



VIP: Healthy VIEWS

WINTER 2017

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Dress for cold-weather success

Before going out in the cold, bundle up in loose-fitting layers. Make the innermost layer a moisture-wicking fabric (not cotton). Add a water-resistant coat and shoes, plus a warm hat and scarf. And don't forget your mittens, which are warmer than gloves.

Keep healthy habits alive this winter

It can be easy to set aside healthy behaviors in the winter. It is tempting to eat cookies and lie under a blanket. But it is better to stay on track with healthy habits. Choose a bowl of vegetable soup and bundle up for a walk outside instead. Here are more tips to help you stay on course:

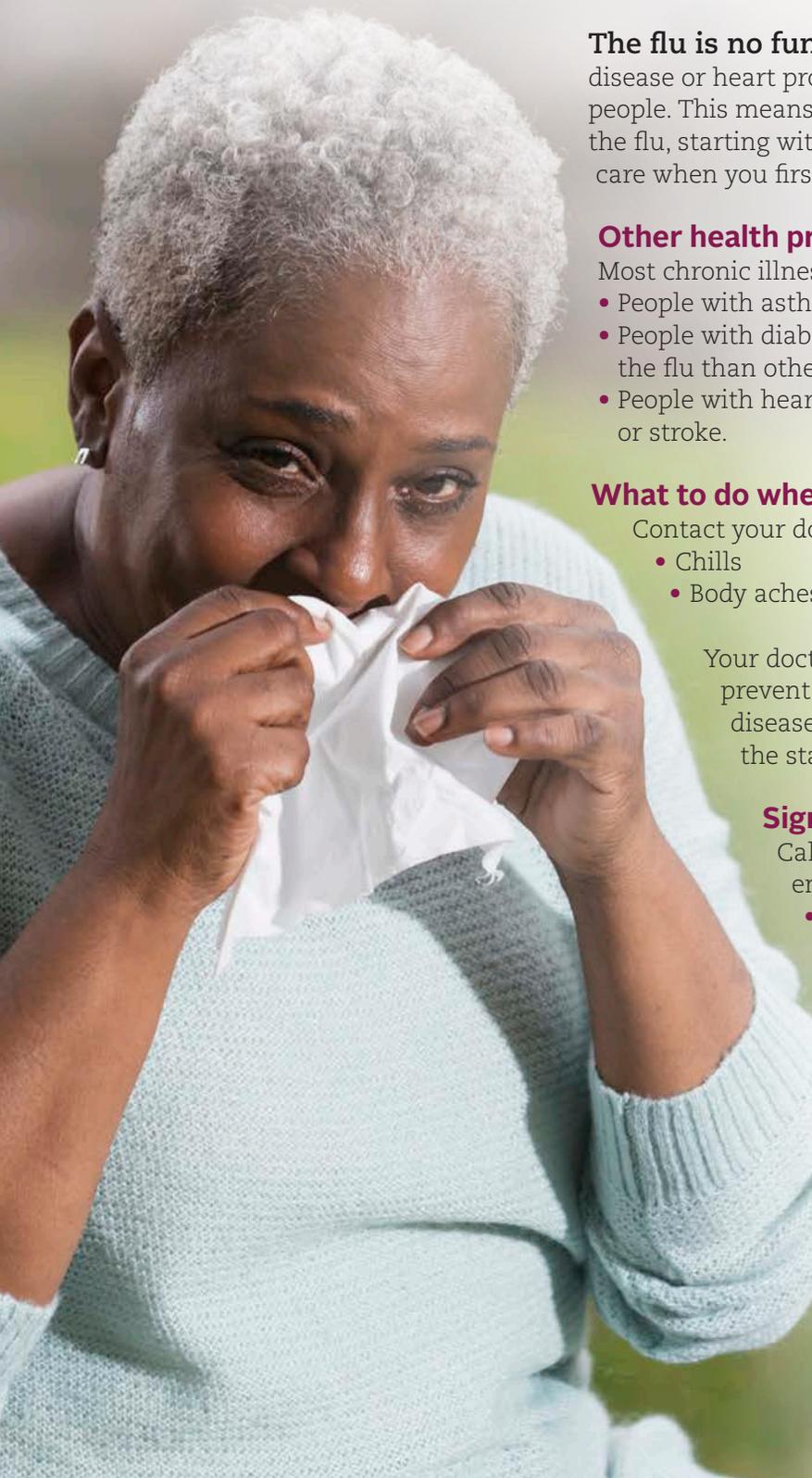
- 1. Winterize your exercise.** When the weather permits, walking and biking are great cardio activities. The nip in the air helps you feel more alert and invigorated.
- 2. Come in from the cold.** Another option when it's cold and icy outside is to bring your workout indoors. Go to the gym, walk at the mall, or swim in an indoor pool.
- 3. Beat the winter blues.** To boost your spirits on gray, gloomy days, stay in touch with family and friends and stay active. Signs of winter

depression include feeling down, overeating, oversleeping, and withdrawing. If you think you might be depressed, talk with your doctor.

