

HEALTHY LIVING

Wellness Newsletter from **AAOA**

SEPTEMBER 2013



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Spinach and Herb Omelet



Ingredients

- 1 cup spinach leaves (or other greens) torn
- 1 egg
- 1 egg white
- 1 tsp fresh grated ginger root
- 1 tsp of Mrs. Dash or other seasoning mix
- 1 Tbsp salsa
- Nonstick cooking spray

Preparation

1. Steam and sauté the spinach leaves in a little water until they wilt.
2. Fold into the beaten eggs with the grated ginger, salsa and seasoning.
3. Cook in a nonstick pan sprayed with cooking spray, turning as needed until the eggs are set.

Nutrition Facts

Yields 4 Servings

Amount Per Serving

Calories 105g	Fiber 1g
Fat 5g	Protein 11g
Sodium 204mg	Carbohydrates 4g

SMART MEDICINE



OFF TO A GOOD START

Yearly checkups help ensure kids are growing and developing on track. If possible, schedule the visit with your child's regular doctor. He or she is most familiar with your child's health — and may be able to spot problems or concerns more easily.

CHECKUPS ARE ALSO A CHANCE TO:

Get answers. Your doctor can let you know what changes to expect as your child matures. These visits are also a great opportunity for you and your child to ask about anything — from diet and exercise to peer pressure and puberty.

Give teens some privacy. As kids get older, they may benefit from some one-on-one time with the doctor. So, if the time feels right, offer to leave the room or let your teen go in alone.

Be OK'd to play. Your child may need a sports physical before participating in school athletics. This can also be a good time to get advice about preventing sports injuries.

Keep in mind; these sport-specific visits are not a substitute for a full wellness exam. A complete checkup covers all aspects of your child's health, including growth and development, vision, hearing and immunizations.*

Finally, if your child has had chest pain, dizziness, fainting, or fatigue or abnormal shortness of breath during exercise, be sure to let his or her doctor know. Further evaluation and testing may be needed to make sure there are not health conditions causing those symptoms.



***Check your medical benefit plan summary at www.myaaobenefits to see what services may be covered.**

Good Food for Better Health

Fall in love with leafy greens.

Branching Out a Bit

It's easy to work greens into many meals. Start with a new toss of an old favorite: the salad. Replace some of your standard iceberg with arugula, watercress or chicory. Their peppery, sharp flavors add bite to the bowl. Remember, the darker the green, the richer the nutrients.

Here are a few more ideas to help you turn over a new leaf:



Beet Greens

- Add to soups, stews and stir-fries.
- Steam, coarsely chop, and drizzle with olive lemon juice.



Collard Greens

- Stir-fry with tomatoes, roasted red peppers and colorful sweet peppers.
- Use instead of lettuce in a salad or on tacos.
- Wrap grilled pieces of chicken in leaves - and dip in low fat ranch dressing.



Kale

- Add to soba noodles with a little sesame oil and toasted sesame seeds.
- Sauté with potato, squash, mushrooms and onions.
- Toss with sliced beets and a low-fat-vinaigrette.



Spinach

- Stuff chicken breasts with low-fat cheese, onions and spinach.
- Use with - or instead of - basil for a vitamin-packed pesto.
- Puree a handful of raw spinach into a fruit smoothie. You will be surprised how well it blends in.



Swiss Chard

- Add to tomato sauce used on pizza or pasta.
- Steam stalks and use as you would asparagus.
- Stir-fry into brown rice just before serving.

A Cool Backup Plan

How about those times your crisper drawer has no green to be seen? Frozen spinach to the rescue! It's flash-frozen at its peak, so it keeps its rich supply of nutrients.

To use, just thaw and drain well. It's ready to add to soups, stews, sauces, casseroles and other cooked dishes. Or, simply steam, season and enjoy!



Preserve Your Herbs

Fresh herbs bring out the flavor in foods. Buying them or growing them at home is a great way to add to any dish. If you have extra, chop the herbs, place in an ice cube tray and fill it with water. Once the herbs freeze, pop the cubes out and place them in a plastic bag. When you are ready to use them, defrost the herbs by running the cubes under hot water.



AAOA e-Services is on the Move!

AAOA e-Services is now permanently located at www.aaohahealthcare.org.

Select "Employers" to access e-Services and complete all of your benefit administration in one location.

Don't forget to update your bookmarks to www.aaohahealthcare.org!

The AAOA e-Services platform streamlines benefit administration by combining all administrative functions in one site. Call the AAOA Platinum Account Service Team with any questions or to start using AAOA e-Services today!

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Wellness Tip

Grocery Store Grazing

You are in the store shopping for the week and your stomach starts to grumble. Everything looks so good. Rather than trying to buy half of the store, try chewing a piece of gum while you shop. This will keep you from over buying, or just buying too many comfort foods.

Fight Back Against Infectious Diseases!

Our bodies are designed to protect us from infections. When you are exposed to a virus or bacteria, your immune system actually learns from the experience. The next time your body is exposed to the same infection, your immune system often recognizes it and sets out to destroy it.

Immunization exposes you to a very small, very safe amount of the most important infections. This exposure helps your immune system recognize and attack the infection and prevent the disease it may cause. If you are exposed to the full blown disease later in life, you will either not become infected or have a much milder infection. This is a natural way to deal with infectious diseases.

There are four different types of vaccines currently available.

1. Attenuated (weakened) live virus is used in the measles, mumps, and rubella (MMR) vaccine and the varicella (chicken pox) vaccine. These vaccines may cause serious infections in people with weakened immune systems.
2. Killed (inactivated) viruses or bacteria are used in some vaccines, such as the influenza vaccine. These vaccines are safe, even in people with weakened immune systems.
3. Toxoid vaccines, such as the diphtheria or tetanus vaccines, contain a toxin or chemical made by the bacteria or virus. They make you immune to the harmful effects of the infection rather than the infection itself.
4. Biosynthetic vaccines contain human-made substances that the immune system thinks are infectious organisms. The Hib (Haemophilus influenzae type B) conjugate vaccine is one example.

Immunizations for Adults

Immunizations are not only for children. Each year the CDC posts recommended adult immunizations on their website. Go there to learn about tetanus booster shots, the flu shot, hepatitis A and B vaccine, the pneumococcal vaccine, MMR, and immunizations for chickenpox and meningitis.

Immunization Schedule

The recommended immunization schedule is updated at least every 12 months by organizations such as the American Academy of Pediatrics. Consult your primary care provider about specific immunizations for you or your child. The current recommendations are available on the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov/vaccines. At every doctor visit, ask about the next recommended immunizations.

AAOA HEALTHCARE

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