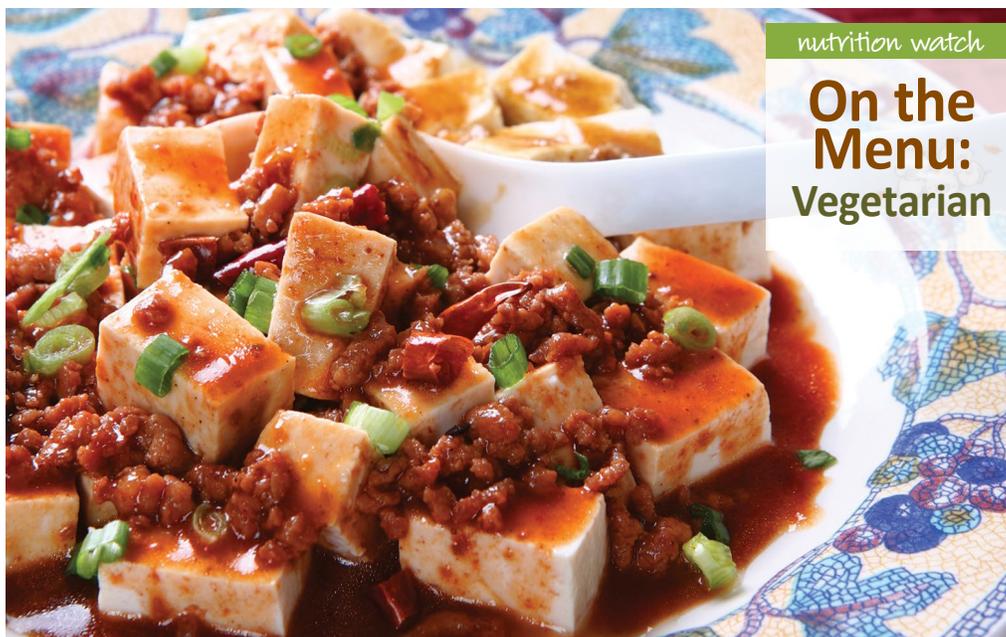


TAKE CHARGE!



for health and living

October 2013



nutrition watch

On the Menu: Vegetarian

Why choose a vegetarian diet? Some people may exclude animal foods from their diets for religious or cultural beliefs, environmental concerns or personal preference. Others believe in the health benefits of eating vegetarian.

With the focus on plants, vegetarians tend to eat foods rich in essential disease-fighting fiber and nutrients. But you may wonder: How do meat-free diets supply adequate protein? Semi-vegetarians may include fish, eggs or dairy in their diets. Most people, other than children and

pregnant or lactating women, can usually get enough protein even on a completely animal-free vegan diet. Vegans avoid eating any meat, fish, dairy or eggs.

Protein-rich vegetarian sources include soy products, such as edamame (soy) beans, tofu, soy milk and soy cheese. Beans and lentils add protein to soups, chili and side dishes. Nuts, seeds and nut butters are ideal for snacking in small servings.

Before switching to a vegetarian diet, get your health care provider's OK.

Everyone benefits by indulging in more plant foods.

health in action



Cubicle-Suitable Exercise

Cubicle-bound office workers spend long days at their desks. Off the job, it's hard to find the time and energy to fit in regular exercise. So, why not fit some mini-exercise routines into your workday? Just keep it simple. For example:

Back hyperextension: To ease lower back strain, stand with feet a foot apart and hands on hips. Bend backwards to form a deep hollow in your back (don't strain) and return upright in a slow, smooth motion. Repeat up to 10 times.

➔ Continued on page 4.

city events

Benefits Fairs & Flu Shots

Wed., October 9, 9:30 am–2:30 pm

City Hall – Bertha K. Landes Rm.

