

HEALTHY LIVING

Wellness Newsletter from **AAOA**

APRIL 2015

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How Many Calories is your Drink Worth?

Drink	Amount	Calories
Beer (regular)	12 oz.	150
Beer (light)	12 oz.	100
Daiquiri	10 oz.	300
Long Island iced tea	10 oz.	580
Martini	6 oz.	280
Screwdriver	8 oz.	190
Shot of liquor (gin, rum, vodka, whiskey)	1.5 oz.	100
Wine (red or white)	6 oz.	120

Parked on a Plateau? Get your Weight Loss Rolling Again!

Discover 3 steps to help with your goals.

You've worked hard to lose weight and get healthier. But, just when you thought you were on a roll, your progress seems to have stalled.

It's called a weight-loss plateau.

Why does it happen? As you lose weight, your body changes and adapts. This can affect how many calories you need — and burn. So, what was working for you before may not be quite enough now.

Trusted strategies to get unstuck

First, don't give up. Remind yourself of what you've already achieved. Next, make sure your expectations are reasonable. Talk with your doctor about whether you've set an appropriate weight goal.

To continue to lose weight, you may need to eat fewer calories and exercise more. Your doctor can help you determine what your daily calorie and activity goals should be.

These three strategies may give you a jump-start too:

1. Do a reality check. Are you taking in more calories than you realize? Try keeping track for a week or so. You may discover

something that needs a change. But, don't be too drastic. You might end up overeating if you feel deprived.

2. Shake up your workouts. Try something new to rev up your engine — maybe that's a dance class or a new exercise DVD. If you always walk the same route, go a little farther. Or, mix in some light jogging.

3. Give yourself a lift. Muscle burns more calories than fat. So, along with your aerobic workouts, get two or more days a week of strength-training activity. It may help to write down your exercise plan.

It's a journey, not a sprint
When you've set a goal, it's easy to long for the finish line. But, don't let a little stalling or a setback get you down. It's the healthy habits you can maintain over time that will get you where you want to be — and help you stay there.

If you're having difficulty, check back in with your doctor. He or she may be able to offer advice on weight-loss programs, medications or other approaches that might be right for you.* For example, working with a registered dietitian may give you fresh ideas for changing your eating habits.

*Check your benefits plan to see what services may be covered.

Excessive Drinking Defined

Excessive drinking is the third-leading lifestyle-related cause of death in the U.S.

One drink is considered:

- 12 oz. of beer or a wine cooler
- 5 oz. of wine
- 1.5 oz. of distilled liquor (for example, vodka, rum or whiskey)

Heavy drinking:

- More than one drink per day on average for women.
- More than two drinks each day on average for men.

Binge drinking:

- More than four drinks during one time (in a two-hour period) for women.
- More than five drinks during one occasion for men.

Antidepressants: Common Questions Answered

Learn key facts, pointers and precautions about depression treatment.

Depression is a common condition. And, fortunately, it's very treatable. In fact, according to the American Psychiatric Association, up to 90% of people with depression improve with treatment.

Know the basics

If you've been diagnosed with depression, your doctor may have suggested or prescribed an antidepressant.* The following questions and answers may help you better understand these types of medications.

Q. Do all people with depression need medication?

A. There are different types of depression — and different approaches to treating it. One size doesn't fit all. For some people, their condition is treatable with counseling. Others need medication. Often, both are prescribed together. In fact, the combination of talk therapy and medicine is usually more effective than either treatment alone. Your doctor can help determine what's best for you.

Q. How do antidepressants work?

A. Depression is often linked to brain chemistry. Antidepressants generally help by affecting specific chemicals in the brain that regulate mood. That

may help other therapies, such as counseling, be more effective.

Q. How long do they usually take to start working?

A. It often takes several weeks — or longer — for antidepressants to take effect. Once they do, you should see signs of improvement. For instance, you might sleep better and have more energy.

But, here's something important to remember: Feeling better isn't a cue to stop taking your medicine. You may need it for several months or more to fully recover and avoid a relapse. For some people, depression can be a chronic condition that needs long-term treatment.

Q. Do they have side effects?

A. Many people don't experience any side effects. But, they are possible and may vary depending on the medicine. Those most commonly reported include nausea, vomiting, diarrhea, weight gain, sleepiness and sexual problems. These often ease with time.

If you're bothered by any side effect, talk with your doctor. He or she may be able to adjust your medicine or suggest other ways to cope.

If you have suicidal thoughts or other serious side effects — such as seizures or heart problems — seek medical help right away. If it's an emergency, call 911 or go to the closest emergency room.