- 4. Put the D in diet.** The body can make vitamin D when you're exposed to sunlight, but production drops in winter. Instead, get it from foods like vitamin D-fortified milk and juice and fish like salmon.
- 5. Be kind to your skin.** Cold air and low humidity can lead to dry, itchy skin, which may flake or crack. To protect your skin, take warm (not hot) showers for no more than 10 minutes. Afterward, blot dry and slather on a moisturizing cream.
- 6. Get tough on germs.** Reduce the spread of germs that cause colds and flu. Wash your hands often for about 20 seconds with soap and water. If they're not available, use an alcohol-based hand sanitizer.

Health conditions, the flu, and you

People with chronic health conditions need to take special steps with the flu



The flu is no fun for anyone. But if you have diabetes, a lung disease or heart problems, the flu affects you differently than other people. This means you'll need to take special precautions against the flu, starting with getting a flu shot. You will also need to take care when you first feel symptoms.

Other health problems

Most chronic illnesses get worse when the person gets the flu.

- People with asthma may have more severe and frequent attacks.
- People with diabetes are three times more likely to die from the flu than other people.
- People with heart disease have a higher risk for heart attack or stroke.

What to do when you're sick

Contact your doctor if you have signs of the flu, such as:

- Chills
- Sore throat
- Body aches
- Fatigue

Your doctor may give you an antiviral medicine. This can prevent serious flu complications in people with chronic diseases. You will need to take them within 48 hours of the start of symptoms.

Signs of an emergency

Call your doctor immediately or go to the emergency room if:

- Your blood glucose level is lower than 60 mg/dl or higher than 300 mg/dl.
- You can't eat as usual, or you go six or more hours without being able to keep food down.
- Your temperature is more than 101 degrees.

Protect yourself in advance

Health conditions put you at risk for flu-related complications, such as pneumonia. In fact, people with diabetes are three times more likely to go to the hospital due to the flu. Getting a flu shot can help. The shot is your best protection against the flu.



Feeling sick? Antibiotics might not help.

What are antibiotics?

Antibiotics are a type of medicine used to kill bacteria, which can cause infections like strep throat, urinary tract infections and sinusitis.

Do antibiotics cure everything?

No, antibiotics do not work against illnesses that are caused by a virus, like:

- Colds
- Influenza (the flu)
- Runny noses
- Most coughs
- Most sore throats
- Most sinus infections
- Some ear infections

Viruses usually go away in one to two weeks without taking antibiotics. Talk with your doctor about what you can do at home to help you feel better when you have a virus.

Should I take an antibiotic just in case bacteria is causing my illness?

No. Your doctor will know if bacteria caused your illness. For example, a swab of the throat will be done to check for strep throat.

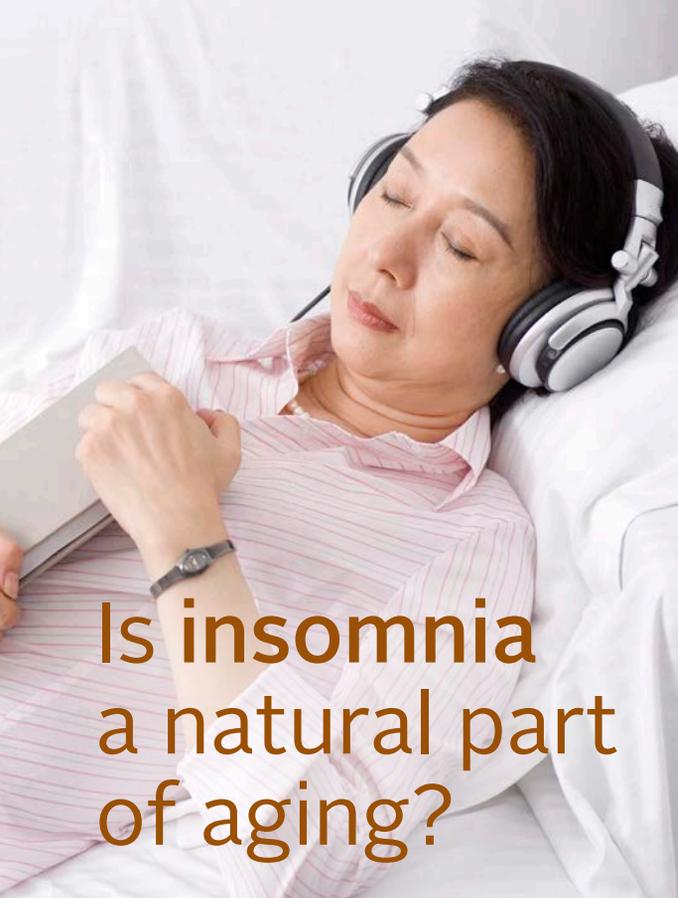
And like all medicines, antibiotics have risks. They can:

