

# HEALTHY LIVING

Wellness Newsletter from **AAOA**

JUNE 2014



# Men's Health

## 4 Reasons to Have a Doctor in Your Corner

### inside

Emotional Well-Being	(Page 3)
Travel Safe	(Page 3)
Adults and Sports Injuries	(Back)



Turkey Chili & Corn Burgers  
Unique twist to chili

(Page 2)



Cover Up  
The less skin that's exposed to the sun, the less damage done.

(Page 3)

# Turkey Chili and Corn Burgers



Lean ground turkey is a fabulous substitute in almost any ground beef dish. Not only does this meal rank high for health and nutrition, it can be prepared in less than 30 minutes.

## Ingredients

- 1/2 pound lean ground turkey
- 1 large chopped onion
- 1 garlic clove, minced
- 1 large red or green sweet pepper, finely diced
- 1 can (15 ounce) corn, with liquid (no added sugar)
- 1 can (16 ounce) diced tomatoes, with liquid
- 1 Tablespoon chili powder
- Fresh ground black pepper
- 4 whole-wheat sandwich buns or English muffins

## Preparation

In a skillet over medium heat, brown the turkey and drain fat, if any. Add the onion, garlic and red or green pepper. Sauté about 5 minutes, until vegetables are soft. Stir in corn with its own liquid, along with the tomatoes and their liquid, chili powder and black pepper. Simmer, uncovered, for 10 minutes or until most of the liquid has evaporated. Serve on buns or muffins.

## Nutrition Facts

Yields 4 Servings

Amount Per Serving

Calories 208 g	Fiber 2.5 g
Fat 45g	Protein 15g
Sodium 215mg	Carbohydrates 27 g

# Men's Health

## 4 Reasons to Have a Doctor in Your Corner

If it's been awhile since you stepped inside a doctor's office, you may want to give checkups a chance.

### 'I feel fine — why bother?'

The stats tell the story. Men are 24 percent less likely than women to have seen a doctor in the past year, and they're 22 percent more likely than women to skip a cholesterol test.

The health conditions that are most likely to kill men can often be treated successfully when caught early. Those include heart disease, lung disease, and cancer.

Of course, life gets busy and it's easy to take your health for granted. But, let's be honest: Nothing could be more important in the long run — for your family, your future and you.

### Team up for better health

Do you need more convincing? Consider these four reasons to have a doctor on your side. Your doctor can help you:

**1. Find diseases early — or prevent them.** Regular face time with your doctor is one of the best ways to be certain you're getting the screenings you need. For example, you can learn when you need key medical tests — such as those for colon cancer, cholesterol and diabetes.

Your results may show you're at risk for a health problem. This gives you and your doctor an opportunity to prevent a disease before it even starts. Speaking of prevention: Your doctor can also make sure you're up-to-date on immunizations that can help keep you well.

**2. Manage a health condition.** If you do develop a medical or emotional problem, your doctor can help you find the right treatment — and, if needed, put you in touch with specialists.

**3. Meet a health goal.** Maybe you want to kick a tobacco habit, lose weight or run your first 5K. Your doctor can help you map out a strategy to succeed — safely.

**4. Get frank answers to your questions.** You can talk candidly with your doctor about all sorts of issues, including stress, depression and sexual health. When it comes to aging, your doctor can help you understand what's normal and what's not.

### So, what are you waiting for?

Staying healthy can help you enjoy life fully, get more done and maybe even live longer — all good reasons to check in for a checkup.

# Emotional Well-Being

## The Young and the Anxious: Adjusting to Adulthood

With so many firsts to tackle, it's no wonder people 18 to 33 years old report some of the highest stress levels in the country. That's according to the American Psychological Association's *Stress in America*™ survey.

Like other adults, young people sometimes take the "more is better" approach to coping: more food, more alcohol, more smoking and more TV. Yet, these habits can take a toll on their health — and leave them feeling worse, not better.

### Learning a new way

We all have times when the pressures of being an adult are trying. So, here's a valuable life skill to master: Learn to let off steam in ways that feel good and are good for you, too.

Exercise certainly comes to mind. A regular workout routine can keep stress at bay.\* Even a short burst of movement — a brisk walk around the block or an impromptu dance party — is a great way to decompress. A few minutes of deep breathing or meditation can also help put both your mind and your body at ease.

Or, you may find that talking with an encouraging friend is what soothes you most. Choose positive people to be around — those who help you feel good about yourself.

The written word can also be a powerful stress buster. For example, make a realistic to-do list each day — and tackle one task at a time. Or, start a journal where you can express your emotions, include what's bothering you and what's going well, too. Maybe journaling isn't your style. Make it scrap paper — and write your worries away. You can even rip it up when you're done. That might feel good, too!