Q. Are herbals an alternative?

A. Talk with your doctor before trying any over-the-counter herbal or other remedy for depression. Some of these products can interact badly with other medications you may be taking.

Q. Are antidepressants addictive?

A. No. They aren't habit-forming and they don't make you feel "high."

Q. What if I don't think they're working?

A. Talk with your doctor. You may need a different dose or medicine. It's not unusual to try several antidepressants before finding one that works. And, some people may need to take more than one kind.

Never stop taking your medication or change the dose without talking with your doctor first. And, if you stop suddenly, it can lead to withdrawal symptoms such as anxiety, headaches, dizziness and nausea.

*Check your benefits plan to see what services may be covered.

Is Red Wine Good for Your Health?

A widely known benefit of alcohol may be a small increase in HDL (good) cholesterol and reducing blood clotting. Red wine is thought to have even more benefits because it contains polyphenols and flavonoids. Both of these substances may have additional cardio-protective effects.

But don't pop that cork too soon. Excessive drinking can damage your liver, pancreas and nerve cells. Studies have shown alcohol increases a woman's chances for breast cancer and individuals with certain health problems shouldn't drink alcohol.



The USDA recommends that if you don't drink, don't start. Many fruits and vegetables, as well as red grape juice, contain antioxidants so you can get your fill elsewhere.

Cue the Music: How Tunes Enhance Daily Life

Music can be used as a tool to enrich your everyday rhythms. No matter your preferred soundtrack — classical, country, folk or funk — tuning in could improve your well-being.

Here are just four ways you can channel the power of music to have a healthy effect on your life:

1. Perk up your wake-up. The right song can inspire you to greet the day. Pick an up-tempo tune you know will boost your spirit. If possible, set your alarm to wake you up with your rise-and-shine song. Or, have it ready to play as soon as your feet hit the floor.



Of course, your motivating melody doesn't have to be reserved for mornings. You might also use it any time you need a lift or face a challenge.



2. Energize your workouts. Music simply makes us want to move — and our brains and bodies naturally sync up with a strong beat. So, it's a perfect pairing for a heart-pumping workout.* Research shows that moving to music may even:

- Make hard exercise seem less difficult
- Reduce fatigue
- Increase endurance

- Intensify your workout
- Help you burn more calories



3. Ease your stress. Music helps relax tense muscles and lower stress hormones. Plus, it can take your mind off your troubles. So, when you feel the pressure building, put on some calming music in the background — and let your worries float away.

4. Get your ZZZs. There's a reason lullabies are used to send babies to slumberland. Soft, rhythmic music soothes the mind. And, when it's part of a bedtime routine, it can help signal your body that it's time to sleep.

*Talk with your doctor before significantly increasing your activity level.

APRIL WELLNESS TIP



Sheridah Bennett
(AAOA Wellness Champion)

Wellness Tip

Sleep Stealers

There are some nights when you just can't get to sleep. You toss and turn in the hopes that sleep will finally come your way. You begin to wonder if you have a sleeping problem or if there is something else. It is important to know that caffeine, alcohol and cigarettes can hurt sleep quality. Try to limit your intake of these items, especially caffeine after lunch, to help your body wind down by bed time.

We want your feed-back about the Wellness Newsletter. Please e-mail us at wellness@aoaamerica.org with any wellness tips or healthy recipe ideas.

Asparagus Prosciutto Flatbread

Ingredients

Cooking spray
 ½ pound fresh asparagus spears, trimmed & sliced into 1 inch pieces
 1 ounce paper thin sliced prosciutto, finely chopped
 1-2 garlic cloves, minced
 1 large tomato, thinly sliced
 2 (6 inch) or 1 (12 inch) whole wheat flatbread, pita or pizza crust
 1 cup shredded mozzarella cheese
 1 cup arugula
 2 teaspoons extra virgin olive oil
 ½ cup sun dried tomatoes, sliced thin (not oil packed)
 Fresh ground pepper

Preparation

Preheat oven to 400°. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add garlic and prosciutto, sauté 2-3 minutes; add asparagus and cook 3-5 minutes until asparagus are crisp.
 Place flatbreads on a rimless baking sheet. Evenly distribute sliced tomatoes, asparagus mixture, and mozzarella cheese over flatbreads. Bake at 400° for 10 minutes until golden brown. Remove from oven, distribute Arugula, fresh ground pepper, sundried tomatoes and a drizzle of olive oil over each flatbread.



Nutrition Facts

Yields 6 Servings

Amount Per Serving

Calories 212	Fiber 3g
Fat 8g	Protein 14g
Sodium 492mg	Carbohydrates 18g

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