

Healthy Living Newsletter

July / August 2018

A MedWatch publication to keep you healthy and informed.



Nutrition Corner



The Health Benefits of Avocados

The avocado has become a main player on menus frequented by the health-conscious. So what makes this gorgeously green fruit such a hit? Well, it's packed with fiber and antioxidants, anti-inflammatory oleic acid and heart-healthy minerals like potassium. Here are just a few of the many benefits the mighty avocado brings to the table:

- ◆ Reduces blood pressure
- ◆ Balances cholesterol levels
- ◆ Reduces inflammation and arthritis
- ◆ Protects the eyes
- ◆ Prevents and fights cancer
- ◆ Helps in weight loss
- ◆ Promotes skin health

Avocados taste best eaten fresh and raw in a salad or used as a dip or spread. Heating up avocados can ruin the flavor and exposure to air can quickly oxidize the nutrients. If you plan to save some of your avocado for later, try a squeeze of lemon juice to help keep it fresh.

5 EASY AVOCADOS

Just an Avocado: Eating half a plain avocado sprinkled with lemon juice or your favorite seasoning is all you need. Add a little paprika or balsamic vinegar for a twist. Avoid salt.

Avocado Spread: Spread an avocado on toast, for a rich and velvety, cholesterol-free topping.

Guacamole or Avocado Dip: Even just one little avocado can make a great snack with chips or veggie sticks. Diced or mashed fresh avocados make one fantastic dip.

Avocado & Salads: Diced avocados add flavor, nutrition and pizzazz to any salad.

Sandwiches & Burgers: The lush avocado adds flavor to any sandwich. From bacon, lettuce, avocado and tomato stacks to avocado burgers or even avocado wraps, slice 'em up and add 'em on!

Taking Control of Your Health

The Importance of Adult Vaccinations

Did you know that adults need vaccines too? Each year 50,000 to 90,000 adults die from vaccine-preventable diseases in the United States. We all need immunizations regardless of our age to protect against serious and sometimes deadly diseases. The specific vaccines you need as an adult are determined by many factors including your age, job, lifestyle, health conditions, travel destinations and which vaccines you've had in the past. Adult vaccines are recommended for protection against:

- ◆ Seasonal influenza (flu)
- ◆ Pertussis (whooping cough)
- ◆ Tetanus and diphtheria (every 10 years following Tdap vaccine)
- ◆ Shingles (for adults 50 years and older)
- ◆ Pneumococcal disease (for adults 65 years and older)

Adults with weakened immune systems and/or chronic conditions such as heart disease, diabetes or lung disease are more likely to develop serious complications from vaccine-preventable diseases including hospitalization, prolonged illnesses, or even death.

A few of the many reasons why adults need vaccinations!

You didn't get fully vaccinated as a child. If you didn't get vaccines for things like chickenpox, measles, mumps, and rubella, or have any of those diseases as a child, you need to be vaccinated as an adult.

You may no longer be protected. Even if you had been vaccinated as a child, some vaccines such as pertussis, tetanus and HPV require a booster if you want to remain protected.

Getting vaccinated protects your family. Receiving your recommended vaccines reduces the risk of becoming ill and spreading the disease to others - especially babies too young for vaccines and the elderly, who may already have weakened immune systems.

Everyone needs a flu vaccine, every year. The CDC recommends everyone 6 months of age and older receives a flu shot annually unless they have a medical reason not to receive the vaccine.

You may need vaccines when you travel. Headed off to explore the developing world? You may run into illnesses you would never find at home. Specific vaccinations, such as yellow fever and cholera, are required for travel to certain countries. The CDC's web site provides details about what you may need for your destination.

New vaccines have been developed. Some vaccinations recommended for adults are fairly new. For example, the FDA approved the first HPV vaccine and shingles vaccine in 2006.

Talk with your doctor to learn what is right for you!

Vaccinations: Myths vs Facts

- Myth:** No one else is at risk if I don't vaccinate my kids.
- Fact:** Unvaccinated children and adults cause the most outbreaks of diseases.
- Myth:** Vaccines cause autism.
- Fact:** Over 100 studies show no link between vaccines and autism.
- Myth:** Giving infants multiple vaccines overwhelm the immune system.
- Fact:** There is no relation between multiple shots and chronic health problems.
- Myth:** Vaccine-preventable diseases aren't really that serious.
- Fact:** Most "common" diseases are deadly if left unchecked.
- Myth:** Spreading out vaccines can be safer for kids.
- Fact:** Spacing out vaccinations leaves children vulnerable to diseases. There is no adverse effect of consolidating vaccinations.

