

"An ounce of prevention is worth a pound of cure."

New-fangled pharmacies:

Pick up prescriptions and have medical appointments, too

What started out as flu-shot clinics in many retail pharmacies has expanded to extensive medical clinics.

Many retail pharmacies now offer services for strep throat, urinary tract infections, skin conditions, and preventive care.

The positives for using retail clinics include:

- Costs tend to be 30 to 40% less than comparable services at a doctor's office, and 80% less than services in the emergency room, according to a 2011 study published in the *American Journal of Managed Care*.
- Evening and weekend hours • No appointment necessary

The potential drawbacks:

- Most retail clinics won't see children under 18 months old
- Lack of more specialized expertise or equipment to treat some conditions — including symptoms of a heart attack, broken bones, or a wound needing stitches
- Care is provided by nurses and physician assistants rather than specialists or medical doctors
- No established or ongoing relationship with a specific health-care provider who would know your health history. This is particularly important in treating chronic conditions such as asthma, diabetes, and high blood pressure.

Be sure to check with your insurance carrier to determine whether your plan covers treatment in retail clinics. Many do, but some do not.



To learn more about retail clinics, visit Oct.HopeHealth.com



Source: Convenient Care Association

Quick-Read!

Understanding cooking oil options

While some cooking oils are interchangeable, each type has its own place in the culinary world. Pg. 2

Mind over matter matters when preparing for a race

How to get your game on. Pg. 3

Outsmarting cold and flu symptoms

Find relief from the aches, pains, and other annoyances. Pg. 4

Beyond the boiling point

Identify when stress gets out of control. Pg. 5

The lowdown on layaway plans

A shopping strategy invented during the Great Depression has been making a comeback in recent years. Learn more. Pg. 6

Making sense of mammograms

A simple explanation of how this important test works. Pg. 7

Walk your way to wellness

It only takes 20 to 30 minutes a day. Pg. 8

Morbidly obese woman melts away weight and helps others to do the same.

See page 7 for details.

Understanding cooking oil options

Do you cook with canola oil, opt for olive oil, or, like many people, just use whatever you have on hand?



Some oils are interchangeable; however, each type has its own place in the culinary world. The smoke point — the temperature to which you can heat an oil without breaking down its flavor and nutrients — typically determines which oil will work best.

Keep in mind that mono- and poly-unsaturated fats can help maintain heart health, while saturated, partially hydrogenated, and trans fats can undermine heart health.

Avocado oil

- Smoke point: 520° F
- High in mono-unsaturated fats, vitamins, and antioxidants
- All-purpose — good for cooking, frying, and sautéing

Canola oil

- Smoke point: 399° F
- High in mono- and poly-unsaturated fats
- An economical, everyday oil for frying, baking, and salad dressings

Olive oil (*extra virgin*)

- Smoke point: 374° F
- High in omega fats (mono- and poly-unsaturated), vitamin E, and antioxidants
- Use in sautéing and for salad dressings

Peanut oil

- Smoke point: 448° F
- High in mono- and poly-unsaturated fats
- Use for frying, cooking, salad oils, and margarine

Sunflower oil

- Smoke point: 475° F
- Contains mono-unsaturated fats
- Use for cooking, salad dressings, shortening, and margarine

Sizing up seeds

Most seeds are smaller than nuts, but just as nutritious — packed with minerals, fiber, and protein. You can eat seeds raw or roasted, and add them to recipes to increase nutrients.

Sunflower seeds are a great source of magnesium, vitamin E, and selenium, all of which our bodies need. Sunflower seeds are also high in phytosterols (*natural chemicals that can help lower cholesterol levels*).

Sesame seeds are common in Asian foods and as a topping on breads. Sesame seeds contain copper, magnesium, zinc, and calcium.

Pumpkin seeds are an excellent source of magnesium, iron, copper, and zinc, and are rich in protein and fiber. You can eat them raw, although most people prefer to eat the roasted variety.

