

Healthy Living Newsletter

A MedWatch publication to keep you healthy and informed.

April, 2017

Recipe Corner

Garlic Roasted Salmon & Brussels Sprouts

Roasted Salmon on top of Brussels Sprouts and garlic, flavored with wine and fresh oregano, is a meal that is simple enough for a weeknight meal yet sophisticated enough to serve to company. Serve with whole-wheat couscous.

Ingredients:

- 14 Large Cloves Garlic, divided
- ¼ C. Extra-Virgin Olive Oil
- 2 Tbs. Fresh Oregano, finely chopped, divided
- 1 tsp. Salt, divided
- ¾ tsp black pepper, freshly ground
- 6 C. Brussels Sprouts, trimmed and sliced
- ¾ C. White Wine
- 2 lbs. Wild-Caught Salmon Fillet, skinned, cut into 6 portions
- Lemon Wedges

Directions:

1. Preheat oven to 450°F.
2. Mince 2 garlic cloves and combine in a small bowl with oil, 1 Tbs oregano, ½ tsp salt and ¼ tsp pepper.
3. Halve the remaining garlic and toss with Brussel Sprouts and 3 Tbs. of the seasoned oil in a large roasting pan. Roast for 15 minutes, stirring once.
4. Add wine to the remaining oil mixture. Remove the pan from oven, stir the vegetables and place salmon on top.
5. Drizzle with the wine mixture. Sprinkle with the remaining oregano, salt and pepper.
6. Bake until the salmon is just cooked through, 5 to 10 minutes more.
7. Serve with lemon wedges.

Makes 6 Servings.

Nutritional Information Per Serving:

Calories 334, fat: 15 g, Saturated Fat 3 g, Mono Fat 9g, Cholesterol 71 mg, Carbohydrates 10g, Dietary Fiber 3g, Protein 33 g,

Taking Control of Your Health

Managing Chronic Conditions Through “Self-Care”

For millions of people, chronic illnesses are a fact of life. A chronic illness is a condition that lasts for a very long time and usually cannot be cured completely. Examples of chronic illnesses include diabetes, heart disease, arthritis, kidney disease, cancer, HIV/AIDS and lupus to name a few.

Widespread Chronic Conditions Most Americans suffer from at least one chronic condition, though 68% have two or more, and 36% are afflicted with **four or more**.

Traditional Care Experience shows that the traditional doctor-patient medical model does not always deliver the best healthcare results. Patients tend to be intimidated by both doctors and health care facilities. This sometimes prevents patients from fully understanding their care needs. The health care system is organized to provide care in a reactive manner, responding when a person is sick rather than focusing on keeping the patients healthy in the first place. If you have a chronic condition this may not be the best model for you.

Introducing “Self-Care” A new strategy has emerged that puts the you, the patient, in charge of your ongoing health care. This approach recognizes that you should make decisions and engage in behaviors that affect your health every day. It also recognizes that many chronic conditions are linked by common and preventable risk factors such as high blood pressure, high cholesterol, and obesity, as well as behaviors including unhealthy diet, physical inactivity, and alcohol and tobacco use. The self-care approach enables you to actively manage your own health through choosing healthy behaviors, educating yourself about your conditions, and learning to interact more effectively with your health care providers. Self-care also relies on the support of your family members, friends, and health care providers to work together as a **health partnership** to encourage and enable you to take a greater role in managing your condition.

Positive Results of Self-Care. There are many positive outcomes to consider:

- Patients are more proactive in promoting their own health.
- Patients develop skills and confidence to effectively manage their conditions.
- Patients rate their health status higher when they have a greater hand in their own treatment.
- Increased trust in physicians results in improved communication and a better understanding of their condition.
- Medication compliance is improved.

There are many tools designed to empower you to take more control of your own health care. To learn more about these tools and how to take control of your health contact your MedWatch Total Lifestyle Coach (TLC).

Getting the Most From Your Visit to the Doctor

Preparing For Your Appointment

- When making your appointment make sure that the doctor accepts your insurance.
- If this is your first visit to this doctor? Arrive early and be ready to provide family and personal medical history,
- Bring details on the names, dosages and frequency of all medications,
- Keep a symptom diary noting symptoms and dates and share it with your doctor.
- Write down all questions you have for your doctor in their order of importance.

During your Appointment

- Provide details regarding your symptoms.
- Don't be embarrassed to discuss a personal topic, practice what you plan to say
- Be honest about anything that could affect your health .
- Repeat what the doctor has told you to be sure you understand; ask for clarification
- Reach an agreement about the recommended treatment plan.
- Have a plan for documenting your visit; use a notepad or your mobile device .
- Bring your spouse, relative or friend if you feel it will help you remember/understand what was discussed.
- Ask if you need to watch for certain warning signs for your condition, ask when you should be concerned and at what point you need to call in.
- If you received a new prescription, ask about its usage and side effects.

Before Leaving the Doctor's Office

- Find out when you should return for another visit and clarify any next steps.
- Schedule any follow-ups before you leave the office.
- Ask how to reach the doctor if you have questions or concerns.
- **Don't leave if you are uncertain about your diagnosis or treatment plan.**

Did You Know?

April is Alcohol Awareness Month

Alcohol consumption, especially at high levels, is a risk factor for many chronic diseases and conditions. Alcohol can increase the risk of developing a range of chronic diseases including cardiovascular disease, type 2 diabetes, kidney disease and cancer. As with all things, moderation is best.

Rethink your Drinking to lower your risk of chronic disease. Here's how:

- ◇ If you do not drink, do not start.
- ◇ If you choose to drink, do so in moderation
- ◇ Women: No more than 8 drinks per week
- ◇ Men: No more than 15 drinks per week
- ◇ Do not drink if you are pregnant
- ◇ Do not drink if you are under the age of 21
- ◇ Set limits and stick to them.

For information on Alcohol Awareness visit: www.cdc.gov/features/alcohol-awareness/

You can also reach your Total Lifestyle Coach to develop a plan to keep you healthy.

Your Total Lifestyle Coach (TLC) is your 'health advocate' – a GPS to help you navigate the complex healthcare map. Contact your TLC at (800) 386-5475 for personalized tools and resources to help you maintain your good health.