



HOPE Health Letter

"Life Is a Journey. Have Some Fun."

Volume 35 • Number 11 • November, 2015

“Relationships are very precious, take care of them, because it is most painful for you, when a person you know becomes a person you knew.”

— Nishan Panwar

Cultivate connections — Spend time tending to your relationships

Make life
enriching for
yourself and others
Continued inside.

Learn more about nurturing relationships.

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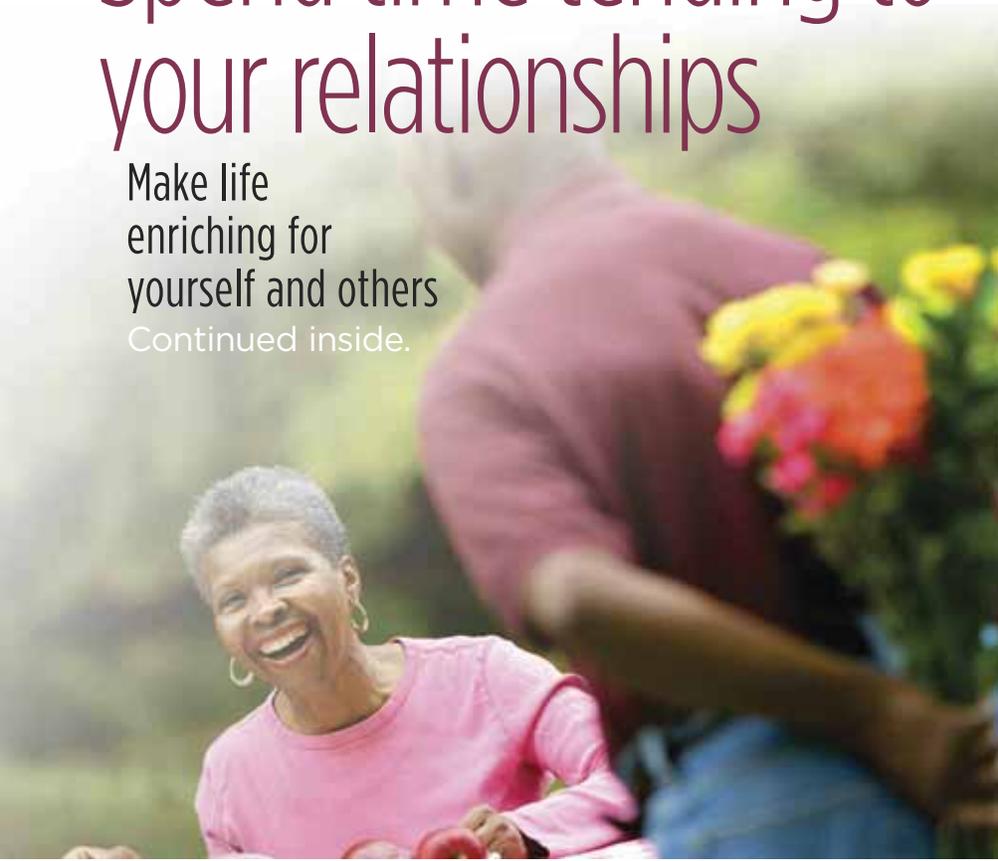
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“We should look for someone to eat and drink with before looking for something to eat and drink.”

— Epicurus

Talk turkey with experts to ensure your Thanksgiving centerpiece is sensational

Have a question about how to safely store, handle, and prepare your Thanksgiving turkey? Answers are just a quick call away. The USDA Meat and Poultry Hotline (*toll free*) is open year-round 10 a.m. until 4 p.m. (ET), Monday through Friday, to provide information on meat, poultry, and egg products. Simply call 1-888-674-6854. Have a question after hours? No worries. Recorded food safety messages are available 24 hours. You can also check out Nov.HopeHealth.com/turkey.

