

Information for Healthy Living

Recipe Corner

Grilled Tuna Nicoise Salad

This easy, elegant and delicious salad makes any summertime meal special.

Salad Ingredients:

- 3/4 lb. Small Red Potatoes, diced
- 1/2 lb. Green Beans, trimmed
- 4 Tuna Steaks (4 oz. each, about 3/4-inch thick)
- 4 C. Baby Spinach Leaves
- 16 Pitted Kalamata Olives, coarsely chopped
- Canola Oil Cooking Spray

Vinaigrette Ingredients:

- 2 Tbs. Canola Oil
- 2 Tbs. Red Wine Vinegar
- 1 Tbs. Water
- 1/8 tsp. Salt
- 1/2 Medium Garlic Clove, minced
- 1/8 tsp. Dried Red Pepper Flakes
- 1 tsp. Dried Oregano Leaves

Directions:

1. Steam potatoes and green beans (approx. 6 minutes or just until tender).
2. Drain and rinse with cold water, shaking off excess liquid.
3. Combine vinaigrette ingredients in a small jar, secure with lid, and shake well to blend completely.
4. Set aside 1/4 cup vinaigrette and brush remaining vinaigrette over fish.
5. Coat a grill pan with canola oil cooking spray and heat over medium-high heat until hot.
6. Grill tuna over high heat 3 minutes on each side or until medium-rare or desired degree of doneness.
7. Divide greens equally on four serving plates.
8. Arrange potatoes, green beans, and olives over greens.
9. Drizzle 1 Tbs. vinaigrette evenly over each salad and top with tuna.

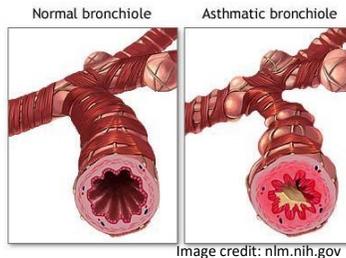
Nutritional Information Per Serving
 Calories: 345 ; Protein: 29 g ; Fat: 14 g ;
 Sodium: 280 mg ; Cholesterol: 40 mg ;
 Saturated Fat: 2 g ; Dietary Fiber: 5 g ;
 Carbohydrates: 26 g

Taking Control of Your Health

Manage Your Health, Lower Your Health Risk

WHAT IS ASTHMA AND HOW IS IT DIAGNOSED?

Breathing is simple, right? Breathe in...Breathe out...Simple...Except for the 22 million Americans living with Asthma. For them, breathing is not always so easy.



What is Asthma? In simple terms, Asthma shrinks the tubes that carry air to the lungs and creates sticky mucous, which makes it hard to breathe. During an episode, or “attack”, you may cough and wheeze or become short of breath.

The exact cause of Asthma is unknown, but factors such as heredity (if someone in your family has asthma), allergies, infections and obesity put you at risk. An asthma attack can occur when you come in contact with agents, or “triggers”. Common asthma triggers include: tobacco smoke, dust mites, cockroaches, pets, outdoor air pollution, mold and infections. Many other things can make asthma worse, including certain types of exercise, food additives, food preservatives, fragrances, medicines and stress. Knowing and avoiding your triggers will help keep your asthma under control.

How can you tell if you have asthma? Talk to your doctor if you are wheezing, coughing or having difficulty taking a breath. Your doctor will ask questions about what is happening, family history, allergies, your home environment and any trouble you might have with certain activities. They may order a breathing test to find out how well your lungs are working and will help you identify your own asthma triggers. She may also order an allergy test to identify specific allergens that trigger an attack.



How is asthma treated? Asthma can be controlled through medication and by limiting your exposure to triggers. Asthma medicines come in two types – **quick-relief** and **long-term control**. Quick-relief medicines (rescue inhaler) control the symptoms of an asthma attack. Long-term control medicines help you have fewer and milder attacks, but they don’t help you while you are having an actual asthma attack. Your doctor will decide what medicine or combination of medicines is best for you.

Remember – you can control your asthma. With your doctor’s help, create an **asthma action plan** so that you are better prepared if you experience an attack. If you have questions about this or other medical concerns, see your doctor or contact your Total Lifestyle Counselor!

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August, 2016

A newsletter to keep you healthy and informed.

Success Story Meet "Mary"

"Mary" enrolled in our disease management program in September 2015. Mary was overweight and had asthma, sleep apnea and high cholesterol. She wanted to lose weight and be healthier but became short of breath during activity, which discouraged her from her goals. Mary's nurse educated her on the use of her inhaler BEFORE exercise to help with shortness of breath and developed an asthma action plan. She was also educated on the use of her C-Pap machine at night for Sleep Apnea. Mary's TLC provided coaching and education during phone calls and in writing to encourage and educate her. After only a few months, Mary reported that she had lost about 5 lbs, reduced her BMI and was able to continue her exercise regimen now that she has new asthma control tools in place. **This is just the beginning for "Mary" and with the help of her TLC we know she will reach her health goals!**

COMMON ASTHMA TRIGGERS

Tobacco Smoke

If you have asthma and you smoke, quit smoking. If you have asthma, people should never smoke near you, in your home, in your car, or anywhere you spend time.

Dust Mites

Dust mites are tiny bugs that are in almost every home. Don't use down-filled pillows, quilts, or comforters. Remove stuffed animals and clutter from your bedroom. Wash your bedding on the hottest water setting and use mattress covers and pillowcase covers.

Outdoor Air Pollution

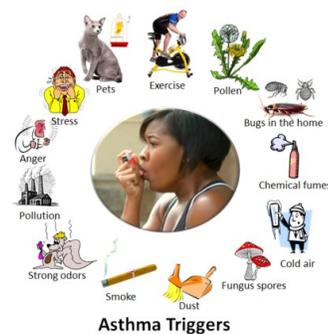
Pollution can come from factories, cars, and other sources. Pay attention to air quality forecasts and plan your activities for when air pollution levels will be low.

Cockroach Allergen

At least every 2 to 3 days, vacuum or sweep areas that might attract cockroaches (where there are crumbs or food). Use roach traps or gels to cut down on cockroaches in your home.

Mold

A small tool called a hygrometer can be used to check humidity levels which should be no higher than 50%. Humidity levels can change over the course of a day, so check the humidity levels more than once a day. An air conditioner or dehumidifier will help you keep the humidity level low.



Asthma Triggers

Image credit: https://simple.wikipedia.org/wiki/File:Asthma_triggers_2.PNG#filelinks

Asthma by the Numbers

32.6 million: The number of Americans who have had asthma at some point in their lives

17.7 million: The number of adults who currently have asthma.

6.3 million: The number of children (under age 18) who currently have asthma

1.8 million: The number of ER visits annually as a result of Asthma

439,000: The number of hospitalizations annual as a result of Asthma

4,000: The number of Americans who die every year from Asthma related complications

*Statistics courtesy of www.cdc.gov/asthma/asthmadata.htm