Wed., October 16, 7:30–10:00 am

Rainier Community Center

Wed., October 23, 7:30–10:00 am

Northgate Community Center

Open Enrollment
October 7 - 31

Flu Shot Clinic

Monday, October 7

8:00 am – 4:30 pm SMT 4050

Powers of Attorney

Thursday, October 10

12 noon – 1:00 pm SMT 4080

Flu Shot Clinic

Monday, October 14

8:00 am – 4:30 pm SMT 4050

FSA Information Meeting

Tuesday, October 15

12 noon – 1:00 pm SMT 4050

Enrollment – Deferred Compensation

Thursday, October 17

12 noon – 12:45 pm SMT 4080

FSA Information Meeting

Wednesday, October 23

12 noon – 1:00 pm SMT 4080

Flu Shot Clinic

Thursday, October 24

8:00 am – 4:30 pm SMT 4080

Free Blood Pressure Screening

Wednesday, October 30

10:30 & 1:30 SMT 4096

Calculate Total Retirement – Deferred Compensation

Wednesday, October 30

12 noon – 12:45 pm SMT 4020

Register at 206-447-1924





Breast Cancer Risks



In recent decades, science has identified many risks related to breast cancer. Here's an overview:

- **Age:** Ninety-five percent of new cases in the U.S. and 97% of breast cancer deaths occur in women age 40 and older; 50% of women are diagnosed before age 62.
- **Family history:** Having one first-degree relative (mother, sister or daughter) with a history of breast cancer doubles your risk of getting the disease.
- **Genetics:** If you inherit alterations in breast cancer genes (BRCA1 or BRCA2), you have up to an 85% chance of developing breast cancer.
- **Ethnicity:** Caucasian women are at a slightly higher risk of developing breast cancer than are African-American, Asian, Hispanic, and Native American women.



Best advice:

Stay aware of how your breasts normally look and feel – report any lumps, pain or other changes quickly to your provider.

Risk factors that you can change:

Excess weight – Avoid major weight gain in your waist and after menopause.

Lack of exercise – Staying physically active throughout life may be protective.

Smoking – Growing evidence suggests increased risk.

Hormone replacement – Long-term use of combined estrogen and progesterone is a risk that may drop when discontinued for 5-plus years.

Alcohol – Compared with nondrinkers, women who have 1 alcoholic drink a day have a slightly increased risk, while those who have 2 to 5 drinks daily have about 1.5 times the risk.

expert advice

By Elizabeth Smoots, MD, FAAFP

Q: What is sleep debt?

A: It's the deficit of sleep you accumulate over time. A sleep debt occurs when you don't get enough sleep for many days or weeks. The difference between the amount of sleep you should be getting and the amount you actually get is called your sleep debt.

Studies have linked a chronic sleep debt with adverse health effects. It decreases daytime alertness, concentration, memory, problem-solving skills and work performance. You may make more mistakes when you're drowsy during the day. Vision may be poorer and your driving may become impaired. Long-term effects from insufficient sleep include obesity, insulin resistance, diabetes and heart disease.

To repay your sleep debt, it takes more than just a few mornings of sleeping in. A better alternative is to get an extra hour or 2 of shut-eye each night over an extended period of time.



Reader's question: Is liver healthy to eat?

By Cara Rosenbloom, RD

Liver is packed with vitamins A, D and B₁₂, as well as iron and zinc. However, it is also high in cholesterol. If you are a liver lover, the American Heart Association recommends limiting liver to a small serving (3 ounces) about once a month. And, there's no compelling health reason to include liver in your diet if you don't enjoy it. An animal's liver filters out toxic substances that enter its body. If you enjoy eating liver, opt for calves' liver, because there may be fewer toxins in the liver of a younger animal. Organic calves' liver is the best choice since fewer pesticides, hormones or antibiotic residues will be present.

QuikRisk Assessment:™ Are You Weight-Loss Ready?

People usually want to lose weight to gain something – better health, self-esteem or added energy.

Think about why and how you want to lose weight. Check the statements that apply to you:

- I believe losing weight will improve my health.
- I am most inspired to lose weight by _____.
- I know my biggest obstacle to losing weight is _____.
- I know that weight control is a long-term practice, not a quick fix.
- I won't rely on fad diets, products (e.g., pills) or rigid plans that are ultra low calorie.
- I will choose meals that provide balanced nutrition from each food group.
- I will aim for 30 to 60 minutes of exercise on most days of the week.
- I will target losing no more than 1 to 2 pounds a week.
- I will do my best to resolve emotional eating triggers.