### Another tactic: Use your sense-ability

Developing stress-relieving strategies that work for you may take some time and practice. One in-the-moment approach worth exploring: Tap into the power of your five senses.

Let's say you're feeling anxious or frazzled. Engaging one of your senses can have a calming or energizing effect. Here are a few quick ideas to get you started:

**1. Sight:** Keep favorite photos handy. Or, make a "happy album" on your smart phone. Let your best friend's smile or a fun vacation shot be a pick-me-up.

**2. Smell:** Evoke your carefree childhood days with an aroma, such as a cinnamon-scented candle or a box of crayons.

**3. Hearing:** Turn on some soothing sounds. Maybe that's ocean waves streaming on your laptop or soft tunes lulling you through your ear buds.

Or, perhaps what you really need is silence. Try turning off all your gadgets — and enjoy a few peaceful moments to yourself.

**4. Taste:** Nibble some frozen grapes — or pop in a stick of sugar-free peppermint gum. Or, for a special treat, savor a small piece of rich, dark chocolate.

**5. Touch:** Cradle a stone in your hand — and focus on its weight and texture. Pet a furry friend. Or, hug a special someone.

These may seem like simple, small steps, but knowing how to keep your calm is a skill that can enrich your life for years to come.

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



### Cover Up

The less skin that's exposed to the sun, the less damage done. If the weather allows, wear pants and a long-sleeved shirt. Choosing dark colors and tightly woven fabrics — and keeping clothing dry — can also help. A wide-brimmed hat is a must, too. It can help protect your face, ears and neck.



### Travel Safe

The CDC website ([www.cdc.gov](http://www.cdc.gov)) gives travelers detailed information on immunizations and other precautions. Many immunizations should be obtained at least a month before travel.

Remember to take your immunization records with you when you travel internationally. Some countries require this documentation.

# Adults and Sports Injuries

Are you a steadfast runner? A springtime second baseman? A pickup power forward?

Then, you have an inside track to good health. It's hard to overstate the benefits of regular exercise. So, whatever your activity of choice, keep it up.

Of course, with any athletic pursuit, there's a risk of injury. Some mishaps you may not be able to avoid, but many common injuries are also preventable.

## Don't get sidelined

Make these seven steps part of your routine — to dodge strains, sprains and other fun-spoiling missteps:

1. **Get expert advice.** If you're starting a new sport or activity — or getting ready to take it to the next level — talk with your doctor. Ask if you should take any particular precautions.
2. **Suit up.** Have the proper clothes, shoes and safety gear for your sport. Worn-out, ill-fitting equipment can raise your risk of injury. For example, depending on your activity, you might need a helmet, mouth guard, goggles, elbow pads, knee pads or wrist guards.
3. **Listen to your body.** Forget "No pain, no gain." If you're hurting, stop what you're doing. And, don't over train. Take regular days off to give your body a chance to rest and repair.
4. **Warm up — and cool down even longer.** Cold muscles and ligaments are more prone to injury. Get your blood flowing with a few minutes of walking or jogging in place. Then, gently rehearse the motions of your sport — such as shooting a ball or swinging a bat. And, don't skip cooling down — slow your motions and gently stretch. Do this for at least twice as long as you warmed up.
5. **Stay hydrated.** Drink water before and after your workout — and about every 20 minutes during exercise. In high heat or humidity, you may need even more.\*
6. **Be an all-season athlete.** Keep fit throughout the year, even in the off-season. Going from couch potato to full-court press is a sure way to get hurt.
7. **Sharpen your skills.** When you have the right form and technique, it can help prevent injuries. So, consider upping your game with lessons or more training. Local leagues may offer low-cost or free coaching resources.

\*If you have certain health conditions, such as kidney disease or heart failure, you may need to restrict the amount you drink. Follow your doctor's advice.

**AAOA HEALTHCARE**  
www.myaaobenefits.com  
www.aaosamerica.org  
www.aaohhealthcare.org

(425) 968.0545  
(866) 968.0545 (Toll Free)  
10510 NE Northup Way, Suite 200  
Kirkland, WA 98033

## JUNE WELLNESS TIP



**Sheridah Bennett**  
(AAOA Wellness Champion)

## Wellness Tip

### Walk and Talk

Place the floor when you're on the phone - or march in place. Or, ask a co-worker to join you for a walking meeting.

*We want your feed-back about the Wellness Newsletter. Please e-mail us at [wellness@aaosamerica.org](mailto:wellness@aaosamerica.org) with any wellness tips or healthy recipe ideas.*