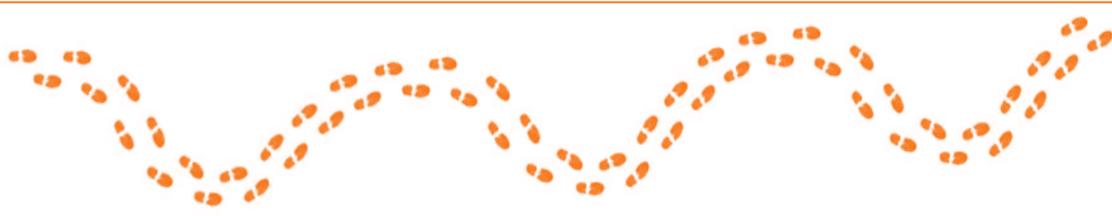


For more information on vaccines, visit the Center for Disease Control website:

<https://www.cdc.gov/vaccines/index.html>

Make Walking Your Healthy Habit

i will energize my life walk daily



Walking is one of the most beneficial activities you can choose. It provides many health benefits including lowering the risk of high blood pressure, heart disease, stroke, diabetes and even certain cancers. Walking strengthens your bones, increases energy and blood circulation, reduces stress, depression and the risk of dementia. A 2017 study from the American Cancer Society found that lack of exercise is likely to cause premature death. Walking just 20 minutes a day makes a difference!

How can you make regular walking a daily habit? The key to building any successful habit is to make it enjoyable. Try these tips to help you stick with your walking routine:

- ◆ **Set yourself up for success.** Start with a simple goal like a 10-minute walk during your daily lunch break. When that becomes a habit, set a more challenging goal.
- ◆ **Walk in places you enjoy,** like a park, walking trail, beach or even a shopping mall. Try different places and routes to keep it interesting and to stay motivated.
- ◆ **Listen to your favorite music** as you walk. Keep the volume low so you can hear sounds around you.
- ◆ **Bring a friend or family member.** Having a regular walking buddy will help keep you going.

- ◆ **Have a "Plan B".** When bad weather or roadblocks get in the way, have options like mall walking, a gym track or a stationary bike.
- ◆ **Track your progress** to keep motivated. Use a pen and paper, an online program, or a fitness device and app for your phone or computer, to help you count steps, calories, and distance.
- ◆ **Reward yourself** as you achieve your goals. New clothes, walking shoes or even a movie.
- ◆ **Join a walking club.** Health organizations, fitness clubs, schools, churches, local parks and recreation facilities all offer walking programs.
- ◆ **Register for a walking event.** If you are a beginner, select a 5K or 10K charity event. If you are ready for a more serious challenge, register for a half or full marathon or multi-day walking festival.
- ◆ **Setbacks happen.** It's OK as long as your return to your walking routine again as soon as you can.

Keep motivated during your walk and you will stay persistent in your routine towards a healthy mind and body. Set goals, monitor your progress and shed those unhealthy pounds!

KEEP ON WALKING!

No matter how slow you go, you are still lapping everybody on the couch.

KEEP CALM AND GO FOR A WALK

Creative Ways to Walk 10,000 Steps a Day

- ♥ Walk to work or park far from the office
- ♥ Use the stairs, not the elevator
- ♥ Walk the kids to school or the bus stop
- ♥ Vacuum the house
- ♥ Mow or rake the lawn
- ♥ Take an extra lap around the grocery store
- ♥ Hop off the bus or train one stop early
- ♥ Window shop on your lunch break
- ♥ Walk the dog
- ♥ Visit your coworkers instead of emailing
- ♥ Play with your kids

Your MedWatch Total Lifestyle Coach (TLC) is your 'health advocate' and acts as your personal GPS to help navigate the complex healthcare roadmap.

Call your TLC at (800) 386-5475 for personalized tools and resources to help you maintain your health.