

May 2018

Health

Observances:

- ♦ **Better Sleep Month**
- ♦ **Melanoma/Skin Cancer Detection**
- ♦ **Mental Health Month**

Think Blue...Blue Zones that is!

Wellness Corner Connection

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PREVENT Skin Cancer: Protect Yourself From The Sun

Sun exposure is the most preventable risk factor for all skin cancers, including melanoma. You can have fun in the sun and decrease your risk of skin cancer.



A special Happy Mother's Day to all those women who put everyone else first. Mother's Day is more than just May 13th!

For the entire month, show those special women in your life how important they are. Celebrating ALL mom's...even if you don't have children of your own, I know you are caring for others (even if they are furry!)



MOM

turned upside down
spells

WOW!

What if you woke up TODAY with only the things you gave thanks for yesterday? Thanks to all moms!

Here's how to protect yourself from the sun:

- **Seek shade** when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.
- **Wear protective clothing**, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- **Generously apply a broad-spectrum, water-resistant sunscreen** with an SPF of 30 or higher to all exposed skin. Broad-spectrum sunscreen provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply approximately every two hours, even on cloudy days, and after swimming or sweating.
- **Use extra caution near water, snow and sand**, as they reflect the damaging rays of the sun, which can increase your chance of skin cancer.
- **Get vitamin D safely** through a healthy diet that may include vitamin supplements. Don't seek the sun.
- **Avoid tanning beds.** Ultraviolet light from the sun and tanning beds can cause skin cancer and premature skin aging. If you want to look like you've been in the sun, consider using a sunless self-tanning product, but continue to use sunscreen with it.

PREVENT.



DETECT!



LIVE.



Resource: For more information visit The American Academy of Dermatology Association



DETECT Skin Cancer: Body Mole Map

1 The ABCDEs of Melanoma What to Look for:

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma is highly treatable. You can identify the warning signs of melanoma by looking for the following:



A = Asymmetry

One half is unlike the other half.



B = Border

An irregular, scalloped or poorly defined border.



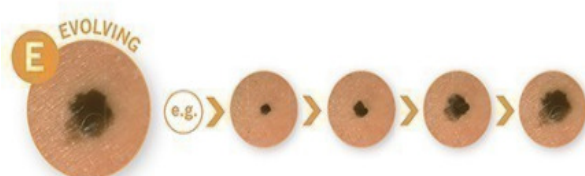
C = Color

Is varied from one area to another; has shades of tan, brown or black, or is sometimes white, red, or blue.



D = Diameter

Melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, but they can be smaller.



E = Evolving

A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

2 Skin Cancer Self-Examination How to Check Your Spots:

Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see. Ask someone for help when checking your skin, especially in hard-to-see places.

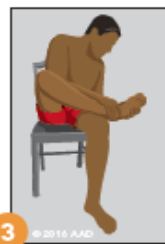
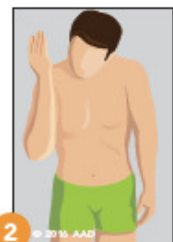
1) Examine body front and back in mirror, especially legs.

2) Bend elbows; look carefully at forearms, back of upper arms, and palms.

3) Look at feet, spaces between toes and soles.

4) Examine back of neck and scalp with a hand mirror. Part hair and lift.

5) Finally, check back and buttocks with a hand mirror.

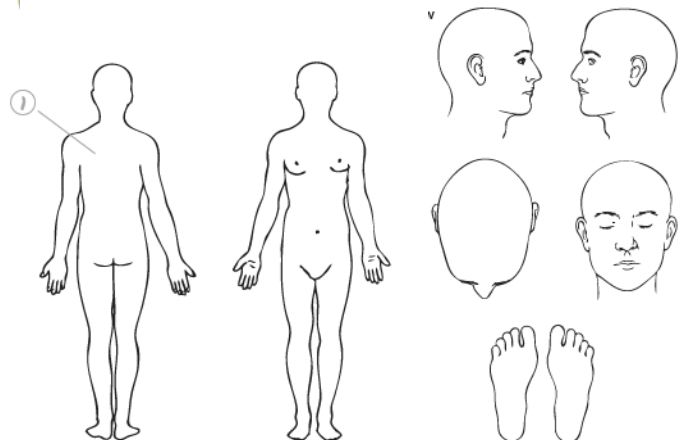


3 Record Your Spots

Make notes of your spots on the images so you can regularly track changes.