Flaxseeds are an excellent source of omega-3 fatty acids and fiber. Their shells are hard, and the seeds are difficult to digest in their whole form. You can buy them already ground, or grind whole seeds yourself in a coffee or spice grinder. You can sprinkle ground flaxseeds on everything from baked goods to beverages.

Pumpkin Cookies

- 3/4 cup brown sugar • 1 cup rolled oats • 1 1/2 cups whole-wheat flour • 1 3/4 tsp. baking soda • 1/2 tsp. baking powder • 2 tsp. ground cinnamon • 1 tsp. ground nutmeg • 1/2 cup pumpkin puree • 1 Tbsp. applesauce • 2 tsp. water • 2 egg whites • 1 tsp. molasses • 1 Tbsp. ground flaxseed
- Directions:** Preheat oven to 350° F. In a large bowl, whisk together sugar, oats, flour, baking soda, baking powder, cinnamon, and nutmeg. Stir in pumpkin, applesauce, water, egg whites, molasses, and flaxseed. Roll into 12 large balls, and flatten on a baking sheet. Bake for 5 minutes. **Serves 12.** Per serving: 144 calories, 1.2 g fat, 0 mg cholesterol, 220 mg sodium, 36 g carbohydrates, 4 g protein



Don't wash apples until just before using them to prevent them from spoiling.

Get**Moving**: Mind over matter matters when preparing for a race

Physical training for a walking or running race is crucial for success, but don't forget to mentally prepare for the event, too.

- Start with a walking or running race strategy. Plan where you want to be at different points in the race (e.g., “I want to be at mile marker 1 within 15 minutes.”). Also, determine what you might do if you don't make certain points on time (e.g., “If I don't reach my checkpoint on time, I will increase my pace every other minute until I reach the next checkpoint.”).
- Get familiar with the course. If possible, train on the course. If you can't, plan to drive the course before the route is blocked for the event. Pay attention to where hills are located so you can reserve energy to surge up them.
- Rehearse the race in your head before the event. Look at the route, and visualize yourself along the route.
- Race relaxed. During the race, pay attention to the muscles in your face, shoulders, and arms. Make sure your upper-body muscles are relaxed.

Out of your comfort zone

Much like a car increasing its revolutions per minute (*rpm*), your legs are capable of going faster without increasing the strain you put on them. To increase your walking or running pace:

- Walk or run a certain distance or time at a pace somewhat challenging for you.
- Count every time your left foot hits the ground.
- Rest for a few minutes.
- Repeat the same distance or time again, working to have a slightly higher number of foot hits; even one or two more is an improvement.

Eventually, your overall pace may naturally increase.

“Everywhere is walking distance if you have the time.”

— Steven Wright

Bobbing for apples exercise

The traditional fall festival game of bobbing for apples can be fun, but is not necessarily food-safe. Kids can spread germs easily when they attempt to nab an apple in a container of water using their mouths. Instead, try a new, active version of bobbing for apples.

- Cut out several apples from red construction paper.
- Write activities for kids to do on each apple, such as “5 jumping jacks” or “running in place for 30 seconds.”
- Attach a paper clip to each apple and place the apples in a large basket.
- Tie a magnet to a string or create a fishing pole with a dowel rod, magnet, and yarn.
- Let the children take turns “bobbing” with their magnet and doing the activity written on each apple.
- Give kids a fresh apple for participating in your food-safe version of bobbing for apples.

Source: fightbac.org



Outsmarting cold and flu symptoms

Home remedies for hot flashes

Many women approaching or going through menopause suffer from what are known as hot flashes. Each episode can be brief or last for some time.

There are ways to find relief. To help get through a hot flash:

- Try to avoid things that may trigger hot flashes, such as spicy foods, alcohol, caffeine, stress, or being in a hot place.
- Dress in layers, and remove some when you feel a flash starting.
- Use a fan in your home or workplace.
- Try taking slow, deep breaths when a hot flash starts.

Source: womenshealth.gov

Tooth truths

Keep your teeth healthy and your dentist happy by heeding this simple advice: Limit snacking between meals. And when you do have a need to nibble, opt for nutrition.