- Kill good bacteria in your body, which can cause diarrhea or a yeast infection
- Cause an allergic reaction
- Cause you to have an antibiotic-resistant infection. These infections have bacteria that are harder to kill and can cause severe illnesses.

What you can do:

- If you are sick, talk with your doctor. Your doctor will help you decide how to treat your illness.
- If you need help finding a doctor, call Member Services.
- Tell your doctor if you are allergic to any medicines.
- Tell your doctor all the medicines you take, including vitamins and supplements.
- Don't start or stop taking medicine without talking with your doctor.
- Never take a medicine that isn't yours.

If you are sick, talk with your doctor. Your doctor will help you decide how to treat your illness.



Is insomnia a natural part of aging?

Nearly everyone suffers an occasional restless night. But if you feel like you have not gotten a good night's sleep more often than not, you may have insomnia. This problem tends to increase with age.

Older adults experience less deep sleep and wake up more often during the night. They may also be less active or take more naps. This causes a cycle of a poor night's sleep. The use of caffeine, nicotine, or alcohol can also contribute to insomnia. So can stress and medical problems like depression, arthritis, and sleep apnea.

Sleep medicines cannot fix the problem. For long-term relief, experts say you should:

- Avoid daytime naps, or limit them to 20 to 30 minutes early in the day.
- Exercise regularly—but schedule your workout several hours before bedtime.
- Create a relaxing bedtime routine: Take a lukewarm bath or listen to soothing music.
- Move to another room if you can't fall asleep in your bed within 20 minutes. Read with a dim light until you feel sleepy.

You may want to ask your doctor about the hormone melatonin. Some studies have found it to be a safe and effective sleep aid for mild, short-term insomnia.



Get the facts on pneumonia

FACT 1

Pneumonia is not just a bad case of flu.

The flu is an infection caused by a virus. But pneumonia can be caused by either bacteria or viruses. It is usually more severe than the flu. If you have the flu and don't see your doctor, it can lead to pneumonia.

FACT 2

Adults age 65 and older are more likely to get pneumonia.

Older adults get pneumonia two to three times more often than young people. Chronic illnesses such as diabetes and lung disease may contribute to the greater risk.

FACT 3

Pneumonia will not clear up on its own.

Pneumonia should be treated with antibiotics. If you do not take antibiotics, pneumonic may:

- Cause dehydration
- Turn into a serious blood infection
- Cause death

FACT 4

You can get a vaccine to prevent pneumonia.

There are two different vaccines that protect people from pneumonia. The Centers for Disease Control and Prevent recommends adults older than age 65 should get one. Talk with your doctor about which vaccine is right for you, and when you should get it.

Don't forget to talk about memory problems

Many of us worry about developing memory problems as we age. But few people discuss this with their doctor. A new study found only one in five adults older than age 45 discusses memory concerns with their doctor.

When to talk with your doctor

It's normal to become forgetful as you get older, like forgetting certain words or where you left your keys. These issues don't signal a serious problem. But if these mistakes concern you, talk with your doctor.

