

healthy YOU

a journal devoted to healthful living

Put more happy in the holidays

THE holiday season should be a time for fun, family and festivities. But the reality is that it can also be a prime time for stress and depression.

Money worries, work pressure and increased family demands can all contribute to the holiday blues, according to the American Psychological Association (APA).

Happy holidays don't have to be hefty holidays. Check out the healthy, festive recipes on page 4.

But there's no need to let stress ruin the season. There's plenty you can do to feel better.

The APA offers the following tips to help deal with holiday stress.

Set spending limits. Don't buy expensive gifts you can't afford. You can show your affection just as much by making a special gift or buying a less expensive item that shows a personal touch.

Don't overschedule. Prioritize invitations, and don't feel that you have to attend every holiday gathering.

Let it go. This might not be the time to confront difficult family members or face stressful situations.

Take care of you. Pay attention to your own well-being and needs during the holidays. Make sure you eat right, get enough sleep and take some time to relax.

Ask for help. Don't try to do everything yourself. Enlist and accept help from family and friends.

By taking steps to build up resilience to holiday stress, you can make the most of the holiday season and enjoy it for the special time it is.

But if you still feel overwhelmed by stress, talk to your doctor or a mental health professional.



Eat smart as you celebrate

You don't have to throw out your healthy diet to enjoy the holiday season and maintain your weight.

The American Dietetic Association (ADA) suggests these four smart steps for the season:

- ▶ Eat small, lower-calorie meals during the day so you can enjoy some of your favorite holiday party foods.
- ▶ Drink water at gatherings.
- ▶ If you're the host, serve some low-calorie foods, such as raw vegetables and fruits.
- ▶ Include physical activity in your holiday plans.

For more on healthy holiday eating, visit the ADA website at www.eatright.org.

Achoo!

When kids have colds:
Offering them some relief

YOU'RE not being overly cautious if you are hesitant to give your child over-the-counter cough and cold medicines.

The American Academy of Pediatrics strongly warns against giving these medications to any child younger than 2 years because of the risk of life-threatening side effects in infants and toddlers.

Rodney Yap, MD, a pediatrician with Clinics of North Texas, advises that these medications don't appear to be effective in children younger than 6 years and can have serious side effects.

But without these medicines to turn to, how can you help a child with a cold feel better?

Dr. Yap suggests that parents consider these symptom-easing suggestions:

▶ To clear a stuffy nose, put a cool-



mist humidifier in your child's room. This helps moisten the air, which can help clear your child's nasal passages.

▶ To ease chest congestion, sit your child on your lap, lean his or her body forward about 30 degrees, cup your hand, and gently tap the back. This can let your child cough out loosened mucus.

▶ To soothe a sore throat, let children older than 4 years suck on hard candy. Offer children older than 1 year warm chicken broth.
▶ To relieve a cough, give children ages 2 to 5 years ½ teaspoon of honey and children 6 to 11 years a full teaspoon of honey. A child younger than 1 year should never eat honey; it isn't safe for babies.

When to call the doctor

Dr. Yap reminds parents to call their pediatrician if a baby 3 months or younger seems sick. Colds in babies this young can sometimes quickly develop into

something more serious, such as pneumonia.

Older babies and children generally don't need to be seen by a doctor unless signs of a more serious illness—such as a fever of more than 102 degrees or ear pain—occur, says Dr. Yap. Most colds in kids run their course in seven to 10 days.

Wash germs away

YOU wash your hands before every meal. That's good. But that might not be often enough to help keep you healthy.

Washing your hands is the most important thing you can do to keep from getting sick, notes the Centers for Disease Control and Prevention (CDC). The more often you wash your hands, the less likely you are to carry germs you have picked up from other people, animals or contaminated surfaces.

If you don't wash your hands after picking up germs, you can easily infect yourself by touching your eyes, nose or mouth. One of the most common ways you can catch a

cold is by rubbing your eyes or nose after a cold virus has contaminated your hands.

Washing your hands on a regular basis doesn't help prevent just colds. It can help you avoid other serious health problems too, such as hepatitis A and diarrhea, the CDC reports.

The way to wash. Your mother may have taught you how to wash your hands as a child, but a little refresher never hurts. According to the CDC, to correctly wash your hands, you should:

▶ Wet your hands with warm water and apply soap.
▶ Rub your hands together vigorously.



▶ Scrub for 15 to 20 seconds.
▶ Rinse well and dry.

While you're washing, don't forget to scrub your fingernails, wrists and the backs of your hands.

The weather outside is frightful

Take precautions against the dangers of stormy weather and severe cold



WHEN a fierce chill is in the air, safety should be on your mind.