Eating patterns and food choices can affect how quickly you may develop tooth decay. Every time your mouth comes into contact with sugars and starches (*think soft drinks and chips, for instance*), your mouth produces an acid that attacks the teeth for 20 minutes or longer. The battle being fought in your mouth eventually leads to tooth decay.

The acid is buffered (*neutralized*) by saliva, so if you have dry mouth syndrome, you should be even more careful with what you eat. The worst sweets are “sticky” sweets (*e.g., hard candy*) that sit on the teeth and dissolve over a long period of time.

Source: American Dental Association

Your doctor can't do much for a cold that you can't do for yourself. Most colds are caused by viruses classified as rhinovirus, and there are no prescription drugs that work against them. You can take steps, however, to reduce your symptoms.

Runny nose

- Hold a hot, damp washcloth to your face for five to 10 minutes. Then, pat your face with a dry towel. This will help ease the pressure in your sinuses.

- Nasal decongestant sprays can help. Don't use them for more than three days in a row, however. If you do, you can get more swelling, bleeding, or a raw nose or throat.

- Don't take antihistamines. They dry up mucus and make it harder to get rid of mucus.

Stuffy nose

- Consuming clear soups, such as chicken soup, and other liquids can help break up stuffiness. Many people prefer warm liquids.

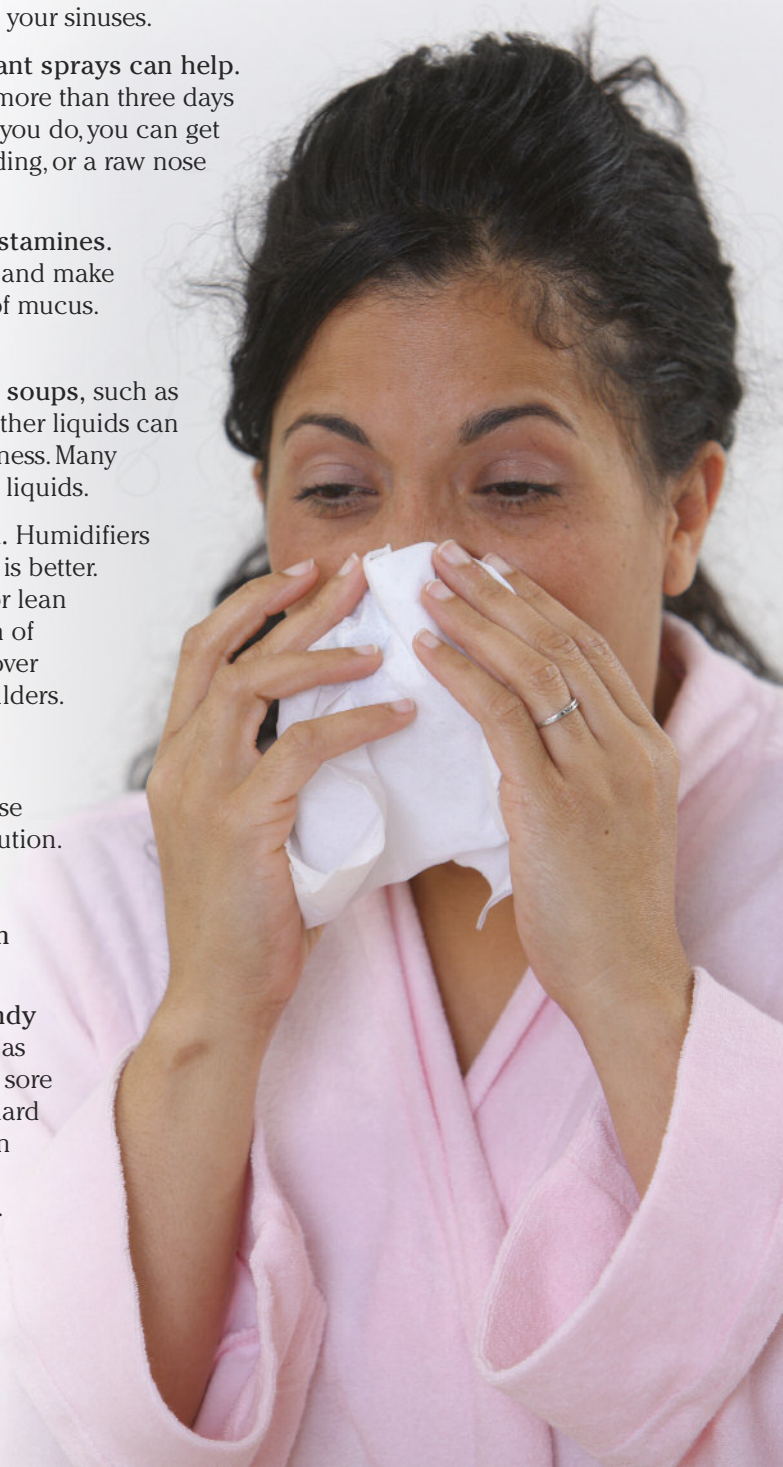
- Breathe in steam. Humidifiers are good, but steam is better. Take a hot shower or lean over a steaming pan of water with a towel over your head and shoulders.