If you notice any new or changing spots, contact your dermatologist to make an appointment. If you don't have one, visit aad.org/findderm to find a board-certified dermatologist in your area.

Resource: For more information visit *The American Academy of Dermatology Association*



What are The Blue Zones?



You may have heard this term used before. It actually appeared back in November 2005 when National Geographic magazine featured an article by Dan Buettner on "The Secrets of a Long Life". There are regions throughout the world where people live to 100 and stay healthy. Over the years these cultures have been studied and there is actually much shared lessons on their longevity secrets. It's interesting to read that their secrets are not difficult for any of us to incorporate into our own lives. For example, here are a few of their beliefs which leads to daily practice:

- ◆ They believe following a plant-based diet leads to a longer, healthier life.
- ◆ They believe routine natural movement throughout the day contributes to longevity.
- ◆ They believe relationships with family, friends and people of faith lengthens ones life-span.
- ◆ And they believe that a strong sense of purpose in life leads to a happy and long life.

Quality of the food we eat can impact our overall physical and mental health. Make every bite count.

Some secrets revealed: Want to eat better and live longer? Learn to cook!



The longest-lived and healthiest people in the world, centenarians in Blue Zones regions, cook at home on a regular basis. Eating out is for celebrations only such as a wedding or other festive occasion. Even with more restaurants venturing into their areas, they still cook at home using fresh vegetables and herbs, typically grown in their own back yard. Cooking at home allows you to control the ingredients and avoid consuming the added unhealthy fats, artificial flavor enhancers, as well as more salt than you really need. Cooking also encourages the "natural movement" of standing, stirring, mixing, kneading, chopping, and lifting.

Children who eat home-cooked meals are frequently less likely to be overweight and tend to consume more fruits and vegetables. Children who regularly have family dinners, research shows, do better in school, have healthier relationships, and are less likely to drink, smoke or get into trouble.

Greens You're Probably Not Eating But Should Be

Blue Zones have access to a lot of leafy greens and hearty vegetables that make up a large portion of their daily diets. Our go-to seem to be primarily kale and spinach but there are other greens that provide a great source of minerals like iron, magnesium, potassium and calcium as well as carotenoids (the colorful pigments the body converts to Vitamin A).

Arugula—peppery cruciferous vegetable is packed with vitamin A and folate, and is good cooked or raw. Toss on pizzas, puree into pesto, or sauté with garlic.

Collard Greens—known for its cholesterol-lowering, cancer-fighting properties, collards are sturdy, versatile greens rich in vitamins A, C and K and are a good source of calcium. I love them sautéed with onion and tomatoes with black beans topped with parmesan cheese. You can also remove the stem from large leaf, lightly steam it and use it as a taco wrap or sandwich instead of bread.

Dandelion Greens—I remember eating them as a kid. I'm not sure where my mom got them but they were NOT the weeds pulled from our yard :-). You can now buy them in most grocery stores or produce stands. They are peppery and bitter but a good source of calcium, iron, potassium and zinc, plus B vitamins and vitamins A, C, and D. Wow! All that in this little plant! They are sometimes low in oxalic acid which can interfere with your body's ability to absorb calcium. They are also used as an herb to support healthy liver function and are a natural diuretic so they're great for reducing bloat after a race or travel.

Rainbow Chard—Swiss chard, part of the same family as beets and quinoa, are almost two veggies in one. Rainbow chard contains a unique set of *phytonutrients* and antioxidants. It's loaded with vitamins A, C, and K plus magnesium. Remove the leaves from the stems and use as you would spinach. Sauté the stems with onions in soups and stews or stuff them with hummus or nut butter for a colorful snack. (Stemming chard helps to reduce it's oxalic acid content.)

