

March 2019

National Nutrition
Month
Colorectal Cancer
Awareness

Wellness Corner Connection



Health Tips to Keep in Mind:

- ♥ Start your day with a healthy breakfast
- ♥ Watch Portion Sizes
- ♥ Be Active even if you do 5-10 minutes a day. Get moving!
- ♥ Get cooking. Preparing food at home can be healthy, rewarding and cost-effective.
- ♥ Always have healthy snacks on hand so you don't reach for the vending machine.
- ♥ Get to know your food labels. More than 5 ingredients, really step back and think if you really want that in your body.
- ♥ Consult a Registered Dietitian if you have one available to you. They can really help keep you on track to meet your goals.
- ♥ Drink more water. Ditch the sugary drinks.
- ♥ Add more herbs and spices to your food instead of salt.
- ♥ Try new foods and flavors. Check out the recipe on the back page.
- ♥ Cut back on red meats. Add seafood twice a week and try a meatless Monday dish.
- ♥ Eat Mindfully. Avoid distractions like TV, phone, even reading. Pay attention to what you are eating and enjoy every bite!

Debby Schiffer, Wellness Director for BURLCO & TRICO

Colorectal Cancer Awareness Month

Colorectal cancer screening saves lives. If you're 50 years old or older, talk to your doctor about getting screened.

Among cancers that affect both men and women, colorectal cancer (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. But this disease is highly preventable, by getting screened beginning at age 50.

What You Can Do

- If you're aged 50 to 75, get screened for colorectal cancer regularly. Screening tests help prevent colorectal cancer by finding precancerous polyps (abnormal growths) so they can be removed. Screening also finds this cancer early, when treatment can be most effective.
- Be physically active
- Maintain a healthy weight
- Don't drink too much alcohol
- Don't smoke

Fast Facts

Risk increases with age. More than 90% of colorectal cancers occur in people aged 50 and older.

- Precancerous polyps and colorectal cancer don't always cause symptoms especially at first. You could have polyps or colorectal cancer and not know it. That is why having a screening test is so important. If you have symptoms, they may include—
 - ◆ Blood in or on the stool (bowel movement).
 - ◆ Stomach pain, aches, or cramps that do not go away.
 - ◆ Losing weight and you don't know why.

These symptoms may be caused by something other than cancer. If you have any of them, see your doctor.

Are You at High Risk?

Your risk for colorectal cancer may be higher than average if:

- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease.
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer.

People at high risk for colorectal cancer may need earlier or more frequent tests than other people. Talk to your doctor about when you should begin screening and how often you should be tested

Types of Screening Tests

Several different screening tests can be used to find polyps or colorectal cancer. Each can be used alone. Sometimes they are used in combination with each other. The U.S. Preventive Services Task Force (USPSTF) recommends colorectal cancer screening for men and women aged 50–75 using high-sensitivity fecal occult blood testing (FOBT), sigmoidoscopy, or colonoscopy. Talk to your doctor about which test or tests are right for you. The decision to be screened after age 75 should be made on an individual basis. If you are older than 75, ask your doctor if you should be screened.

Aspirin reduces colon cancer risk by 40 percent and helps prevent return of advanced polyps, according to the U.S. Preventive Services Task Force.

Lifestyle changes that have been shown to reduce colon cancer risk include getting regular exercise and avoiding and treating excess weight.

People with colon polyps spotted during screening are at higher risk for colon cancer. But while low-dose aspirin could lower the odds for the disease, too few patients adopt the regimen, new research shows.

"The major risk factors are similar to those for heart attacks and stroke and include overweight, obesity as well as physical inactivity, a diet low in fiber and high in fat, as well as type 2 diabetes.

Resource: WebMD and CDC

Fun Quiz: Which Food Is Healthier?



It's not so easy recognizing which foods are really healthy. Unfortunately, our food supply is rigged in ways that most people don't expect, according to Yale University nutrition expert David Katz, M.D. Salty snacks have added sugar, cereals have added salt, some foods have thickeners to improve mouth feel, and others have artificial color for eye appeal. "These stealth additions, the unexpected stuff you're not even looking for, can derail even the best of intentions to buy healthy food," he says. But sometimes what seems to be the better choice, at times may not. Look at the list below. Which would you choose? Some may surprise you.