- Try a salt-water (*saline*) nasal spray or a gentle sinus rinse with a salt-water solution.

Sore throat

- Gargle with warm salt water.
- Suck on hard candy but for only as long as you need it for your sore throat. Consuming hard candy long term can negatively affect the health of your teeth.

Source: Centers for Disease Control and Prevention



TheWholeYou EmotionalHealth:

When you just can't throw away anything

With the popularity of TV shows about hoarding, many people jokingly take jabs at themselves and loved ones who just can't seem to part with possessions — no matter how useless they may be. Hoarding can be a real problem for many people, however.

Q: What is compulsive hoarding?

A: Compulsive hoarding is a disorder that involves accumulating so many things that the resulting clutter makes parts of the living space unusable.

Q: What are the signs/symptoms of compulsive hoarding?

A: Accumulating and not throwing away a large number of items that most people think are not worth very much, if anything. These possessions clutter the living space, making it difficult, if not impossible, to use the room for anything other than to hold the clutter. Hoarding behavior also interferes with a person's daily functions.

Clutter is a symptom, not the problem. People who hoard form powerful attachments to objects.

Compulsive hoarding is a disorder. If you think that you have a hoarding problem, you may want to seek help from a mental-health professional.

Source: Marla W. Deibler, PsyD, hoarding specialist and contributor to "Hoarders" on A&E and TLC's "Hoarding: Buried Alive"



How parents can survive teen dating

Here are some commonly suggested dating guidelines for teens:

- Group or double dating after age 14, but no dating one-on-one until after age 16.
- No dating on school nights.
- Curfew on weekends (*Friday and Saturday*) should be no later than midnight.
- No alcohol until kids are of the legal age. Make sure there won't be alcohol at a party.
- Be very careful about letting your teens be driven by a teen driver.
- Drop off your teens at the place they're having their dates, and pick them up again.
- Find out about the families of the people your teens are dating.
- Ask where your teens are going and make sure an adult you trust is present.
- Talk to your teens about sex and alcohol. On average, American youth have sex for the first time at about age 17, while 26% of U.S. youth ages 12 to 20 have begun to drink alcohol.

Source: Carole Lieberman MD, MPH

Beyond the boiling point

Stress is part of everyday life, but too much stress for too long can be bad for your health.

Warning signs of too much stress

- Headaches
- Grinding teeth
- Shoulder, neck, or back pain
- Feeling tired all the time
- Upset stomach or heartburn
- Sweating a lot
- Uneven or fast heartbeat
- Getting sick a lot
- Feeling worried or depressed
- Smoking or drinking more
- Eating too much or too little
- Anger, feeling impatient, or a bad temper
- Inability to think clearly, or continually forgetting things
- Trouble sleeping



For simple ways to reduce stress,
go to Oct.HopeHealth.com

Source: Hope Health "Handling Stress"
Quick-Read™ brochure



The lowdown on layaway plans

A shopping strategy invented during the Great Depression has been making a comeback in recent years. Many retailers have resurrected layaway plans — allowing customers to put items on hold and make payments until the items are paid in full.