Even when you're in your home, winter weather can be hazardous. But you can take steps to help protect your family.

Heat your home safely. Make sure woodstoves and fireplaces are properly vented. Follow manufacturers' instructions for heaters—pay close attention to safety warnings.

Prevent carbon monoxide (CO) poisoning. CO is an odorless gas emitted by fuel-burning devices. Have your heating system and combustion devices serviced every year, and install a carbon monoxide detector.

If you lose power, don't use generators, grills or camp stoves indoors—and don't use them outdoors near air intakes.

Protect your pipes. To prevent frozen pipes, allow sink faucets to drip continuously. Open under-sink cabinets to let warm air circulate.

Dress warmly. When outdoors, wear layered, loose-fitting clothing. Include a hat, scarf, mittens, and water-resistant coat and boots.

Heat wisely—never use generators, grills or camp stoves indoors.

Stay nourished. Well-balanced meals help keep you warm. Avoid caffeine and alcohol; they can increase heat loss.

Recognize hypothermia. If you can't keep yourself warm enough, you may experience hypothermia.

Symptoms include shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech and drowsiness. Infants may have bright red, cold skin and low energy.

If you suspect hypothermia, get

the person to a warm place and remove any wet clothing. Warm the center of the person's body first—using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets or other coverings.

Get medical attention as soon as possible. If someone's temperature falls below 95 degrees, call 911.

Learn more. For more information on protecting your family during a winter storm, you can download a free brochure at www.bt.cdc.gov/disasters/winter.

Source: Centers for Disease Control and Prevention

Stock up on winter supplies

It isn't always easy to predict winter weather, but it is important to prepare for it. Heavy snowfall, high winds or freezing rain can leave you stranded in your home without electricity or stuck in your vehicle miles from help.

At home, it's important to have an alternate heating source and fuel for it, such as a kerosene heater. Other key items to have on hand include:

- ▶ A three-day supply of water (1 gallon per person per day)
- ▶ A three-day supply of nonperishable food and a manual can opener
- ▶ A first-aid kit and an adequate supply of medications
- ▶ Battery-powered clock, radio and flashlight—and extra batteries for each
- ▶ Additional warm clothing and blankets

Along with carrying a cell phone, consider stocking some of these items in your car as well: jumper cables, flares, maps, and sand or cat box litter for traction. Also carry a window scraper, tire chains and a tow rope.

Sources: American Red Cross; Centers for Disease Control and Prevention



Pumpkin-spice muffins

Ingredients

- Canola oil spray
- 1½ cups whole-wheat pastry flour
- ½ cup all-purpose flour
- ⅔ cup packed brown sugar
- ¼ cup chopped walnuts
- 1½ teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 2 teaspoons cinnamon
- ½ teaspoon ginger
- ½ teaspoon nutmeg
- ¼ teaspoon cloves
- 1 cup canned pumpkin
- ⅓ cup unsweetened applesauce
- ⅓ cup light canola oil or olive oil
- ⅓ cup nonfat buttermilk
- 2 large eggs
- 1 teaspoon vanilla

Instructions

- ▶ Preheat oven to 400 degrees. Spray 12-cup muffin pan with canola oil.
- ▶ In large bowl, combine dry ingredients through spices. Stir well to combine.
- ▶ In medium bowl, combine pumpkin, applesauce, oil, buttermilk, eggs and vanilla; mix well.
- ▶ Pour liquid mixture into dry ingredients and stir. Divide among 12 muffin cups.
- ▶ Bake about 20 minutes or until muffins bounce back when pressed lightly.

Nutrition information

Makes 12 muffins. Per serving (1 muffin): 174 calories, 7g fat, 1g saturated fat, 26g carbohydrates, 4g protein, 3g dietary fiber, 158mg sodium

Source: American Institute for Cancer Research



Chunky cranberry dip

Ingredients

- 1 eight-ounce package reduced-fat cream cheese
- 1-2 tablespoons lowfat milk
- ½ cup chopped dried cranberries
- ¼ cup chopped blanched almonds
- ½ teaspoon orange zest, preferably fresh

Instructions

- ▶ In medium bowl, place cheese and allow to soften at room temperature. Mash and work with fork until texture is light enough to combine easily with other ingredients.
- ▶ Gradually add milk until cheese becomes soft and spreadable. Mix in remaining ingredients.
- ▶ Cover and refrigerate up to 2 days ahead or let stand at room temperature 1 hour before serving to allow flavors to blend.



For an easy afternoon snack while your turkey is baking, spread this dip on half of a whole-wheat bagel.