Become a sugar sleuth by identifying common aliases

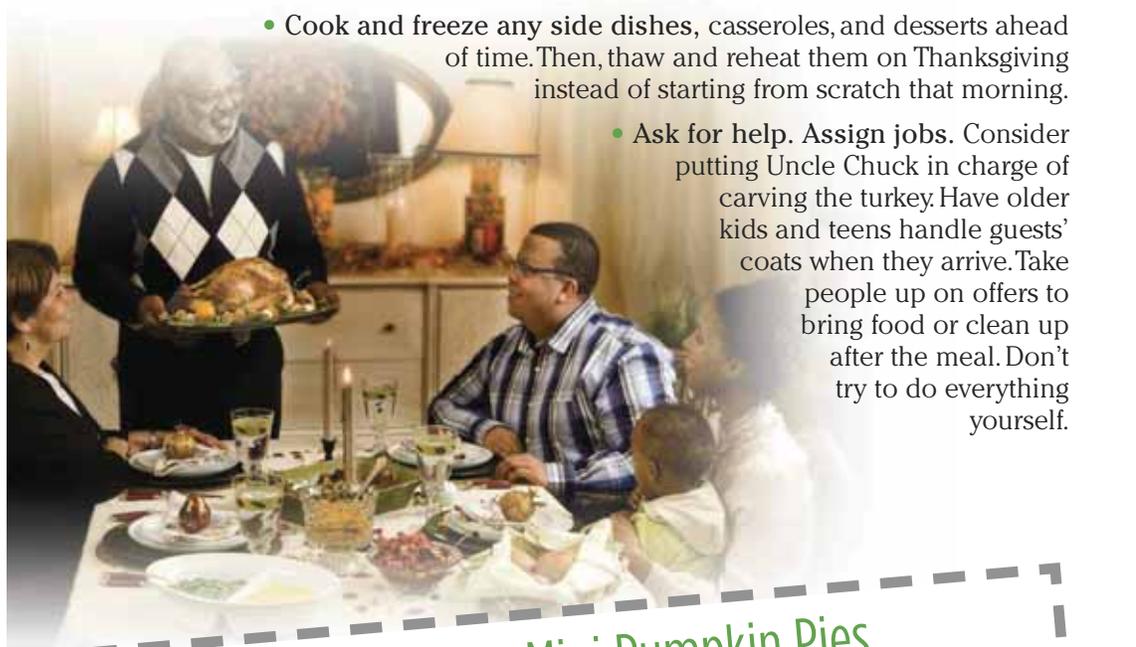
Most prepackaged foods contain more added sugar than you may realize. That's because sugar may go by various names on the nutrition label. Here are some sugar synonyms: corn sweetener, corn syrup, fruit juice concentrates, high-fructose corn syrup, honey, molasses, sugar molecules ending in “ose” (*dextrose, fructose, glucose, lactose, maltose, sucrose*), and syrup. For more on sugar, go to Nov.HopeHealth.com/sugar.

OuterAisleFresh: Nurturing Relationships

Stress less to be the Thanksgiving host or hostess with the mostest

Hosting this year's get-together? Here are things to keep in mind to keep your sanity before, during, and after the celebration.

- Invite guests early and set an RSVP date so you know how much food to buy/order and where you'll seat everyone. Extend invitations at least two weeks in advance with an RSVP date a week before the big day.
- Decide on what you'll serve and how you'll serve it well in advance. If you're considering a new dish or two, try them ahead of time to be sure you can make them and they taste good. Think about any guests' special dietary needs/wants. Does Aunt Debbie have diabetes? Is Uncle Vic vegetarian? Also, plan how you'll serve the meal — buffet style or family, pass-the-platter style.
- Cook and freeze any side dishes, casseroles, and desserts ahead of time. Then, thaw and reheat them on Thanksgiving instead of starting from scratch that morning.
- Ask for help. Assign jobs. Consider putting Uncle Chuck in charge of carving the turkey. Have older kids and teens handle guests' coats when they arrive. Take people up on offers to bring food or clean up after the meal. Don't try to do everything yourself.



Crustless Mini Pumpkin Pies

Heat oven to 375°F. In a large bowl, combine sugars, cinnamon, ginger, nutmeg, and allspice. In a separate large mixing bowl, combine pumpkin, milk, egg whites, and vanilla; whisk until smooth. Pour dry mixture into wet mixture; stir until just moistened. Pour into eight greased ramekin dishes (*small ceramic or glass dishes for baking and serving individual portions of food*) and bake 20 to 30 minutes, until filling is set in the center when jiggled. Cool before serving.

