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When it comes to protecting your skin from the sun do you think about your hands? Unless you always wear gloves, your hands receive a tremendous amount of sun exposure over time. This can cause visible skin changes linked with ageing including wrinkles, brown spots, and leathery skin. So don't forget to apply sunscreen on your hands when you are out in the sun.



How can you keep healthy and avoid seasonal affective disorder (SAD) during the cold winter months when everyone seems to have the flu and a diet of healthy salads, rich in vitamins and minerals, doesn't seem so appealing? Here are some winter health tips to help get you through to spring in good shape.



Eat a healthy diet with lots of fresh fruit and vegetables. Hearty home-made vegetable soups are great for cold days. This not only provides vitamins that aid the immune system, but these foods are also rich in anti-oxidants, substances known to counteract the effect on the body of free radicals (this may help to prevent some cancers). A daily vitamin and mineral supplement is a good idea, but it's no substitute for those obtained in fresh foods.

Watch that you don't gain extra pounds due to over-eating the wrong foods. Comfort foods in moderation are fine, but in winter it is tempting to over indulge. If you need to lose weight, choose a well balanced diet such as Weight Watchers, rather than a fad diet.



Have an exercise routine - don't turn into a couch potato just because the temperature drops a few degrees. Put on your thermals and get out there or take up an indoor sport such as dancing. If you really can't get out, open the windows each day to freshen the air.

Get plenty of rest. Getting overtired can deplete your immune system leaving you open to infections. If you are having difficulty sleeping, look for herbal sleep remedies.

Prevention is better than cure so ask your GP about getting a flu shot - they are not just for the elderly. Influenza is debilitating viral illness for the healthiest of us. Thousands of work hours are lost annually due to influenza. Don't wait for the flu season to start before vaccination; go towards the end of autumn.

If you catch a common cold take a zinc, vitamin C and Echinacea preparation to help reduce the duration of symptoms. Cold & flu preparations are available from pharmacists to reduce runny noses and fevers. Discard used tissues directly into a bin to prevent spreading the virus to other family members (it is spread in droplets).



Don't demand or take antibiotics for a cold or flu - these illnesses are caused by viruses and cannot be treated with antibiotics. Antibiotics are only used to treat infections caused by bacteria. Unnecessary prescriptions of antibiotics contribute to the deadly antibiotic-resistant strains of bacteria that we hear so much about. (It should be noted that antibiotics may be appropriate to prevent secondary bacterial infections in some people e.g. the very young or elderly).

Don't hide away because it is winter, especially if you don't socialize by going out to work. At first it may not seem like a big deal, but it can become isolating and contribute to feelings of depression.

Beat the winter blues. According to The National Organization for Seasonal Affective Disorder (NOSAD) Seasonal Affective Disorder (SAD) is a type of winter depression which affects millions of people every winter, especially during December, January and February. If you think that you may suffer from SAD (seasonal affective disorder), try to get out in the daylight for a while each day. If possible get some winter sun. Alternatively you might consider light box therapy.



Look forward to spring. Plan a new you, new goals and some enjoyable activities to look forward to.



Studies that have found that flossing can protect against heart disease and strokes. They showed that people with unhealthy gums have more overall body inflammation, which is a predictor for heart disease, high cholesterol, and strokes. So make sure to brush and floss every day.

Heart Disease and Women



Heart disease is the number one killer of American women, claiming the lives of one in three women. Heart disease can also lead to significantly decreased quality of life. The major risk factors for heart disease include high blood pressure, high blood cholesterol, being overweight, physical

inactivity and smoking. All of these are controllable, and becoming educated about the normal ranges of these heart-health indicators can help women make adjustments leading to better health. Other risk factors include diabetes, family history of heart disease and age. Here are some health tips from

the National Heart, Lung and Blood Institute (NHLBI) of the National Institutes of Health that may help women prevent heart disease:

- Don't smoke. Recent research has shown that smokers are likely to have a coronary event at least 10 years sooner than non-smokers – regardless of the presence or absence of other major risk factors, and that deaths dropped by 36 percent among those who'd stopped smoking.
- Eat for heart health. If you have high blood pressure or high cholesterol, follow an eating plan low in saturated fat and

cholesterol, and limit your intake of salt and other forms of sodium. Those with high cholesterol should increase their intake of soluble fiber and cholesterol-lowering foods; those with high blood pressure who drink alcoholic beverages should do so in moderation.