The more boxes you checked, the more serious you are about finding the best plan for you. Ask yourself, **Can I eat this way for the rest of my life?** If the answer is no, adjust the plan until you're satisfied it can work.

Discuss your plan with your health care provider, especially if you have health conditions that may limit your activity level.



Baby Boomers: Health Check ✓

If you were born between 1944 and 1964, you're a baby boomer. Health concerns for this generation include:

- ✓ **Physical fitness** – Aerobic (cardio), flexibility exercises and strength building help strengthen your heart and muscles. Goal: At least 30 minutes 5 days a week.
- ✓ **Healthy weight** – Two-thirds of boomers are obese or overweight.



- ✓ **Bone and joint issues** – A healthy weight and regular exercise help prevent arthritis and osteoporosis. Adequate calcium and vitamin D intake also help strengthen bones.
- ✓ **Cancer prevention** – See your health care provider regularly for cancer screenings.
- ✓ **Cardiovascular disease** – Heart disease and strokes are largely preventable with a healthful diet, physical activity and control of high cholesterol and blood pressure.
- ✓ **Diabetes and prediabetes** – Increased blood sugar levels often accompany weight gain and inactivity. The American Diabetes Association recommends checking your blood sugar level at least every 3 years.
- ✓ **Anxiety and depression** – See your provider if sadness or loss of pleasure in your usual activities goes on for 2 weeks or becomes severe.
- ✓ **Vision and hearing loss** – Have sight and hearing checked regularly.
- ✓ **Hepatitis C** – The CDC recommends that all baby boomers get a one-time screening blood test for hepatitis C.



Nutrition Studies: Fact vs. Fiction

Nutritional science is continually evolving. Even small studies garner big headlines when the results are surprising.

Consider the questions listed below when you read nutrition news. If the article doesn't answer these questions, find the original source of the study.

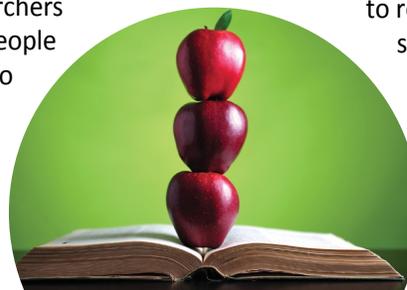
Was the study conducted on humans? A study of rats may not apply to humans.

Who funded the study? There may be bias if a study on chocolate comes from a candy company, for example.

Does the author claim cause and effect? It is difficult for science to prove certain foods cause or prevent certain conditions, but news coverage often makes it sound like they do. More likely, researchers have found that people who do 1 thing also do another (an association) rather than a direct cause and effect.

What type of study was it? The study design makes certain types of research more reliable. These are listed from most-to-least reliable:

1. **Meta-analysis or systematic reviews** – Example: Combining the results of 10 studies on the risk of heart disease in smokers.
2. **Randomized controlled trials** – Example: Comparing heart disease rates in 1 study of smokers vs. non-smokers.
3. **Cohort studies** – Example: Following smokers for 20 years to see the rates of heart disease.
4. **Case control studies** – Example: Asking heart disease patients to recall how much they smoked over their lifetime.
5. **Case reports** – Example: A detailed story of a 3-pack-a-day smoker who had a heart attack.



5-Bean Vegetarian Chili

2 tbsp **olive oil**
 1 cup diced **onion**
 1 cup diced orange **bell pepper**
 1-2 tsp minced **garlic**
 2 tbsp **chili powder**
 2 tbsp **Worcestershire sauce***
 4 cups boiling **water**
 1 6-oz can **tomato paste**
 3 cups fresh **tomatoes**, chopped and seeded
 1½ cups frozen **edamame** (soy beans), thawed
 1 15-oz can each **kidney, white and black beans**



Celebrate Vegetarian Awareness Month in October

EASY | RECIPE

From Personal Best®

1. Heat oil in large soup pot and sauté onion, pepper and garlic until softened; stir in chili powder and Worcestershire sauce.
2. Stir in 3 cups water. Whisk together remaining water with tomato paste and add to soup.
3. Add tomatoes, edamame and beans. Bring to a boil; simmer at least 30 minutes. Garnish with grated cheese, a scoop of plain yogurt, or fresh lime juice.