Serves 8. Per serving: 130 calories, 0.3 g fat (0.2 g saturated fat), 1 mg cholesterol, 92 mg sodium, 31 g carbohydrates, 6 g protein



Jogging is very beneficial. It's good for your legs and feet. It's also very good for the ground. It makes it feel needed.

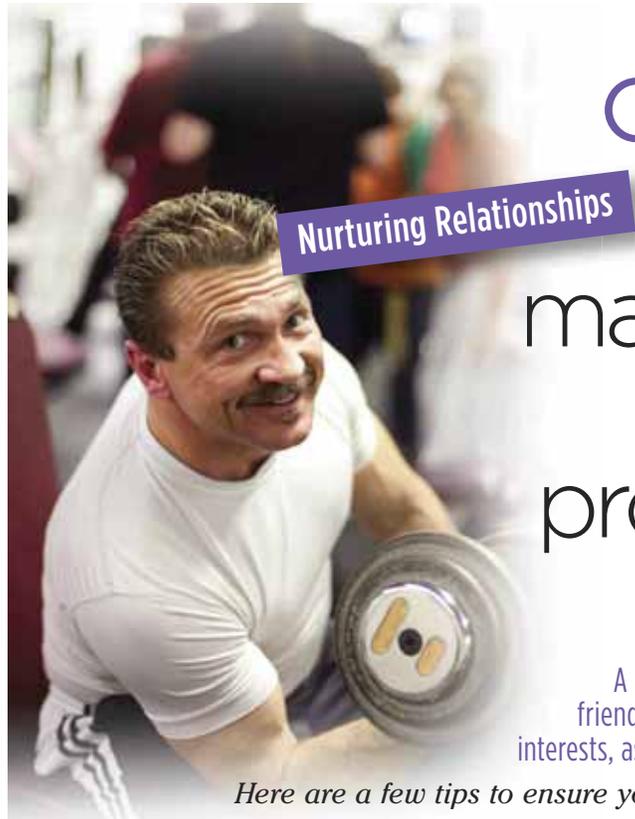
—Charles M. Schulz

'Coupon' to encourage exercise

The American Council on Exercise offers, for free, FitGift Coupons. You can download books of coupons to print or send individual coupons via email. The coupons are meant to inspire friends, family, or colleagues — whether it's to include specific exercises in that day's workout, indulge in a new healthful smoothie recipe, or try a new class. To download the coupons, go to Nov.HopeHealth.com/coupons.

Be a smart, skeptical, exercise-equipment shopper

Looking for a convenient way to get fit, and your interest is piqued by a new product on the market? According to the American Council on Exercise, be cautious of products that claim to burn extra calories with little effort, burn more calories than similar products, and/or provide suspicious testimonials. For unbiased exercise-equipment reviews, go to Nov.HopeHealth.com/exercise-reviews.



GetMoving:

Fit in and make fitness pals with proper gym etiquette

A gym can be a great place to make new friends who share common physical-activity interests, as long as you make a good impression.

Here are a few tips to ensure you don't annoy other gym goers.

- 1. Be polite.** Try not to linger on machines, blare your music, sing, grunt excessively, or talk loudly on your cell phone.
- 2. Practice good hygiene.** Wipe your sweat off equipment when you're finished with it.
- 3. Restack weights.** Leaving others to remove weight plates from machines or put away free weights could place them at risk for injury.
- 4. Stay back as a group-exercise newbie.** Joining a new class with intricate choreography? Stay toward the back of the room to let the experienced exercisers work out near the front. Whether new or experienced, respect the space of classmates by keeping your arms and legs at a sensible distance from others.