Nutrition information

Makes about 1½ cups. Amount per serving (1 tablespoon): 29 calories, 2g total fat (<1g saturated fat), 3g carbohydrates, 1g protein, <1g dietary fiber, 35mg sodium

Source: American Institute for Cancer Research

Turkey salad with cranberries and pecans

Ingredients

- 2 cups (8 ounces) diced, cooked turkey breast
- 1 small Granny Smith apple, peeled, cored and diced
- 3 tablespoons dried cranberries, coarsely chopped
- 2 tablespoons chopped pecans
- 1 can (11 ounces) mandarin orange sections, drained and cut into small sections
- ¼ cup fat-free plain yogurt
- 1 tablespoon reduced-fat mayonnaise dressing
- 1½ teaspoons brown mustard
- ½ teaspoon salt
- Ground black pepper
- 8 Boston lettuce leaves

Instructions

- ▶ In mixing bowl, combine turkey, apple, cranberries and pecans. Add orange sections. Set aside.
- ▶ In a small bowl, whisk together yogurt, mayonnaise and mustard. Season to taste with salt and pepper. Drizzle dressing over turkey mixture while using a fork to gently mix in.
- ▶ Arrange 2 lettuce leaves on each of 4 salad plates. Mound ¼ of salad on top of lettuce and serve immediately, accompanied by whole-grain crackers, if desired.

Nutrition information

Makes 4 servings. Per serving: 203 calories, 6g total fat, 1g saturated fat, 20g carbohydrates, 19g protein, 3g dietary fiber, 391mg sodium

Source: American Institute for Cancer Research



Leftover turkey and cranberries? Try this easy lunch!

Grandma's chicken soup

Here's the chicken soup recipe that University of Nebraska Medical Center researchers used in their study of colds. The study found that this chicken soup did indeed help to relieve cold symptoms.

So Grandma was right.

Your own, simpler version of the soup might work as well.

Ingredients

- 1 stewing hen or baking chicken (5 to 6 pounds)
- 1 small package of chicken wings
- 3 large onions, peeled and cut up
- 1 large sweet potato, peeled and cut up
- 3 parsnips, peeled and cut up
- 2 turnips, peeled and cut up
- 11 to 12 large carrots, peeled and cut up

- 1 bunch of parsley, stems cut off
- 5 to 6 celery stems, cut up
- 1 package matzoh meal (optional)
- Salt and pepper to taste

Instructions

- ▶ Clean chicken, put it in a large pot (canner size), and cover with cold water. Bring water to a boil. Add chicken wings, onions, sweet potato, parsnips, turnips and carrots. Boil about 1½ hours. Remove fat from the surface as it accumulates.
- ▶ Add parsley and celery. Cook mixture about 45 minutes longer. Remove chicken and save for another use. (The meat makes fine chicken parmigiana.)
- ▶ Put vegetables in a food processor until chopped fine, or pass through a strainer. Salt and pepper to taste.

Source: *Chest*, Vol. 118, No. 4

This soup freezes well. If you wish to add matzoh balls, follow the recipe on the box of matzoh meal.



Pregnancy: Say yes to a flu shot

VERY often in life, timing matters.

Case in point: If you're planning to become pregnant, it's important to make sure your immunizations are up-to-date before you conceive.

Vaccines can help protect you from diseases such as chickenpox or German measles that—once you're pregnant—might cause birth defects or otherwise seriously harm your developing baby.

Sumi King, MD, an obstetrician with The Women's Clinic, advises that, despite their protective power, some vaccines aren't safe to receive once you're pregnant. These vaccines, like the diseases they're designed to prevent, could be risky for a fetus. Some vaccines can be given during pregnancy, if necessary. But, for safety's sake, doctors may not give them until after the first trimester.

Say yes to a flu shot

One vaccine—the flu shot—is not only considered safe during pregnancy but is recommended for women who will be expecting

during the flu season. That's because pregnant women who come down with the flu are more vulnerable than other women to developing serious flu complications, such as pneumonia, says Dr. King.

If a pregnancy could be in your

future, ask your doctor about what immunizations are right for you. If you haven't been vaccinated and you are exposed to a contagious disease such as chickenpox or German measles during pregnancy, let your doctor know.



Be heart-smart this season

BOOTS and mittens protect toes and fingers from winter dangers—but what protects your heart?

Winter can put extra strain on your heart.

It's peak influenza (flu) season, for one, and people who have heart disease are especially susceptible to complications from the flu. Vaccination for the flu is an important part of protecting heart health if you have heart disease, says the American Heart Association (AHA).