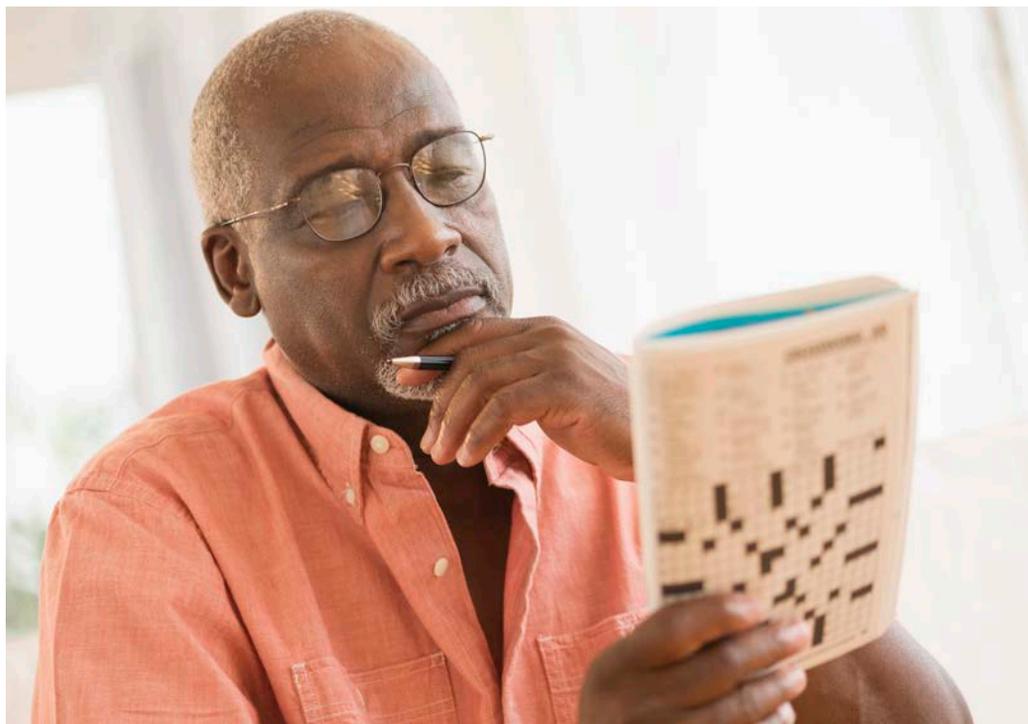
If your memory problems make it hard to do things like shop, drive, or communicate, it is important to see your doctor. Medicines you take, an infection, or depression can cause these problems.

They could also be a sign of a more serious memory problem like Alzheimer's disease or dementia. Your doctor can help you learn what's causing the problem and how to treat it.

Prepare for your visit

Make an appointment with your doctor to talk about your memory problems. Plan to bring the following to your visit:

- All your medicines, including prescription and over-the-counter
- A list of your symptoms and when they occur. Try to be as specific as possible. For example, "When I go to the store, I spend



Evaluate your memory

Visit www.alzheimersprevention.org, then hover over the "Alzheimer's" tab and select "Memory Quiz" to find out how your brain is functioning.

30 minutes searching for my car in the lot."

Ask a family member or friend to help you get ready for the appointment. You may want them to go with you.

What to expect at the visit

There is no single test that can diagnose memory problems. Your doctor may do a full physical exam. He or she may ask you questions about your symptoms and medical history.

Your doctor may also run some tests, including:

- Blood and urine tests
- A brain scan, such as an MRI scan or CT scan
- Questions to check your thinking, language, and memory skills

Ask your doctor to explain the results. Talk with him or her about your condition and review possible treatment options. If your doctor cannot find a problem, he or she may refer you to a specialist.

Holiday traditions that bring on heartburn

Unfortunately, some holiday traditions can be an open invitation for heartburn. Avoid them this year and start new traditions to ban heartburn:

The post-meal nap: Lying down after a big meal can bring on heartburn.

The new tradition: Don't lie down for at least two to three hours after eating by breaking out your favorite board games. That way, you can sit upright while you digest. When you lie in bed, prop up your pillows to help with digestion.

The carbonated beverages: Both alcohol and soda can bring on acid reflux.

The new tradition: Brew a batch of tea or serve nonalcoholic spiced cider.

The tasty treats: Candy canes and chocolate may taste like the holidays. But both peppermint and chocolate can make heartburn worse.