Nettles—that sting you on the trail are actually a superfood. Each cup contains 7 calories, 2g of protein, and 6g of dietary fiber plus they provide 8% of your daily iron (2x what spinach has) and 42% of your calcium! They are low oxalates, compounds that inhibit the body from absorbing certain nutrients, so you really access that calcium! The sting goes away once you cook them, so wear gloves to handle them, then prepare them as you would spinach or kale. Toss with pasta, lemon juice and zest, and cashew cream for a delicious carb-loading meal. Gosh, I think I get these in my yard but never knew what they were...only that they were a pain! Maybe now I'll cook them.

Definition of *phytonutrients* -a substance found in certain plants which is believed to be beneficial to human health and help prevent various disease.



Your Sleep Positions—What It Can Tell You

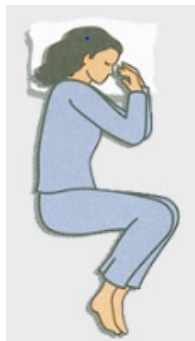
May is Better Sleep Month which aims to encourage people to establish better sleeping patterns. We all know how important sleep is for staying healthy. Better Sleep Month is supported by the Better Sleep Council which aims to raise awareness about the benefits of better sleep and how poor sleep can disrupt our lives. As with diet and exercise, sleep is crucial to our physical, emotional and mental health. Since I wrote about sleep in my March newsletter, I thought this month I would focus on sleep positions and what they can tell us.

Come to find out side snoozing is the most beneficial in helping to alleviate insomnia and chronic sleep deprivation. If you have a bad back, consider placing a pillow between your legs to minimize any pressure on your hips and lower back.

Back sleepers need to be careful since it may induce lower back pain and even episodes of apnea. However, there are a few minor alternations to this position you can make to sleep more soundly: try placing a soft pillow or rolled up towel under your knees to facilitate the natural curve of the spine.

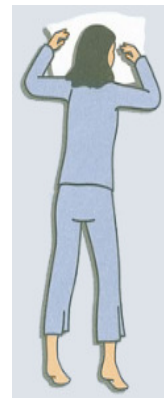
Caution for stomach sleepers! Sleep professionals don't recommend this as it causes strain on your lower back and possible neck pain. Typically it's found that stomach sleepers have reported increased restlessness caused by frequent tossing and turning trying to get comfortable. If you do sleep on your stomach, it is recommended that you use an extremely soft pillow or none at all so your neck is not in an awkward angle.

Fetal position: Turns out, many of us still sleep like we did when we were infants. A whopping 47% of all Americans sleep in this curled-up manner and it's considered the most common sleep position. Women are also more likely to sleep in this position compared to men (54% vs. 39%) and 37% of Americans believe it is the best sleeping position.



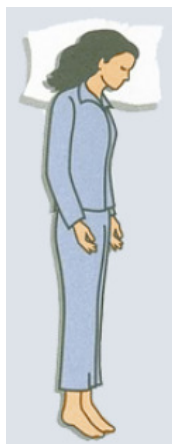
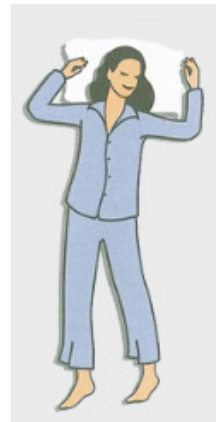
Common Sleep Positions

Freefall position: People who lie on their stomachs, with their heads turned to the side and their arms under or wrapped around a pillow, comprise 17% of the population studied. Despite being the second most popular sleeping position, about one-quarter (26%) of all Americans consider it the worst sleeping position. Introverts also report having the strongest aversion to this position, so try not to ask them too many questions about it!



Yearner position: Can't find the right sleeping position for you? If you're yearning for a good night's sleep, look no further than the Yearner position (no pun intended.) A close third – with 13% of Americans sleeping this way – the position consists of lying on your side with both arms out in front of your body. If you're interested in this position, try talking to a Baby Boomer, as they are more likely to sleep like this than Millennials and Gen Xers.