1. Coffee with light creamer or half-and-half?
2. Flavored instant oatmeal or a fried egg?
3. Granola or strawberries dipped in dark chocolate?
4. English muffin or bagel?
5. Regular peanut butter or reduced-fat peanut butter?
6. Veggie chips or popcorn?
7. Baked potato or brown rice?
8. Chicken breast or extra-lean ground beef

What an awesome mural!



1

Reach for the half-and-half. Although low in fat, highly processed liquid creamer is packed with sugars, oil, thickeners and flavorings. A review of research in the European Journal of Nutrition concluded that people who eat high-fat dairy products are no more likely to develop heart disease or diabetes than those who stick with their low-fat counterparts. It's usually based on everything you do not just what you use to cool off your coffee!

2

Bring out your frying pan. Eggs are a powerhouse of high-quality protein, low in saturated fat and rich in vitamins and nutrients that help keep the immune system healthy, protect memory and promote healthy vision. In exchange for convenience, some packets of flavored instant oatmeal serve up an excess of salt and as many as 8 teaspoons of sugar per serving!

3

Pass the strawberries, please. Dark chocolate and strawberries are both rich in antioxidants that boost the immune system and help protect against cancer, heart disease and vision loss. Strawberries are also a good source of vitamin C. Unfortunately, if you opt for granola, you're likely to end up with too many calories and too much sugar and fat unless you make your own healthy version

4

No contest — English muffin. Today's standard commercial bagel is twice as large as 20 years ago and has more than twice as many calories. Just make sure you choose muffins that list "whole grain" or "whole wheat" as the first ingredient. Whole grains contain fiber that helps reduce the risk of heart disease, as well as B vitamins and minerals essential for a healthy nervous system.

5

Opt for regular peanut butter. Although high in fat, it's mostly unsaturated fat, the kind that cuts LDL cholesterol levels and reduces the risk of developing heart disease, explains Harvard nutrition expert Walter Willett, M.D. Reduced-fat peanut butter replaces fat with ingredients like sugar, corn syrup and molasses, which can lead to a host of health problems, including obesity, diabetes, high blood pressure, high cholesterol and heart disease. But always check the label. Ideally you will only want to see one ingredient listed—the nut! Try almond or cashew butters too. All heart friendly.

6

Pop some stovetop popcorn. People tend to think veggie chips are healthy because of buzzwords like 'organic' or 'natural' on the package, but most of these chips are simply another processed food loaded with fat and salt. Swap them for homemade popcorn, a fiber-rich, whole grain snack that helps keep hunger pangs at bay. Flavor with a sprinkle of Parmesan cheese or cinnamon for some pizzazz.

7

One baked potato has about half the calories of a serving of brown rice. If you eat the skin, you'll also get more vitamin C, fiber, and potassium, which is good for heart health.

8

Surprise! Extra-lean ground beef is lower in cholesterol than a chicken breast. Plus, it has more B12, iron, and zinc, which boost energy, keep your heart healthy, and protect you from disease. Also try to go meatless at least one day a week. Get your protein from beans and legumes. Heart smart!

3 STEPS TO MORE MINDFUL EATING

1 Before you decide to eat, ask yourself "Why am I eating?" Make sure hunger is what drives your decision, not stress or boredom. Stop eating when you are no longer hungry.



2 As you take each bite, savor the flavor of the food.



3 The way you serve your food matters. Put it on a plate, and then sit down to eat it instead of eating on the run out of a bag.



Do You Stretch?

If you answered “no” to that question, think about adding a few minutes in every day. Virtually every activity you do relies on ease of motion. Stretching can help in numerous ways. It can often relieve back pain, stiff necks, and sore knees when tight muscles are to blame. It can counteract too much sitting whether you're doing it for work or a pleasurable activity. If you're a runner, a tennis player, a golfer, a hiker, or a biker, the right stretching program may set you on a path toward better performance. And as you age, stretching can help keep you active and flexible, making it easier to accomplish innumerable everyday tasks involving walking, climbing stairs, or reaching.

While it's tempting to skip right to the stretches, it's best to think about safety first (remember safety and wellness go hand in hand). These will help you make the best flexibility gains possible, while reducing your risk of injuries.