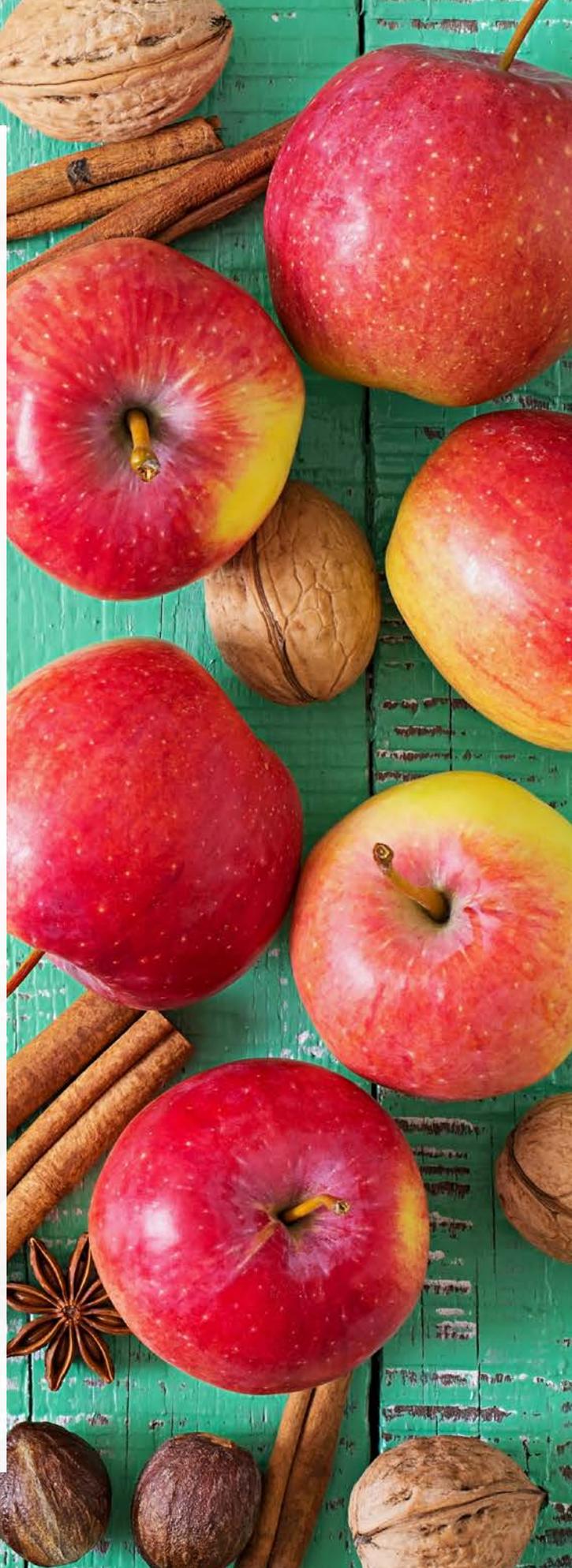
The new tradition: Try low-fat dessert options like baked apples and angel food cake.

The seasonal stress: Stress can lead to heartburn or worsen symptoms.

The new tradition: Set aside time for yourself during the busy season to relax. Take a warm bath or do a puzzle.

The delayed resolutions: Your resolutions can help heartburn now.

The new tradition: Don't wait until the New Year to make changes. Quitting smoking and losing weight can help heartburn symptoms.



Ready, set, goal! Create a new you

When you hang your 2018 calendar on the wall that means you have a fresh start to meet the goals you didn't achieve in 2017. On January 1, make New Year's resolutions that are thoughtful and realistic. Here are some tips to get started:



Do what is best for you in 2018. Set personal goals that truly matter to you. You should make changes to please yourself—not someone else.



Make it fun. To eat healthier, try one nutritious, new-to-you food each week. To reduce stress, meet a friend for coffee every Thursday.



Think small. Break down big goals into smaller ones that are easier to keep. If you want to start exercising, start by taking a brisk, 10-minute walk three days per week.



Keep track. Each time you meet a daily goal, circle the date on the calendar. Seeing your progress will motivate you even more.



Get back on track. Let's say you resolved to eat a piece of fruit every day at lunch, but skipped Monday and Tuesday. Don't beat yourself up. Get back on track on Wednesday.

Healthy Recipe



Oven-steamed green beans

Ingredients

½ lb. fresh green beans
1 cup cherry tomatoes, cut in half

Optional: herbs, pepper flakes, or a spritz of olive oil

Directions

Wash, remove stems, and divide beans between two parchment cooking bags or two sheets of parchment. Top with cherry tomatoes. If you like, coat in olive oil spray or sprinkle herbs like basil, salt and pepper, or even spicy red pepper flakes.

Close parchment bags (or fold paper and edges). Place on baking sheet and bake for 15 minutes.

Per serving

Serves two. Each serving provides: 49 calories, 0 g fat or cholesterol, 11 mg sodium, 11 g carbohydrate, 4 g fiber, and 3 g protein.





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