Source: *The American Council on Exercise*

Start a new Thanksgiving tradition: Run or walk a Turkey Trot

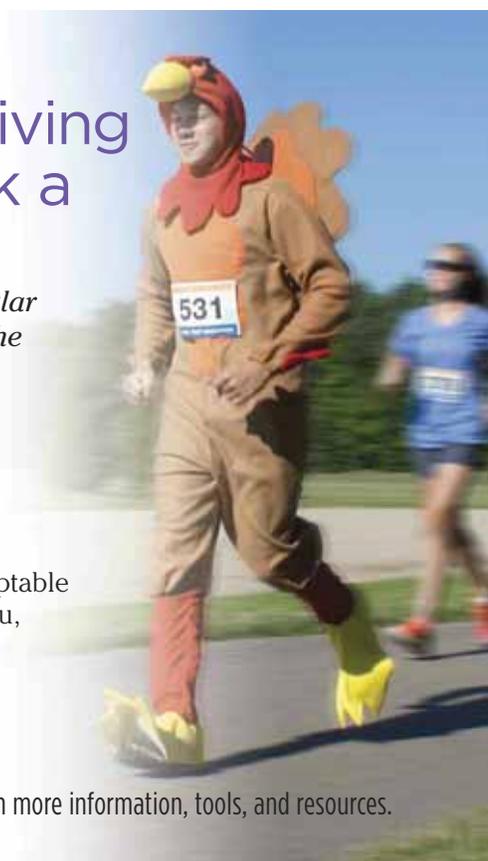
Thanksgiving Day has become the most popular holiday for recreational distance running in the United States, according to Running USA.

The number of finishers in Thanksgiving Day running races increased 118% in five years.

- 400,000 in 2008
- 870,000 in 2013

You don't have to run. Walking is a perfectly acceptable pace for the event. To locate a Turkey Trot near you, go to Nov.HopeHealth.com/turkeytrot.

Sources: *Running USA; Wall Street Journal*



“The good physician treats the disease; the great physician treats the patient who has the disease.”

— William Osler

Make your car road-ready by being prepared for any scenario

Every vehicle should have an emergency supply kit located in the trunk. Does yours? To learn what you should include in a kit, go to Nov.HopeHealth.com/carkit.

Be sure to check your kit every six months and replace items to keep the kit up to date.

Can't remember when you replaced your toothbrush? Then, toss it.

Replace your toothbrush every two to three months or following a sickness. Researchers have found that thousands of microbes grow on toothbrush bristles and handles. Most are harmless, but others can cause cold and flu viruses, the herpes virus that causes cold sores, and bacteria that can cause infections. For more on dental health, go to Nov.HopeHealth.com/toothbrush.

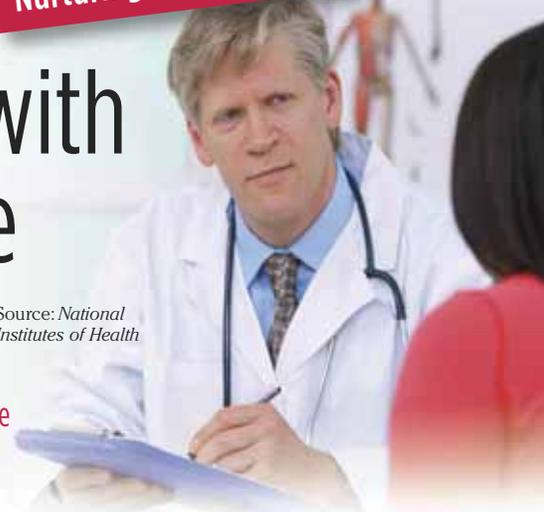


The Whole You: PHYSICAL HEALTH

Doc talk: Make conversations with your healthcare provider count

Nurturing Relationships

Source: National Institutes of Health



Your health is important, actually critical, so make sure you have an open and honest relationship with your healthcare provider(s) and that you're prepared before and during any medical appointments.

- Write a list of questions and concerns before your appointment.
- Think about bringing a close friend or family member with you as an extra set of ears.
- Take an updated list of your prescription medications with you.
- Tell your doctor how you feel, even if things seem unimportant or embarrassing.
- If you don't understand what your provider says, ask questions until you do.
- Take notes, or ask a friend or family member to take notes for you.
- Ask for any handouts or printed materials that your provider may have about what he or she is going over.
- Find out the best way to contact your provider (*by phone, email, etc.*) if you have any questions or concerns after the appointment.
- Tap into other good sources of information, too, such as nurses and pharmacists.
- Ask for copies of test results and reports from scans and health-screening exams.