Starfish position: For all you sea lovers out there, you're in luck. Sleepers who prefer to sleep like marine invertebrates account for 7% of the population studied. Like the Log and Soldier positions, these sleepers are more likely than those who sleep in the other positions to say they sleep that way because it has medical benefits. However, these sleepers, who lie on their backs with arms up near their heads or pillows, along with Log sleepers, are more likely to sleepwalk.



Log position: A log is more than a hunk of wood that you throw on a fire to keep you warm. It's actually one of the six main sleeping positions, and 6% of the population sleeps this way. Despite being the least popular sleep position, those who sleep on their sides with both arms down consider themselves healthier than those who sleep in the other positions.



Soldier position: A soldier may be a person who serves in the military, but it's also the name of the fourth most common sleeping position, preferred by 11% of the population studied. Those who lie on their backs with their arms down and close to the body when they sleep are more likely than those who sleep in the Fetal, Freefall or Yearner positions to either not change positions or only change positions once. They are also more likely to say they sleep this way, along with Log and Starfish sleepers, because it has medical benefits.

The Better Sleep Council



May is *Mental Health Month*—What Is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.

Early Warning Signs

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

MORE INFORMATION IS AVAILABLE

Go to:

<https://www.mentalhealth.gov/what-to-look-for>

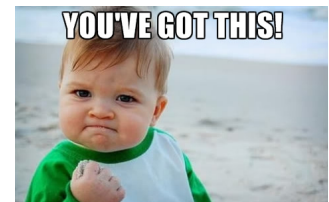
And find out more about the types of mental health conditions typically seen.

Go to:

<https://www.mentalhealth.gov/get-help>

And find out how you or a loved one can get the needed help.

Resource:
www.mentalhealth.gov



Resource:
www.mentalhealth.gov

Some Tips To Boost Mental Health

Track gratitude and achievement with a journal. Include 3 things you were grateful for and 3 things you accomplished each day.



Go off the grid. Leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun with someone face-to-face.

“You don’t have to see the whole staircase, just take the first step.” - Martin Luther King Jr.

Think of something in your life you want to improve, and figure out what you can do to take a step in the right direction.

Work your strengths. Do something you are good at to build self-confidence, then tackle a tougher task.

Experiment with a new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being are linked.



Set up a getaway. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!



Sometimes, we don’t need to add new activities to get more pleasure. We just need to soak up the joy in the ones we’ve already got. Trying to be optimistic doesn’t mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.



grilled corn and chickpea salad

This grilled corn and chickpea salad is so easy and delicious...you'll wish you had made a double batch! And maybe you should so you'll have some to take for lunch. It has basil, parsley and tomatoes in it. There is also added in mild goat feta. Grain-free and naturally gluten-free.

Ingredients:

3 tablespoons extra-virgin olive oil, divided
3 ears of corn, shucked
2 tablespoons lemon juice
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon freshly ground pepper
1 14-ounce can chickpeas, drained
3 scallions, sliced
1 cup diced tomatoes
 $\frac{1}{2}$ cup chopped basil
 $\frac{1}{2}$ cup chopped parsley
 $\frac{1}{2}$ cup crumbled feta or goat cheese, optional



Instructions:

1. Preheat grill to medium-high heat. Brush 1 teaspoon oil over the corn and grill until charred all over, about 7 to 9 minutes. Cool and then cut kernels off the cob.
2. Whisk the remaining 2 tablespoons plus 2 teaspoons oil, lemon juice salt and pepper in a large bowl. Stir in corn, chickpeas, tomatoes, basil and parsley. Stir in about half the feta, if using. Transfer to a serving dish and top with the remaining feta.

Prep Time: 15 minutes

Total Time: 25 minutes

Author: Katie Webster

Yield: 6 servings

Serving Size: $\frac{2}{3}$ cup

Calories per serving: 231

Fat per serving: 12

Saturated fat per serving: 3

Carbs per serving: 24

Recipe taken from:

<https://www.healthyseasonalrecipes.com/grilled-corn-and-chickpea-salad/>

And check out this website for some beauty, healthy, delicious-looking lunch ideas...not your traditional salad or sandwich: <https://www.ambitiouskitchen.com/healthy-lunch-ideas/>



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Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep.—Scott Adams