tbsp extra virgin olive oil  
3 tbsp balsamic vinegar  
1 tbsp Dijon mustard  
1 tbsp honey  
¼ tsp minced garlic



## INSTRUCTIONS:

1. Place the spinach, strawberries, and onion in a large salad bowl. Set aside.
2. Toss the pecan halves with the oil and cinnamon. Toast in a small pan over medium low heat until fragrant, about 3-5 minutes. Be careful not to burn them.
3. Add the pecans to the salad.
4. To make the dressing, place all of the ingredients in a jar with a tight lid and shake until well-combined. Drizzle the dressing over the salad and season well with salt and pepper. Enjoy!



**World Blood Donor Day is June 14**



Every year countries around the world celebrate World Blood Donor Day (WBDD). The event serves to raise awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood.

A blood service that gives patients access to safe blood and blood products in sufficient quantity is a key component of an effective health system. The global theme of World Blood Donor Day changes each year in recognition of the selfless individuals who donate their blood for people unknown to them.

Find a blood drive near you at <https://www.redcrossblood.org/give.html/find-drive>

Sources: <https://www.who.int/campaigns/world-blood-donor-day>  
<https://happyhealthymama.com/strawberry-spinach-salad-balsamic-dressing.html>