For more on how to best talk with your doctor, go to Nov.HopeHealth.com/doctalk.

Controlling diabetes could save you more than a few dollars

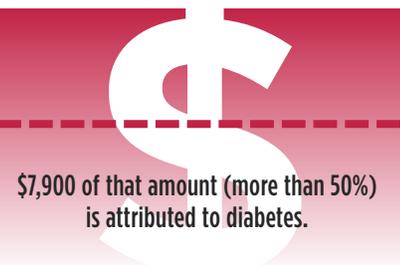
Type 2 diabetes diagnoses are on the rise. The cost of dealing with the disease can really add up. Take a look.

People with diagnosed diabetes, on average, have medical expenses about 2.3 times higher than if the individuals did not have diabetes.

The good news: You can make lifestyle changes to reduce or reverse many of the issues related to diabetes. Go to Nov.HopeHealth.com/diabetes to learn more.

Source: American Diabetes Association

A person with diagnosed Type 2 diabetes spend about \$13,700 a year in medical costs.



“If you were going to die soon and had only one phone call you could make, who would you call and what would you say? And why are you waiting?”

— Stephen Levine

Start a meal train for someone in need

Some Websites (*often for free*) provide access to online meal calendars to organize meal-making efforts for friends or family in need. These sites allow you to invite people to participate using email or Facebook and send out email reminders. Check out Nov.HopeHealth.com/meals.

Make sure older loved ones are eating... and eating right

In the United States, about 3.7 million older adults are malnourished. Malnutrition happens when someone doesn't have enough food or doesn't eat enough healthful foods. Health problems, medications, and low incomes can affect the amount and type of food that older adults eat. Regularly check the refrigerator and pantry to find out the amount and type of food your loved one has on hand. Also, visit during mealtimes so you can observe eating habits. For more on providing care to aging adults, go to Nov.HopeHealth.com/caregiving.

Source: *American Academy of Family Physicians*

The Whole You: Emotional/Mental Health

Match your mental-health needs with the right therapist

Source: *National Alliance on Mental Illness*

When you need mental-health help, finding the right provider is crucial. Several professions can provide mental-health services. Each title has its own training and area of expertise.

Nurturing Relationships

Title	Degree/Certification	Services
Psychiatrists	<ul style="list-style-type: none"> • Doctor of medicine (<i>MD</i>) or • Doctor of osteopathy (<i>DO</i>) • At least four additional years of specialized study and training in psychiatry 	<ul style="list-style-type: none"> • Conduct medical and psychiatric evaluations • Treat psychiatric disorders • Provide psychotherapy • Prescribe and monitor medications
Psychologists	Doctoral degree (<i>PhD, PsyD, or EdD</i>) in: <ul style="list-style-type: none"> • Clinical • Educational • Counseling • Research 	<ul style="list-style-type: none"> • Provide psychological testing • Treat emotional and behavioral problems and mental disorders • Provide various psychotherapeutic techniques
Social workers	Have either a: <ul style="list-style-type: none"> • Bachelor's degree (<i>BA, BS, or BSW</i>) • Master's degree (<i>MA, MS, MSW, or MSSW</i>), or • Doctoral degree (<i>DSW or PhD</i>) 	Provide services based on their level of training and certification — <ul style="list-style-type: none"> • Bachelor's: might provide case management, inpatient discharge, planning services, placement services, and various daily living needs services for individuals • Master's and doctoral: may assess and treat psychiatric illnesses
Licensed professional counselors	Master's degree (<i>MA or MS</i>) in psychology, counseling, or other mental-health related fields	<ul style="list-style-type: none"> • Assess and diagnose conditions • Provide individual, family, or group therapy
Peer specialists	Certification typically occurs on a state-by-state basis	<ul style="list-style-type: none"> • Provide “have been there” perspective in individual, family, or group therapy

Passengers: You can help prevent distracted driving

According to the AAA Foundation for Traffic Safety, which looks at distracted driving, passengers are one of the most frequently reported causes of distraction.