- Be physically active. Regular physical activity helps prevent and control heart disease and its major risk factors. Aim for a healthy weight. If you are overweight, aim to lose no more than ½ to 2 pounds per week.

Information courtesy of The NHLBI

Need a snack to get you through to the next meal? Try one of these 100 calorie snacks. They will fill you up and won't ruin your diet.

***Half an apple with 2 teaspoons of peanut butter**

***An orange and a few dry-roasted nuts**

***10 cashew nuts or almonds**

***4 mini rice cakes with 2 tablespoons low-fat cottage cheese**

***3 ounces low-fat cottage cheese and 3 whole-wheat crackers**

***1/4 cup fat-free ranch dressing with mixed raw veggies**

***6 Wheat Thins crackers with two teaspoons of peanut butter (or any nut butter)**

***1/3 cup of unsweetened applesauce with 1 slice of whole-wheat toast, cut into 4 strips for dunking**

***1/2 cup frozen orange juice, eaten as sorbet**

***3 handfuls of unbuttered popcorn, seasoned with herbs**

*** 4-6 ounces of no-fat or low-fat yogurt**

National Blood Donor Month



January is National Blood Donor Month. It is usually a difficult month for blood

donations due to fewer people donating during the holidays, poor weather, and more people getting sick. But the need doesn't stop. Hospitals and emergency treatment facilities need blood every day to save the lives of accident victims, treat patients with cancer and other diseases, as

well as those undergoing routine surgeries. Now is an important time to give the gift of life and encourage others to donate as well. There is a continuous need for blood and most individuals do not realize that donated blood has a short shelf life - approximately 42 days for red blood cells - which means our blood supply must constantly be replenished. Donors can give blood every 56 days, or six times a year. If you are at least

17 years of age (some states permit younger people to donate with parental consent), weigh at least 110 pounds, and are in good health, you may be eligible to donate blood. Most blood banks have no upper age limit. All donors must pass the physical and health history examinations given prior to donation.

Please contact The American Red Cross at: 1-800-GIVE-LIFE or www.redcross.org

Cut Calories Painlessly

The holidays are over and maybe you had a little to much to eat this holiday season. If your looking for a few easy way's to cut back on calories and trim off a few pounds here are a few simple suggestions to get you started:

In your coffee: *Instead of:* 2 tsp. sugar (30 calories) *Try:* 2 tsp. sugar-free sweetener (0 calories)

Instead of: 2 Tbsp. half-and-half (40 calories) *Try:*



2 Tbsp. reduced-fat milk (15 calories)

On a sandwich: *Instead of:* 1 Tbsp. mayonnaise (100 calories) *Try:* 1 Tbsp. low-fat mayonnaise (50 calories) or 1 Tbsp. mustard (15 calories)

On a bagel: *Instead of:* 2 tsp. butter (72 calories) or 2 tsp. stick margarine (66 calories) *Try:* 2 tsp. cream cheese (33 calories) or 2 tsp. nonfat cream cheese (25 calories) or 2 tsp. all-fruit jam (35 calories)

On a salad: *Instead of:* 1 Tbsp. creamy dressing (80 calories) *Try:* 1 Tbsp. vinaigrette dressing (40 calories) or 1 Tbsp. fat-free dressing (10 calories)

Sweet snacks: *Instead of:* 1 candy bar (150 calories/oz.) *Try:* 1 granola bar (110 calories/oz.) or 1 banana (26 calories/oz.)

Salty snacks: *Instead of:* potato chips (140 calories/oz.) *Try:* baked chips or pretzels (110 calories/oz.) or unbuttered popcorn (80 calories/oz.)