1. **Warm up first.** Much like taffy, muscles stretch more easily when warm. Dynamic stretches can act as a warm-up for static stretches, or you can do static stretches after sports, exercise, or even marching in place with arms swinging for five minutes or dancing to a few songs. Moist heat packs or a warm shower are effective first steps, too.
2. **Feel no pain.** Stretch only to the point of mild tension, never to the point of pain. If a stretch hurts, stop immediately! Reset your position carefully, then try again. With time and practice, your flexibility will improve.
3. **Pay attention to posture and good form.** Posture counts whether you're sitting, standing, or moving. Good form translates to better gains in flexibility and less likelihood of injury when stretching tight muscles.
4. **Focus on the muscle being stretched.** You'll notice that one side of your body often is tighter than the other. Work on balancing this over time.
5. **Breathe.** Breathe comfortably while stretching, or use yoga breathing. Whatever you do, don't hold your breath while you are holding a stretch.
6. **Practice often.** You'll make the best gains if you stretch frequently—daily, or on as many days of the week as possible. At the very least, aim to do stretches two or three times a week.

Check out the “Exercise of the Month” for some easy stretches that will take you from your head to your toes.

Guys, can
you give me
40?

Did you know that the number of push-ups you can do may show level of heart health?

A new study suggests that the number of push-ups a middle-aged man can do might be an indication of his overall heart health.

Men who can do more than 40 push-ups at a time showed a 96% reduced risk of heart attack, stroke, and heart disease compared with men who could not even get 10. According to findings from a study done by Dr. Stefanos Kales, a professor of environmental health at Harvard T.H. Chan School of Public Health in Boston, it appears that ones push-up capacity is a “marker of general physical fitness”. In a study done where he tracked the heart health of over 1,000 40-year old active male firefighters for a decade, push-up capacity and aerobic capacity are closely linked. Now I'm sure you will find some marathon runners who can't do many push-ups and bodybuilders who can't run very far. But for the most part one dictates the other.

This is certainly not to replace the standard stress test on a treadmill. And keep in mind this study only involved men so the results cannot be applied to women at this time. Also keep in mind if you are limited due to musculoskeletal injuries (shoulder, neck or arm injuries) you may not be able to do push-ups.

According to Dr. Guy Mintz, director of cardiovascular health and lipidology at Northwell Health's Sandra Atlas Bass Heart Hospital in Manhasset, NY, this type of test is best suited for assessing physical fitness and cardiovascular health of professionals requiring increased physical abilities, such as police officers, firefighters or sanitation workers.

Getting a minimum of 30 minutes of aerobic exercise most days of the week is always something to strive for. Examples include walking, riding a bike or working out on an elliptical machine.

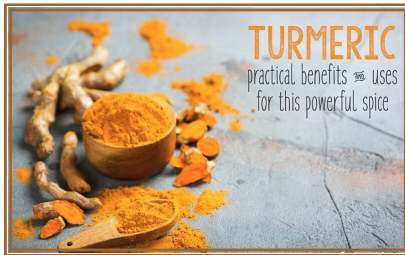
Dr. Mintz recommends the “**rule of four**”:

40 minutes of continuous aerobic activity at least four times a week to provide these four benefits —

Improvement of blood pressure, cholesterol, weight and blood sugar —which leads to better heart health!

Resource: WebMD





Thumbs up to Turmeric! (Eatingwell.com)

This golden spice delivers some solid-gold benefits. That's thanks to its high amounts of curcumin, a powerful antioxidant. Studies show curcumin can help treat a range of health problems, from minor toothaches to chronic conditions like arthritis, heart disease and diabetes. Researchers are also studying its potential as a treatment for Alzheimer's disease, as well as colon, prostate and breast cancers. Results of a small clinical trial, published in 2014, boosted evidence that curcumin may be a safe and effective treatment for depression.

Some Benefits:

- Relieves arthritis—studies show that even those who consumed 1/2 tablespoon of turmeric a day reported reduced knee pain after 8 weeks compared to people on a placebo pill.
- Reduces Alzheimer's risk— numerous animal studies show that this compound holds promise for preventing plaque accumulation in the brain. More research is needed, however, because for this to work, the curcumin must cross the blood-brain barrier to prevent the plaque. Right now, the digestive system breaks it down before this can happen.
- Helps with depression
- May help fight cancer- Research continues, but the links and outcomes so far are promising. Consult your medical team before adding curcumin supplements to cancer treatment, though.

How to use Turmeric:

Turmeric should be easy to find in the spice aisle of your local supermarket. Bold-flavored and colorful, turmeric is often used in Asian dishes. You'll see it in Indian recipes, like curries, dal, tikka masala or tandoori. But just because it's traditionally found in Asian cuisine doesn't mean you can't use it in new and interesting ways. Try adding a dash to roasted root vegetables, scrambled eggs, smoothies or sautéed greens.