Instead of being a distraction, promote protection and prevention. Whether you're riding shotgun or in the backseat, you can do your part to keep a vehicle's driver focused on the road.

- Read maps and road signs.
- Answer a driver's cell phone, if necessary.
- As a front-seat passenger, control ventilation, temperature, and background music.
- Avoid arguments with the driver.

Source: *End Distracted Driving*



“Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.”

— Oprah Winfrey

Don't get duped by the definition of due date

For a credit-card payment to be on time, the credit-card company must receive your payment on or before the due date and by the time stated on your bill. If the bill does not state a time, then your payment is on time if the credit-card company receives it by 5 p.m. on the due date. The 5 p.m. deadline is measured in the time zone in which the payment is received, which may not be your time zone. For other credit-card terminology, go to Nov.HopeHealth.com/ccterms.

Learn and try to apply the 50/30/20 rule

To follow this budgeting concept:

- 50% of your monthly income should go toward fixed expenses, such as housing and utilities
- 30% toward variable expenses, such as food, clothing, entertainment, and travel
- 20% toward savings and debt reduction

Crunch the numbers to determine what your financial figures *should* look like. For a budgeting worksheet, go to Nov.HopeHealth.com/budget.

FiscalFitness:

Mind your money manners

Nurturing Relationships

Money doesn't have to be a taboo topic, but you should follow some basic etiquette rules.

It's fine to talk about financial issues in general, such as saving and investing strategies you've heard or read about, how the local real-estate market is doing, etc. Shy away from asking about or sharing specific personal financial figures with anyone other than those closest to you, such as a spouse and/or financial advisor/accountant. Some of these more sensitive areas include:

- How much money you or the other person makes
- How much was paid for big-ticket items, such as cars and homes
- How much money is in savings and retirement accounts

If someone asks about specific, personal money matters, firmly, but politely, say, "I only share personal financial information with my accountant and/or spouse/partner," and change the subject.



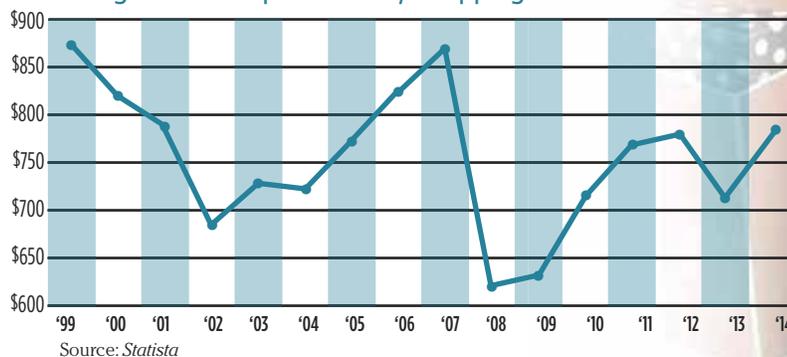
Head into holiday shopping season with a plan and stick to it

Before trekking out to the mall or planting yourself in front of the computer for some cybershopping, figure out how much you can spend and still be financially fit.

Here's a look at the averages that U.S. consumers thought they would spend during the last several years. Don't shoot for the average or try to out do it. The key is to ask, "How much can I reasonably afford?" Then, don't go over that amount.

For money-smart shopping tips, go to Nov.HopeHealth.com/shopping.

Average Amount Spent Holiday Shopping



“In autumn, don't go to jewelers to see gold; go to the parks!”
— Mehmet Murat ildan

Help yourself. Help others. Help defeat depression.

If you feel overwhelmed, depressed, or unable to do things you once enjoyed, it may be time to check into your emotional health. If you are concerned about yourself or someone you love, take a few minutes to complete an anonymous self-assessment at Nov.HopeHealth.com/depression.

Honor veterans

Veterans Day is Nov. 11. Saying thank you is only the start of how we can honor those who have fought for our country. There are many other ways you can support those who have protected us. For more information, go to Nov.HopeHealth.com/veterans.