The benefits of layaway

- **Secure an item** — even if you don't have all the money to pay for it. Shoppers can put down a small deposit on items held for a period of time (*60 days is common*). This means you can get this year's must-have holiday gifts before they are snatched up.
- **No interest** — Unlike credit cards, layaway programs neither charge interest nor require a good credit score to participate.

The drawbacks of layaway

- **Not always free** — Some stores charge a small fee when you put an item on layaway, and may charge a fee if you miss a payment or don't pay off items on time. Stores also have the use of your funds and any interest they produce while you save for a purchase.
- **Limitations** — Some stores may not allow certain items — such as computers or food — to be put on layaway.

Not all stores offer layaway plans. You will need to ask each store's customer service department whether layaway is available, and if so, what the rules are.



How to save a bundle for that bundle of joy

Avoid a new parent financial panic by finding simple ways to save when and where you can.

- **Groceries** — Go for generic — often the store label is just as nutritious but cuts out the costs of the middleman.
- **Utility bills** — Commit to only running full loads of laundry to save on water and energy. Also consider adjusting your thermostat by three degrees to save up to 20% on your home energy bills.
- **Monthly services** — Review your TV cable package and consider trimming it.

5 things to do instead of spending money

1. **Get organized.** Throw away or file old paperwork and other paper items, clean your computer's hard drive, and/or find a permanent, out-of-the-way place for anything lying around the house.
2. **Treat yourself to a spa day** — at home. Use cooled morning coffee grounds as a full-body exfoliator, soak your feet, put a warm washcloth over your face, and turn on relaxing music.
3. **Repair instead of replace.** Do you really need a new faucet, or could you switch out a leaky seal?
4. **Come up with new outfit combinations.** If you're tired of your attire, pull out your clothes and come up with new ways to wear items. You may have more outfits than you realize when you pair pieces in new ways.
5. **Rearrange your house.** Freshen up the look of any room by moving around furniture and wall décor.

IssueInsight: Making sense of mammograms

October is National Breast Cancer Awareness Month.



Tool Box Your Source for Cool Tools & Resources

Most breast cancers are treatable as long as they are detected early enough. One of the best ways to catch cancer early is through a mammogram.

Q: What is a mammogram?

A: A mammogram is an X-ray image of the breast. Screening mammograms usually involve two X-ray pictures of each breast. The X-ray images make it possible to detect tumors that cannot be felt. Mammograms are also used to check for breast cancer after a lump or other sign or symptom of the disease is found. This type of mammogram is called a diagnostic mammogram.

Q: How are screening and diagnostic mammograms different?

A: Diagnostic mammograms take longer than screening mammograms because more X-rays are needed to get views of the breast from several angles.

The National Cancer Institute recommends women age 40 or older have screening mammograms every one to two years.

Women who are at higher than average risk of breast cancer (for example, because of a family history of the disease or because they carry a known mutation in either the *BRCA1* or the *BRCA2* gene) should talk with their health-care providers about whether to have mammograms before age 40 and how often to have them.



Source:
National Cancer
Institute

Go to Oct.HopeHealth.com to find:

- More information on retail clinics and simple ways to reduce stress
- A video on the importance of mammograms
- An inspirational weight-loss story
- Crossword Workout answer key



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Morbidly obese woman melts away weight and helps others to do the same

Kim Bensen was morbidly obese for most of her adult life. At her heaviest, she tipped the scales at 350 pounds. In 2001, she tried one more time to lose weight. In two years, she lost more than 200 pounds using her own strategy. She's kept her excess weight off for 10 years.