Also, heart disease patients should be careful when choosing an over-the-counter cold or flu medication. Some decongestants can cause an increase in blood pressure, which is a risk factor for heart attack and stroke.

In addition, if your body isn't used to regular physical activity, shoveling or walking through wet, heavy snow may trigger a heart attack, reports the AHA. Take care not to overexert yourself.





Future in the Falls scholarships awarded

Nine medical students with ties to the Wichita Falls area have been awarded Future in the Falls scholarships by the United Regional Foundation. According to Future in the Falls Medical Ambassador, David Flack, MD, the following students each received a portion of \$10,000 in scholarships for 2010. The scholarships were made possible through a grant from the Bryant Edwards Foundation.

Brad Barham is the son of Mary Lynne and Mayor Glenn Barham of Wichita Falls and is a student at the University of North Texas Health Science Center in Fort Worth.

Matt Burge is a student at the Texas Tech University Health Sciences Center in Lubbock and is the son of Debra and Jeff Burge of Henrietta.

Chanel Granville is the daughter of Cynthelia Simpson of Burkburnett and is studying at the University of Texas Medical Branch at Galveston.

Katie Leonard is a student at the Texas Tech University Health Sciences Center at Lubbock and is the daughter of Greg Leonard of Burkburnett.

Aaron Reinke is the son of Patsy and Dennis Reinke, MD, of Wichita Falls and is a student at Loma Linda University in Loma Linda, Calif.

Ted Ritchie is studying at the University of Texas Health Science Center in Lubbock and is the son of Helen and David Ritchie of Holliday.

Jelani Teamer is the son of Jacqueline and Edward Teamer of Mission and is a student at the University of Texas Health Science Center at Houston.

Dominic Van Nielen is a student at the Tulane University School of Medicine in New Orleans and is the son of Nancy and Nick Van Nielen of Kingwood.

Chance Witt is the son of Gay Ann and Mark Witt of Wichita Falls and is a student at Texas Tech University Health Sciences Center in Lubbock.

Future in the Falls identifies and keeps in touch with students in medical school, residency and fellowship programs who have a connection to the area. The goal is to encourage participants to return to the area to practice medicine after they complete their training. Medical students in their third and fourth years are eligible for Future in the Falls scholarships, and the final awards are determined through a blind review process by the Future in the Falls Scholarship Selection Committee.

Help us find the doctors of tomorrow. If you know of a medical student who may be interested in serving our community after graduation, contact the Foundation at **940-764-8283**.



Simply text **WFKIDS** to **85944** from your mobile phone to make a contribution. Then reply **YES** to the confirmation message, and \$10 will be donated to Children's Miracle Network at United Regional. Standard messaging rates and fees may apply.



Thanks for chipping in!

Tom Clarkin prepares to tee off at the 2010 United Regional Foundation Golf Classic held recently at the Wichita Falls Country Club. The Rathgeber Hospitality House 10th Anniversary Campaign and the United Regional Cancer Care and Comfort Fund will each receive \$33,000 in support from the event.

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940-764-8570.

Why everyone should take a shot at the flu

THIS year there may be fewer questions about who should get the flu shot. That's because for the first time the recommendation is that all people age 6 months and older who can get a flu shot should.

The immunization experts who advise the Centers for Disease Control and Prevention (CDC) hope this sends a simple and clear message about the importance of flu prevention across the entire population.

According to the CDC, the best way to protect yourself and your family against the

flu is to get vaccinated every year. Aim to get the flu vaccine as soon as it becomes available.

What about H1N1? This year's flu shot will offer protection against multiple strains, including the H1N1 virus, reports the CDC.

In 2009, H1N1 was widespread and caused serious flu-related complications in some segments of the population, including young adults, who weren't typically affected that way by the traditional flu. This played a role in expanding the recommendation, experts say.

If you have questions about the flu shot, talk to your doctor.

Flu shots help fight pneumonia too

Here's a great way to protect yourself against pneumonia: Get a flu shot every year.

That's not a typo. There are numerous causes of pneumonia, but one of the most common is the influenza virus. Preventing the flu can go a long way toward preventing pneumonia. There's also a vaccine to protect against pneumococcal disease, which can cause pneumonia. It's recommended for people at high risk for the disease, such as those who:

- ▶ Have chronic illnesses like heart or lung disease, kidney disorders, or diabetes
- ▶ Are recovering from a serious illness
- ▶ Are 65 or older

According to the American Lung Association, healthy habits can help you avoid pneumonia too. For example, be sure to wash your hands well and often. Get plenty of rest. Stay physically active and eat a healthy diet. And, finally, don't smoke. Smokers are particularly vulnerable to lung infections like pneumonia.