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

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What's Trending Now: Germs like hand dryers more than paper towels

As we head into cold and flu season, here's a news nugget you might want to know about: Air-blown hand dryers in public restrooms may spread more germs than paper towels, according to one study.

Researchers had volunteers with harmless bacteria on their hands use warm-air dryers, high-powered “jet-air” dryers, or paper towels to dry their hands. The investigators then measured airborne bacteria levels.

Bacteria levels in the air around jet-air dryers were 4.5 times higher than around warm-air dryers and 27 times higher than around paper towel dispensers. What's more, the bacteria lasted longer in the air around hand dryers. Investigators collected 48% of the bacteria around hand dryers more than five minutes after use, and the bacteria could still be detected 15 minutes after use.

For more on proper hand washing, go to Nov.HopeHealth.com/handwashing.

Source: *University of Leeds*



Quitting smoking snuffs out many health problems over time



The Great American Smokeout is Nov. 19. Smokers are encouraged to use the date to make a plan to quit, or to plan in advance and quit smoking that day. Here are the health benefits you can expect in just the first year.

- 20 minutes after quitting — Your heart rate and blood pressure drop.
- 12 hours after quitting — The carbon monoxide level in your blood drops to normal.
- 2 weeks to 3 months after quitting — Your circulation improves and your lung function increases.
- 1 to 9 months after quitting — Coughing and shortness of breath decrease; cilia (*tiny hair-like structures that move mucus from lungs*) start to function normally, increasing the ability to handle mucus, clean the lungs, and reduce infection risk.
- 1 year after quitting — The extra risk of coronary heart disease is half that of a continuing smoker's.

For more on quitting smoking, go to Nov.HopeHealth.com/smokefree.

Source: *American Cancer Society*

Your Health Matters:

The smart way to get into the holiday-shopping mode

November ushers in the big shopping season for the year. So you don't suffer from plastic panic when your credit-card bills come in January, come up with a smart spending strategy now.

Nov 1 – 7: Make a list of everyone to whom you would like to give a holiday gift. Think about and work on your list throughout the week so you don't forget about someone.

Nov 8 – 14: Set a realistic budget for the total amount you should spend and decide how much to spend on each person. Also, figure out what you would like to give everyone.

Nov 15 – 21: Do research into where you could buy what. Also, could you make some gifts yourself? If so, look into what supplies and how much time you would need.

Nov 22 – 30: Start shopping for and making gifts. Create a schedule for the next month, designating specific times for your gifting tasks.



Stocking Your Toolbox:

Your Source for Cool Tools & Resources

Check out Nov.HopeHealth.com for a ton of useful well-being information. In addition to the links included throughout the newsletter, here's what else you can find online in handy, downloadable PDFs that you can print and/or share:

- **Pairing Up Your Vegetables & Herbs** — Herbs can make healthful vegetables even tastier. But, how do you know which herbs go with which vegetables? This chart includes some of the most popular vegetables and suggests herbs you might want to add.

- **TV Workout Schedule** — You don't have to give up tube time to tone up. Use commercial breaks as mini exercise sessions. Discover some no-equipment-required moves to get in physical activity without leaving your family room.

- **Advantages & Disadvantages of Debit & Credit Cards** — The holiday shopping season will start soon. Before heading to the stores and whipping out the plastic, learn the advantages and disadvantages of two common forms of payment.

HOPEHealthInfo: Until next issue

Thanksgiving Day is the 26th of this month. At this time of year, many people start to think more about what they should be grateful for in their lives. That's a good thing, but what about the other 11 months of the year? Shouldn't we all be grateful every day?

Get in the habit of starting and ending each day by listing a few blessings you are fortunate to have in your life. Think big and small — from important relationships with other people to simple pleasures, such as having a full belly and a bed in which to sleep. When you focus on the positives in your life, you may improve your mood and appreciate life more.

Until next issue, reflect on everything you have to be thankful for and get in the habit of thinking about your blessings at least twice a day.

Scan this Quick-Response Code with your smartphone.