Get the rest of the story at:
Oct.HopeHealth.com

The information in this publication is meant to complement the advice of your health-care providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

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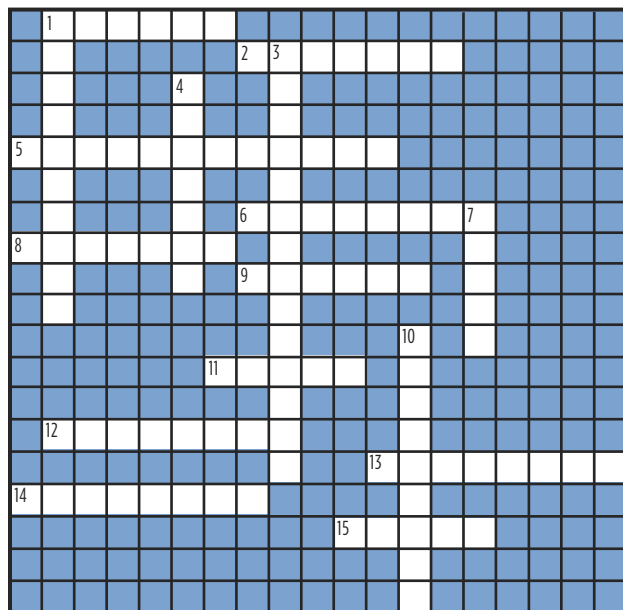
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Crossword Workout — Find out how well you know the health topics covered in this issue of the newsletter.



ACROSS

1. A seed common in Asian foods and as a topping for bread
2. A payment plan that allows customers to put items on hold and make payments until the items are paid in full
5. A type of medical facility found in a pharmacy (*two words, no space*)
6. Suggested curfews on weekends for teens who date
8. Most colds are caused by _____.
9. The worst type of sweets for teeth
11. Avoid this type of food if you're prone to hot flashes
12. A warning sign of too much stress
13. A compulsion that involves accumulating so many things that the resulting clutter makes parts of the living space unusable

14. A regular walking routine may help to reduce the risks for developing this disease

15. At what age (*spelled out*) a woman should begin having mammograms

DOWN

1. The temperature to which you can heat an oil without breaking down its flavor and nutrients (*two words, no space*)
3. Taking these types of medicines may dry up mucus, making it harder to get rid of the mucus
4. While running, keep your upper-body muscles _____
7. Adjusting your thermostat by this many degrees (*spelled out*) may save up to 20% on home energy bills
10. One of the best ways to detect breast cancer early



For the crossword puzzle answer key, go to Oct.HopeHealth.com

Your Health Matters:

Let the countdown to the holidays begin

The year will be over before we know it. Between now and then, many people will focus on holiday shopping. It's not too early to start a financially smart spending strategy. Take the month of October to come up with — and begin — a prudent plan.

Oct 1 – 7: Write down a list of everyone to whom you want or need to give a gift. Think family, friends, service providers, and perhaps people at work.

Oct 8 – 14: Figure out a budget. How much do you want to spend totally and specifically on each person?

Oct 15 – 21: Brainstorm gift ideas to come up with meaningful presents for each person. Be creative. Check out Websites such as Pinterest to find items you may be able to make yourself.

Oct 22 – 31: Start tackling your gift shopping/making list. Break down the list into groups of people and chip away at it each week until the holidays. You have roughly eight weeks. If you have 25 people on your list, that means you'll be working on gifts for three to four people per week.



Weight control: Walk your way to wellness

A regular walking routine can do wonders for your wellness efforts. Need a reason to take more steps each day? Regular physical activity such as walking 20 to 30 minutes a day most days of the week may:

- Reduce the risk for dying prematurely
- Reduce the risk for developing diabetes
- Help control weight
- Reduce the risk for dying from heart disease
- Promote psychological well-being
- Reduce the risk for developing colon cancer
- Help reduce blood pressure in people with high blood pressure
- Reduce the risk for developing high blood pressure
- Reduce feelings of depression and anxiety
- Help build and maintain healthy bones, muscles, and joints
- Help older adults become stronger and better able to move without falling

Source: Centers for Disease Control and Prevention



“Jumping for joy is good exercise.”

— Author Unknown

“It doesn't hurt to be optimistic. You can always cry later.”

— Lucimar Santos de Lima

“The best angle from which to approach any problem is the try-angle.”

— Author Unknown

“People are always asking about the good old days. I say, ‘Why don't you say the good now days?’”

— Robert M. Young