Easy Turmeric Eggplant Curry

I have made this several times and just love it! It is very simple and as it sits, the flavors get even more intense but great for those new to curry. It's just one pot on the stove and ready in under 45 minutes. Make a big pot on Sunday and you'll have great lunchtime or weekday dinner options! I love it over a baked sweet potato but you could make a side of quinoa or brown rice, throw it in a wrap or enjoy with steamed veggies. And avocado is a must in my opinion! Yummy!

Ingredients:

- 1 large eggplant
- ½ red onion, chopped
- 2 cloves garlic, chopped
- 3 carrots, peeled and chopped
- 1 cup white button mushrooms, chopped
- 3 tomatoes, roughly chopped
- 3 teaspoons turmeric
- 1 teaspoon ginger
- 1 teaspoon crushed red pepper flakes
- 1½ cups dried red lentils
- 1 (15-ounce) can light coconut milk
- 2½ cups vegetable broth
- 2 cups chopped kale leaves
- Salt to taste
- 2 cups cooked quinoa or brown rice

Optional Toppings: Serves 4

- A handful of chopped cilantro
 - Avocado
 - Beet kimachi or red cabbage kraut
- Recipe from Forks over Knives*

Directions:

Preheat the oven to 450°F.

Line a baking sheet with parchment paper or a silicone baking mat. Cut the eggplant in thirds lengthwise, place on the prepared baking sheet, and bake for about 15 minutes while you prep the other ingredients.

When there's about 5 minutes left on the timer for the eggplant, heat a large pot over medium low to medium heat. Add the onion, garlic, and carrots and sauté for 2 to 5 minutes, or until the onions start to turn brown and translucent. Add water 1 to 2 tablespoons at a time as needed, to keep the vegetables from sticking to the pan.

Remove the eggplant from the oven, let it cool a bit since it'll be pretty hot, and roughly it chop into large pieces.

Add the chopped eggplant, mushrooms, tomatoes, turmeric, ginger, and red pepper flakes to the pot and sauté for about 5 minutes, or until the mushrooms get nice and soft.

Next, add the lentils, coconut milk, and vegetable broth and stir. Bring the pot to a boil, then reduce heat, cover with a lid, and simmer for about 10 minutes.

Add the kale, stir, and cook, uncovered, for an additional 5 minutes. Taste and add salt if you think it needs it.



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***It does not matter how slowly you go as long
as you do not stop. Confucius***

It's fun...It reduces stress...and can even
help you wind down before bed!

It's been a hectic day in the office, and it's left you mentally drained and exhausted. As much as you're pushing yourself to do your best, too much stress is never good for the body and mental health. Even when you're finally home and ready for bed, it may take a lot of winding down before you're calm enough to drift off to sleep.

Here's a method of winding down that encompasses several benefits on mental health: solving puzzles.

You might be thinking, "Wouldn't that get me worked up again?" Not exactly. Puzzles such as word searches, crosswords and Sudoku are highly recommended by doctors to keep your stress levels at bay, thereby improving your mental health. One key reason is that it allows you to focus on only one thing. While multi-tasking puts the frontal lobe of your brain under stress, single-tasking through good and engaging puzzles eliminates that stress.

Types of Vegetables

R	Z	A	D	P	I	N	S	R	A	P	S	E	N
E	A	U	D	C	A	R	R	O	T	A	P	P	B
W	S	S	C	A	L	G	T	C	A	E	I	U	O
O	A	S	T	C	E	G	A	E	I	R	N	M	P
L	R	C	H	A	H	P	A	B	E	P	R	P	P
F	A	A	E	N	I	I	S	L	A	B	U	K	O
I	L	R	D	P	T	A	N	C	C	T	T	I	T
L	U	O	P	I	C	A	Y	I	A	R	U	N	A
U	G	D	E	L	S	T	R	I	B	P	T	R	T
A	U	U	A	W	O	H	E	K	B	C	E	I	O
C	R	C	U	C	P	T	L	E	A	N	C	P	N
C	A	S	S	A	V	A	E	E	G	B	E	S	C
B	R	E	G	N	I	G	C	L	E	L	O	P	E
H	C	A	N	I	P	S	S	A	E	D	E	W	S

CABBAGE
ZUCCHINI
RUTABAGA
RADISH
TURNIP
SWEDE
SPINACH
POTATO
CASSAVA
BEET
LEEK
CAULIFLOWER
PARSNIP
GINGER
CELERY
PEA
CARROT
PUMPKIN
ARUGULA