***Notes:** The Worcestershire sauce adds a rich flavor. Vegetarians should omit it or choose anchovy-free. Thoroughly rinsing canned beans can reduce their sodium content by 30%-40%.

MAKES 10 CUPS. Per 1-cup serving:

199 calories | 10.8g protein | 4.5g total fat | .5g sat fat | 2.3g mono fat | .8g poly fat
 | 0.0mg cholesterol | 30g carbohydrate | 6g sugar | 9.8g fiber | 320mg sodium

Stay in Touch

Keep those questions and suggestions coming!

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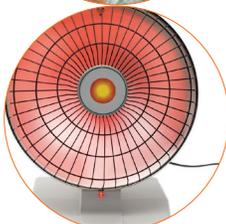
News & Notes

Here are some benefit tips as you plan for 2014:

- Review Plan Changes in the *Open Enrollment Highlights* at personnelweb/benefits/home.aspx.
- Go to a Benefits Fair (see page 1).
- Enroll online (from home or work) if you have changes for 2014. Go to www.seattle.gov; “City Employee Resources” in the “Need Help” section. After logging into Employee Self-Service, choose *Open Enrollment* under Benefits.
- Enroll/Re-enroll in a Health Care or Dependent Care Flexible Spending Account.
- Review your AD&D and Life insurance beneficiaries on Employee Self-Service.
- Get your flu shot. Find schedule at personnelweb/benefits/home.aspx.
- Invest in our community. Give through Employee Self-Service; Seattle Shares tab.

Make your 2014 benefits changes between **October 7 and October 31**

top safety



QuikQuiz:™ Fire Prevention

How much do you know about fire safety?

- You can put out a small stovetop grease fire by (you can choose more than 1 answer):
 - Throwing water on it.
 - Smothering it with a lid.
 - Using baking soda.
 - None of the above are correct.
- You should test smoke alarm batteries:
 - Weekly.
 - Yearly.
 - Monthly.
 - Every 2 years.
- Place space heaters at least _____ away from anything that could burn.
 - 2 feet
 - 3 feet
 - 6 feet
 - 10 inches

National Fire Prevention Week is October 6-12.

This year's theme is Prevent Kitchen Fires. Learn more at nfpa.org/safety-information/fire-prevention-week.

ANSWERS
1. b, c; 2. c; 3. b

expert advice

By Elizabeth Smoots, MD, FAAFP

Q: New flu shot?

A: Flu viruses are usually grown on eggs and then killed to produce traditional flu vaccines. A new flu shot introduced for the 2013-2014 flu season is made using a new type of technology (recombinant DNA) that does not involve using eggs or whole influenza virus. This same method has been used for several years to produce other non-influenza vaccines on the market.

Benefits: In a flu pandemic (global outbreak) or vaccine shortage, the new shot can be produced more quickly than traditional vaccines since it does not require whole viruses or eggs. It can also be given to people with egg allergy.

Safety: The vaccine has met the FDA's standards for safe and effective use in adults aged 18 to 49 years. Side effects are similar to other flu shots, including pain at the injection site, headache, fatigue and muscle aches.

Cubicle-Suitable Exercise ➔ Continued from page 1.

Abdominal squeezes: You can do this anytime, sitting or standing. Take a deep breath and tighten your abdominal muscles, pulling them in towards your spine as you exhale. Hold the squeeze for 5 to 10 seconds and release. Repeat 10 to 15 times.

Chair squats: Using a sturdy chair, stand up and bring your arms forward in front of your face, touching your hands together. In a fluid motion, lower your hips to your chair, just touching them to the chair seat (don't sit). Lower your arms and slowly stand back up. Repeat several times to get your heart rate and body temperature up a bit. Good for shoulders, legs, buttocks and core.

Are cubicle workouts worth it? Yes! Research shows desk exercise helps reduce the cumulative effect of long-term sitting by fighting stress, muscle atrophy, back and neck strain, and inflexibility.

