



Health & Wellness Monthly Newsletter

January 2019

Use the New Year to Get Screened for a New You

Health Screenings (also called screening tests) are medical tests that doctors use to check for diseases and health conditions before there are any signs or symptoms. Screenings help find problems early on, when they may be easier to treat.

Getting recommended screening tests is one of the most important things you can do for your health. Depending on your age, sex, and medical history, you may need to be screened for things like:

- Certain types of cancer
- High blood pressure or high cholesterol
- Diabetes
- Osteoporosis ("os-tee-oh-puh-ROH-sis") or weak bones
- Sexually transmitted diseases (STDs)
- Hearing loss or vision loss
- Mental health conditions, like depression

Talk with your doctor or nurse about which screening tests are right for you.

Gather your family's medical history. Talk to your relatives to find out which diseases run in your family. Use a family health history tool to keep track of what you learn. Share this information with your doctor.

Make a list of questions to ask your doctor. Going to the doctor can be stressful. It can help to write down your questions ahead of time.

Talk with your doctor about getting screened.

Having a conversation with your doctor or nurse can help you understand which screenings you need – and how often to get them. You may need to get certain tests once a year. You may need other tests more or less often.

Tell your doctor or nurse about diseases that run in your family, and share any concerns you have about your health. This will help you decide which screening tests are right for you.

When your doctor recommends a screening, ask questions about the risks and benefits. All screening tests have potential risks. For example, some tests can cause problems like bleeding or infection.



Sometimes, tests can give the wrong result. You could be told you have a disease when you don't (false positive). This could lead to more tests that also have risks. Your doctor can help you decide if the benefits outweigh the risks for you.

Make sure you get the results from every screening. If the doctor doesn't call you after your test, don't worry. You may need to call the doctor's office to get your test results. And if you do not understand what the results mean, ask the doctor or nurse to explain them to you.

What about cost?

The Affordable Care Act, the health care reform law passed in 2010, requires most insurance plans to cover many screening tests. This means you may be able to get screening tests at no cost to you. Check with your insurance provider to find out what's included in your plan.

To find out which services are covered under the Affordable Care Act, visit <https://www.healthcare.gov/what-are-my-preventive-care-benefits>. To find out which screenings are covered by Medicare, visit <http://www.medicare.gov/coverage/preventive-and-screening-services.html>. Even if you don't have insurance, you can still get important screening tests. To find a health center near you to learn more, visit <https://findahealthcenter.hrsa.gov>

Source: <https://healthfinder.gov>



Healthy Apple Crisp

INGREDIENTS (single serving)

- 1 apple
- 1 ½ teaspoon cinnamon
- 2 tablespoons rolled oats
- 3 tablespoons chopped walnuts
- 1 teaspoon honey, melted
- 1 teaspoon canola oil
- 2 tablespoons lemon juice
- 3-5 tablespoons water
- Pinch of salt

INSTRUCTIONS

1. Preheat the oven to 425 degrees F with a rack towards the top of the oven (OR if you have a toaster oven, use that instead).
2. Wash, core and slice the apple (skin on for extra fiber). Toss with lemon juice and 1 teaspoon of cinnamon. Set aside.
3. In a small bowl, mix rolled oats, chopped nuts, ½ teaspoon cinnamon, and melted honey until well combined. Spread in a thin layer on a piece of tin foil and bake for ~5 minutes. Watch carefully to avoid burning.
4. In a small saucepan over medium heat, begin to cook the apples. Every time the pan starts to dry up, add a tablespoon of water. Cook for about 6 minutes until desired doneness.
5. Throw the cooked apples in a bowl and sprinkle with the oat and nut crumble.

Source: <https://wakethewolves.com/healthy-apple-crisp-under-10-minutes/>

Healthy Snacks: Quick Tips for Parents



Snacks don't need to be unhealthy. There are plenty of healthy options for snacks that give your kids important nutrients and help control hunger between meals.

Try these healthy snack ideas.

- Make “ants on a log” (celery with peanut butter and raisins).
- Add fruit (fresh, frozen, dried, or canned) to fat-free or low-fat yogurt. Look for canned, dried, and frozen fruit with no added sugars.
- Blend fruit and yogurt with some 100% fruit juice to make a tasty smoothie.
- Top whole-grain crackers with low-fat cheese.
- Dip vegetable “matchsticks” (thin sticks made from fresh carrots, zucchini, or bell peppers) in hummus (a dip made from chickpeas).
- Top whole-wheat bread, rice cakes, or apple slices with peanut butter.
- Melt low-fat cheese in a whole-wheat tortilla to make quesadillas. Try adding black beans for an extra twist!
- Mix air-popped popcorn with dried fruit and unsalted nuts for homemade trail mix. Eat with fat-free or low-fat milk.
- Dip tortilla chips in salsa. Look for chips with less sodium.
- Make a mini pizza. Put spaghetti sauce, chopped vegetables, and low-fat shredded cheese on half of a whole-wheat English muffin and melt it in the microwave or oven.
- Keep fresh fruit in a place that’s easy to reach in the refrigerator or on the table. This will make it easier to grab a healthy choice.

Snack healthy on the go.

- Take unsalted nuts and unsweetened dried fruits.
- Grab fresh vegetables or fresh fruit.
- Pack low-fat string cheese sticks.
- Use small reusable containers or baggies to take snacks on the go.

Set the rules.

- Teach your kids to ask before they help themselves to snacks.
- Eat snacks at the table or in the kitchen, not in front of the TV.
- Serve snacks like pretzels or popcorn in a bowl. Don’t let kids snack directly out of the bag or box.
- Drink water, milk (fat-free or low-fat), or 100% juice instead of soda or fruit-flavored drinks. Kids can drink up to ½ cup or 1 cup of juice a day, depending on how old they are.

For more information on nutrition and children’s health, visit:

<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet11KidFriendlyVeggiesAndFruits.pdf>

<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipSheet24MyPlateSnackTipsforParents.pdf>

Source: <https://healthfinder.gov>